GET INVOLVED WITH SBIRT: HELP CHANGE LIVES

“SBIRT has changed the way I approach patients with regard to their drug and alcohol use... I strongly encourage every healthcare provider to learn about and implement the SBIRT process.”

Brad Miller, DO, FAAP, Family Medical Residency Program, Williamsport Hospital

“SBIRT has given me and my emergency department staff the tools to identify patients at risk, before they become alcoholics and addicts. For the first time in 21 years of practice, I can intervene before patients develop severe liver disease or before they drive their car off the road, or worse, into another vehicle. I can think of no more important issue than preventing addiction.”

Carl Chudnofsky, MD, Chairman, Department of Emergency Medicine, Albert Einstein Medical Center

DOES SBIRT WORK?

“Drinkers receiving Brief Intervention were twice as likely to reduce their drinking over a 6-12 month period than those who received no intervention.”


A simple phone call will put you in touch with your nearest SBIRT specialist who can answer all your questions and help you design the best way to integrate SBIRT into your practice setting.

Contact:
The Bucks County Council on Alcoholism & Drug Dependence, Inc.
Stacey Conway, PhD.
215-489-6120

City of Philadelphia Office of Addiction Services
215-685-5403

If Asking A Few Simple Questions Could CHANGE LIVES...
What is SBIRT?
Screening, Brief Intervention, Referral and Treatment (SBIRT) is an approach that you can use during routine medical or specialty care visits to determine if a person’s alcohol or drug use may be causing potential harm to his/her overall health.
SBIRT provides an opportunity to help patients who are engaging in problematic behavior make changes before they become worse.

How Does SBIRT Work?
SBIRT builds on the screening approach used in health care for a range of lifestyle issues, e.g., blood pressure and medication compliance. With SBIRT, screening for drug and alcohol use becomes part of every medical exam. Simple tools make it easy to implement in your setting.

SCREENING
As few as five simple questions help you scientifically identify a patient’s risky or hazardous drinking or drug use. Evidence-based screens assure accurate results.

BRIEF INTERVENTION
When a patient reports use at risky or hazardous levels, you can provide an intervention, a focused discussion, to encourage him/her to reduce or stop use. You can offer education about health risks associated with use and offer brief advice about ways to change. You can do this effectively in as little as three to five minutes. Such brief interventions have proven impact.

REFERRAL AND TREATMENT
If you identify that the patient needs more help than a brief intervention, you can engage him/her in additional brief treatment sessions. Brief treatment helps the patient develop and monitor an action plan for change. If the patient does not respond to the brief treatment or his/her use continues to cause problems, a referral can be made to a drug and alcohol treatment professional for diagnostic assessment, and, if required, treatment at the appropriate level of care.

Can SBIRT be successful at my site?
SBIRT is designed for generalist health care sites because many people at risk for drug and alcohol related medical and social problems initially seek health care from non-drug and alcohol providers.

SBIRT can be adapted easily to almost any health or specialty setting:
- Primary Care Clinics
- Emergency Rooms and Trauma Centers
- Inpatient Hospital Units
- Physical Rehabilitation Clinics
- Specialty Outpatient Clinics, e.g., HIV Clinics; Planned Parenthood Clinics; Pre-natal Care Clinics
- Faith-Based & Pastoral Counseling Settings
- College Health Centers
- Employee Assistance and Occupational Health Programs
- Private Practitioners

“Most medical school and residency curricula do not include any formalized substance abuse training such as SBIRT. This has built my confidence by supplying a simple, solid knowledge base.”

Brad Miller, DO, FAAP, Family Medical Residency Program, Williamsport Hospital