

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



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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.

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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.