

The Health Professional's Guide to Screening, Brief Intervention and Treatment

Learner's Guide developed for the B.I.G. Initiative



by

Employee Assistance Professionals Association (EAPA)
NAADAC - The Association for Addiction Professionals
Center for Clinical Social Work
American Academy of Addiction Psychiatry (AAAP)
American Society of Addiction Medicine (ASAM)
Employee Assistance Society of North America (EASNA)
Peer Assistance Services, Inc. - SBIRT Colorado
International Nurses Society on Addictions
NORC at the University of Chicago



The Health Professional's Guide to Screening, Brief Intervention and Treatment

LEARNER'S GUIDE DEVELOPED BY

Employee Assistance Professionals Association (EAPA)

NAADAC - The Association for Addiction Professionals

Center for Clinical Social Work (CCSW)

American Academy of Addiction Psychiatry (AAP)

American Society of Addiction Medicine (ASAM)

Employee Assistance Society of North America (EASNA)

Peer Assistance Services, Inc.-SBIRT Colorado

International Nurses Society on Addiction (IntNSA)

NORC at the University of Chicago

Published in 2012 by The Brief Intervention Group (BIG) Initiative

This publication was prepared by and is the intellectual property of The BIG Initiative. All material appearing in this publication, except that taken directly from the public domain, is copyrighted and may not be reproduced or copied without permission from The BIG Initiative. The training materials contained within may be used freely as long as acknowledgement of the authoring organizations is acknowledged during the course and on all course handouts. For more information on obtaining additional copies of this publication, please visit hospitalsbirt.webs.com or contact the BIG Initiative at Goplerud-Eric@norc.org.

Recommended Citation:

The BIG Initiative. (2012). *The Health Professional's Guide to Screening, Brief Intervention and Treatment*. Bethesda, MD: The BIG Initiative.

Printed August 2012. Version 1.

Table of Contents

Forward	vii
Training Program Learning Objectives	ix
Module One: Unhealthy Drinking and Drug Use: A Health and Safety Issue	1
Substance Use Is a Health Concern	2
How much is too much?	3
What is the problem of doing nothing?.....	3
What can health professionals do?	4
Who can perform SBI?	5
Why “Target” the Emergency Department, Inpatient, Primary Care and Behavioral Health Clinics?	5
Is there a Standard Screening, Brief Intervention, Referral and Treatment Protocol?	6
How long does screening and brief intervention for risky substance use take?	6
Does screening for risky drinking and drug use in medical settings, and brief interventions for risky use “work”?	6
Introduction to SBIRT	8
Overview	8
Module Two: Screening	11
Screening: Critical Components	12
Asking about Drinking with the AUDIT.....	12
Sample Interaction #1: Prescreen Questions.....	14
What is a Drink?	16
Using the AUDIT-C and AUDIT.....	18
Scoring and Interpreting the AUDIT	20
Sample Interaction #2: AUDIT Screening Questions	21
Role Play #1 – Blank AUDIT-C and AUDIT.....	24
Module Three: Brief Interventions	25
Brief Intervention: Critical Components	26
Brief Intervention Defined	26
Feedback about Risk.....	28
Feedback Using AUDIT Score	29
Know Your Numbers	30
Feedback varies depending on the patient’s AUDIT score:	31
Alcohol Education.....	32
Concern and Advice.....	35
Role Play #2 – Completed AUDIT-C and AUDIT	38
Role Play #3 – Completed AUDIT-C and AUDIT	39
Role Play #4 – Completed AUDIT-C and AUDIT	40

Module Four: Referral to Treatment and Follow-up	41
Referral to Treatment	42
Discussing Treatment Options	43
Effective Treatment Approaches	45
Considerations for the Referral Process.....	46
Motivation and Referral	47
Scheduling Treatment Appointments	50
Communicating with Referral Sources.....	51
Follow-Up and Support	52
Making Phone Contact	52
Module Five: Counseling Techniques and Strategies	55
Motivational Brief intervention	56
Ready to Change?.....	58
Motivational Interviewing Skills Used in Brief Interventions	61
Motivational Skill #1: Asking Open-Ended Questions.....	63
Motivational Skill #2: Affirming Your Patient.....	67
Motivational Skill #3: Utilizing Reflective Listening	69
Motivational Skill #4:.....	72
Summarizing Your Patient’s Thoughts and Feelings	72
Motivational Skill #5: Eliciting Change Talk.....	74
Motivational Skill #6: Asking Permission and Giving Advice.....	79
Motivational Skill #7: Generating Options	81
Motivational Skill #8: Managing Pushback.....	83
Sample Interaction #3: Brief Intervention with Moderate Risk, Non-Resistant, Contemplative Patient.....	86
Sample Interaction #4: Brief Intervention with Moderate Risk, Resistant Patient.....	88
Cognitive-Behavioral Therapy and Coping Skills Training	94
Changing Beliefs	95
Triggers.....	97
Assessing High Risk Situations.....	97
Role Play #7 – Completed AUDIT-C and AUDIT.....	105
Module Six: Specialty Topics.....	107
Working with Physicians in Ongoing Care Coordination.....	108
Maintaining Communication with the Physician	108
Alcohol-Related Illnesses or Impairment	109
Detoxification Necessity.....	110
Psychiatric Conditions.....	110
Pharmacotherapy.....	110

Working with Addiction Treatment Programs in Ongoing Care Coordination 112
 Critical Stage I: Transitioning from Referral to Treatment 112
 Evaluating Recommendations for Specialty Treatment..... 114
 Monitoring Progress and Compliance..... 114
 Patients and Their Family Members 116
 A Disease Affecting the Whole Family 116
 A Family in Recovery 118
 Helping the Addiction-Impacted Family 120
 SBIRT and Older Adults..... 121
 Medication Interaction..... 121
 Tips for the Health Professional 122
 The BRITE Program..... 122
 Screening 123
 Administering the ASSIST 124
 Brief Intervention 124
 SBIRT, Adolescents, and Young Adults 125
 Brief Intervention..... 126
 Treatment 127
 Working with Mutual Support Groups..... 128
 Mutual Support Group Options 129
 Selecting Mutual Support Groups 134

Appendices 137

Appendix A: CMS SBIRT Guidance..... 139
 Appendix B: Step By Step Guide..... 145
 Appendix C: Recommended U.S. Adult Drinking Guidelines and Definitions of Drinking Patterns
 Comparison 155
 Appendix D: Reimbursement for SBIRT..... 159
 Appendix E: CRAFFT 163
 Appendix F: Drug Abuse Screening Test (DAST)..... 165
 Appendix G: Patient Health Questionnaire-9 (PHQ-9)..... 167
 Appendix H: AUDIT-C and AUDIT 169
 Appendix I: Additional Blank AUDIT-C and AUDIT 171
 Appendix J: Sample SBIRT Protocol Flowcharts and Scripting 173
 Appendix K: Pros and Cons of Drinking..... 181
 Appendix L: Change Plan Worksheet 183
 Appendix M: Decisional Balance Worksheet 185
 Appendix N: Triggering Self-Monitoring Diaries 187
 Appendix O: Sample Follow-Up Questions 189
 Appendix P: Quick Reference Guide 191

Appendix Q: Medication Comparison Chart 193
Appendix R: Short Geriatric Depression Scale (S-GDS) 195
Appendix S: Sample Checklist of Mutual Support Group Considerations..... 197
Appendix T: Common SBIRT Competencies Across Health Professions 199
Appendix U: Training Evaluation Forms 213

Resources 219

Addiction and Alcohol Dependency Resources..... 221
Addiction and Alcohol Dependency Organizations..... 223
Mutual Support Groups 224
Project Collaborators 225
Additional Project Contributors 228
Glossary 231
References..... 234

Forward

As a health professional, you can impact one of the top three avoidable killers of Americans today – high risk and dependent substance use. You will learn to use simple, fast and effective techniques that can help your patients reduce their risks of medical illnesses and injuries that are associated with alcohol and drug use. This training program builds on a tested competency-based skills model developed collaboratively in 2011 by seven national associations that represent medical, nursing and behavioral health professionals: the Employee Assistance Professionals Association (EAPA), NAADAC - The Association for Addiction Professionals, Center for Clinical Social Work (CCSW), American Academy of Addiction Psychiatry (AAAP), American Society of Addiction Medicine (ASAM), the Employee Assistance Society of North America (EASNA) and the International Society of Nurses on Addiction (IntNSA). Drs. Eric Goplerud and Tracy McPherson from NORC at the University of Chicago facilitate a national learning collaborative, the BIG (Brief Intervention Group) Initiative that produced this training program.

The curriculum would not have been possible without funding from the National Highway Traffic Safety Administration (NHTSA)/Department of Transportation, the Center for Substance Abuse Treatment (CSAT/SAMHSA), Peer Assistance Services, and unrestricted educational grants from Alkermes, Inc., Diageo, Inc. and more than 25 corporate sponsors of the BIG Initiative. More than 200 hospital and health care organizations, and over 150 employers, business coalitions, behavioral healthcare companies, substance use treatment programs, professional associations, researchers, benefits consultants and workplace wellness experts actively participate in the BIG Initiative. It is through these real world laboratories that the tools and techniques presented in this training program were developed and tested. We are grateful for the outpouring of encouragement, advice and support we receive from these organizations and, especially, from the clinicians who have tested, probed and improved everything in this training program.

Training Program Learning Objectives

Unhealthy alcohol and drug use can be effectively managed and addressed by health professionals if it is identified. One of the biggest obstacles is the failure to ask during medical encounters where asking, offering brief advice and counseling can make a huge difference. During this training program, you will learn how to introduce the topic of unhealthy alcohol and drug use and what questions to ask. You will also learn about brief, solution-focused, motivational counseling, called brief intervention, which provides the framework and techniques for helping patients choose and act to reduce risks associated with unhealthy alcohol and drug use.

You will learn to use Screening, Brief Intervention and Referral to Treatment (SBIRT) to:

- Screen patients for unhealthy alcohol and drug use with brief, valid questionnaires such as the AUDIT-C, AUDIT and DAST;
- Deliver effective brief counseling informed by Motivational Interviewing and Cognitive-Behavioral techniques;
- Link patients to medical or specialty addiction treatment services as needed, and work collaboratively in ongoing care coordination; and
- Provide follow-up and recovery supports to help patients improve health outcomes.

You will know how to:

- Work with families impacted by alcohol or drug use in order to help family members and your patient;
- Assess and treat older adults whose use of alcohol or prescription pain medications may create health and other problems;
- Assess and treat young adults and adolescents whose drinking or drug use patterns are unhealthy;
- Recognize special considerations for helping pregnant women and women of child-bearing age who are using alcohol, tobacco or other drugs;
- Connect patients to mutual support groups.