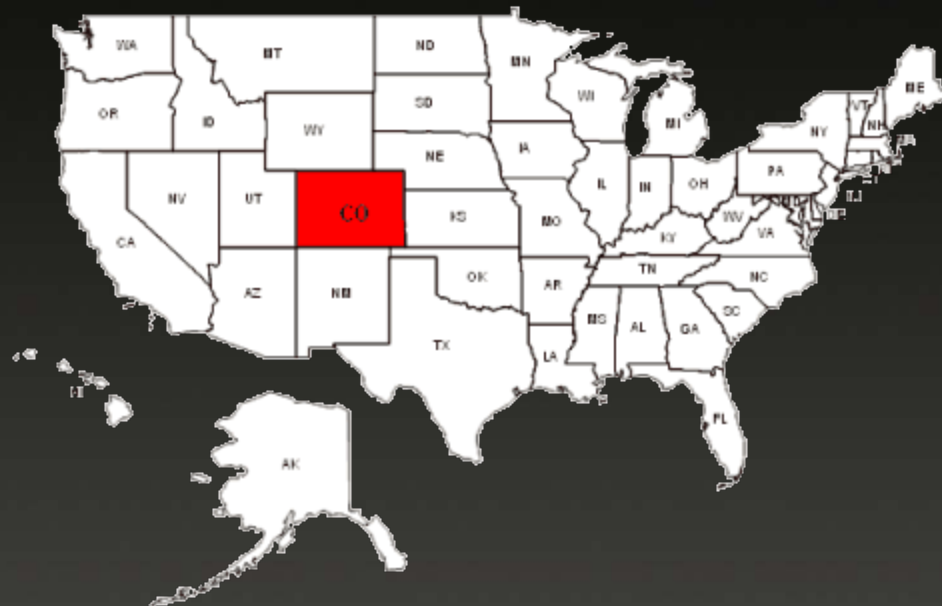


**Linking SBIRT to Colorado's Winnable Public  
Health Battles:**

**Innovative approaches to statewide  
dissemination of screening, brief intervention,  
and referral to treatment.**

Leigh Fischer, MPH  
Carolyn Swenson, MSPH, MSN, FNP





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Welcome to the Mile High City! Did you know Denver is home to over 100 breweries?  
Having a good time is our business!

# Substance Use in Colorado

- 5<sup>th</sup> in per capita alcohol consumption
- 9<sup>th</sup> in alcohol dependence
- 6<sup>th</sup> in illicit drug dependence
- 7<sup>th</sup> in cocaine use
- 10<sup>th</sup> in marijuana use
- 15<sup>th</sup> in non-medical use of pain relievers
- 1<sup>st</sup> in teen depression
- 50<sup>th</sup> in spending on alcohol rehabilitation
- Higher substance dependence rates in rural areas than in Metro Denver

# United States Preventive Services Task Force

#	SERVICE	PREVENTABLE BURDEN	COST EFFECTIVENESS
1	ASPIRIN: MEN-40+, WOMEN-50+	5	5
2	CHILDHOOD IMMUNIZATIONS	5	5
<b>3</b>	<b>SMOKING CESSATION ADVICE</b>	<b>5</b>	<b>5</b>
<b>4</b>	<b>ALCOHOL SCREENING &amp; BRIEF COUNSELING</b>	<b>4</b>	<b>5</b>
5	COLORECTAL CANCER SCREENING	4	4
6	HYPERTENSION SCREENING & TX	5	3

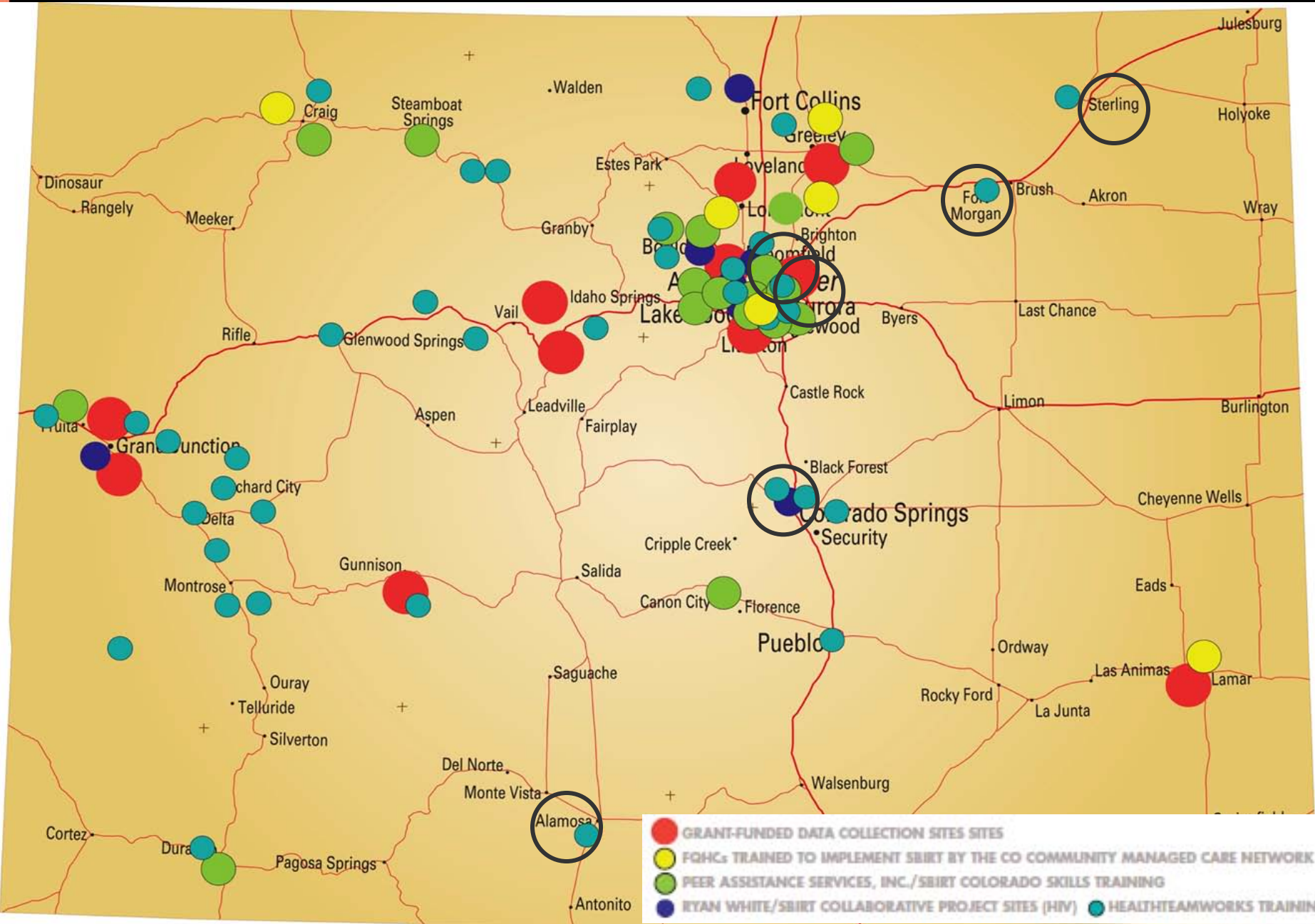
# Colorado's Winnable Public Health Battles

1. Clean Air
2. Clean Water
3. Infectious Disease Prevention
4. Injury Prevention
5. Mental Health and Substance Abuse
6. Obesity
7. Oral Health
8. Safe Food
9. Tobacco
10. Unintended Pregnancy

# SBIRT dissemination in Colorado

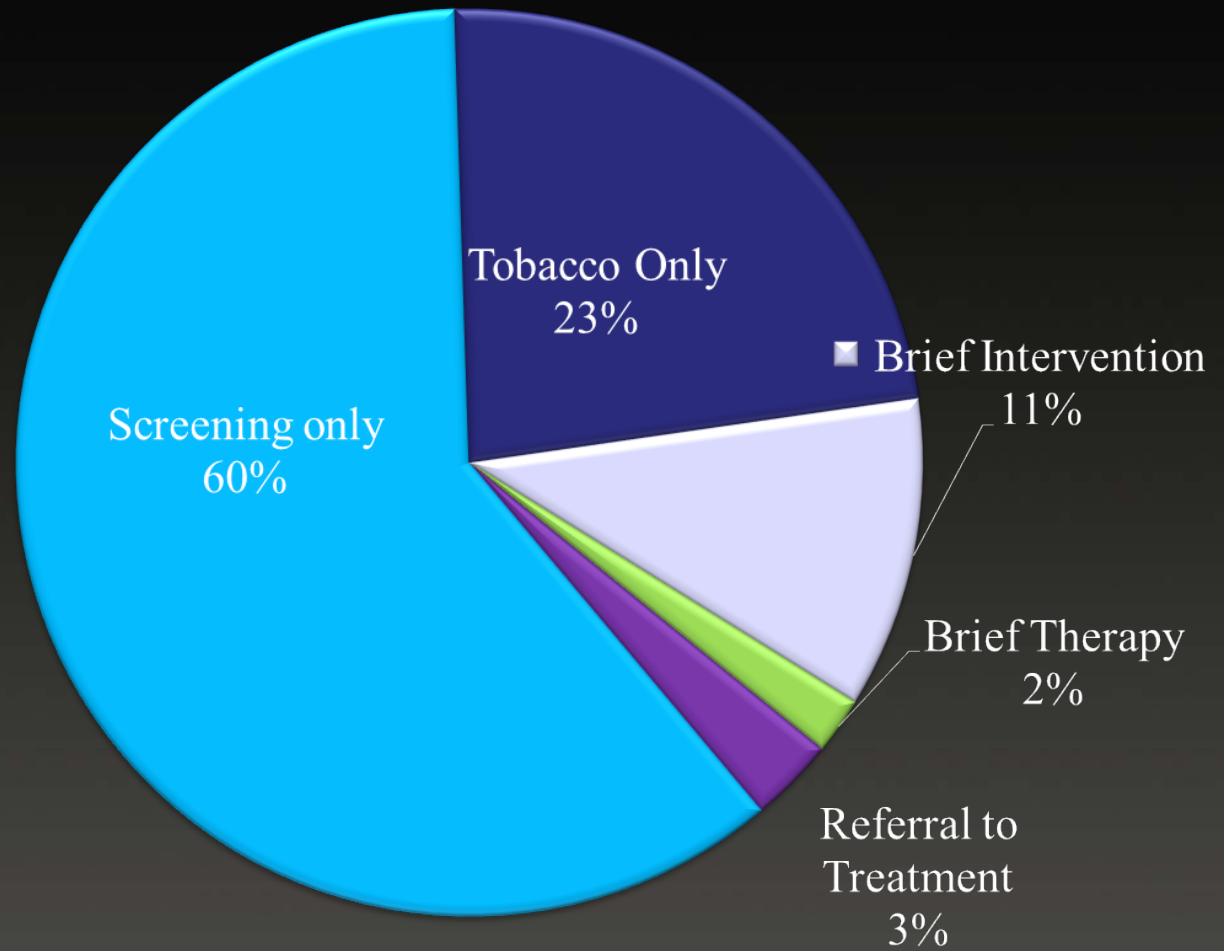
- Primary care clinics
- HIV clinics and prevention programs
- Hospitals:
  - Emergency departments
  - Inpatient units
- Public health departments
- Dental clinics
- Mental/Behavioral health clinics
- Military health services
- Community-based settings



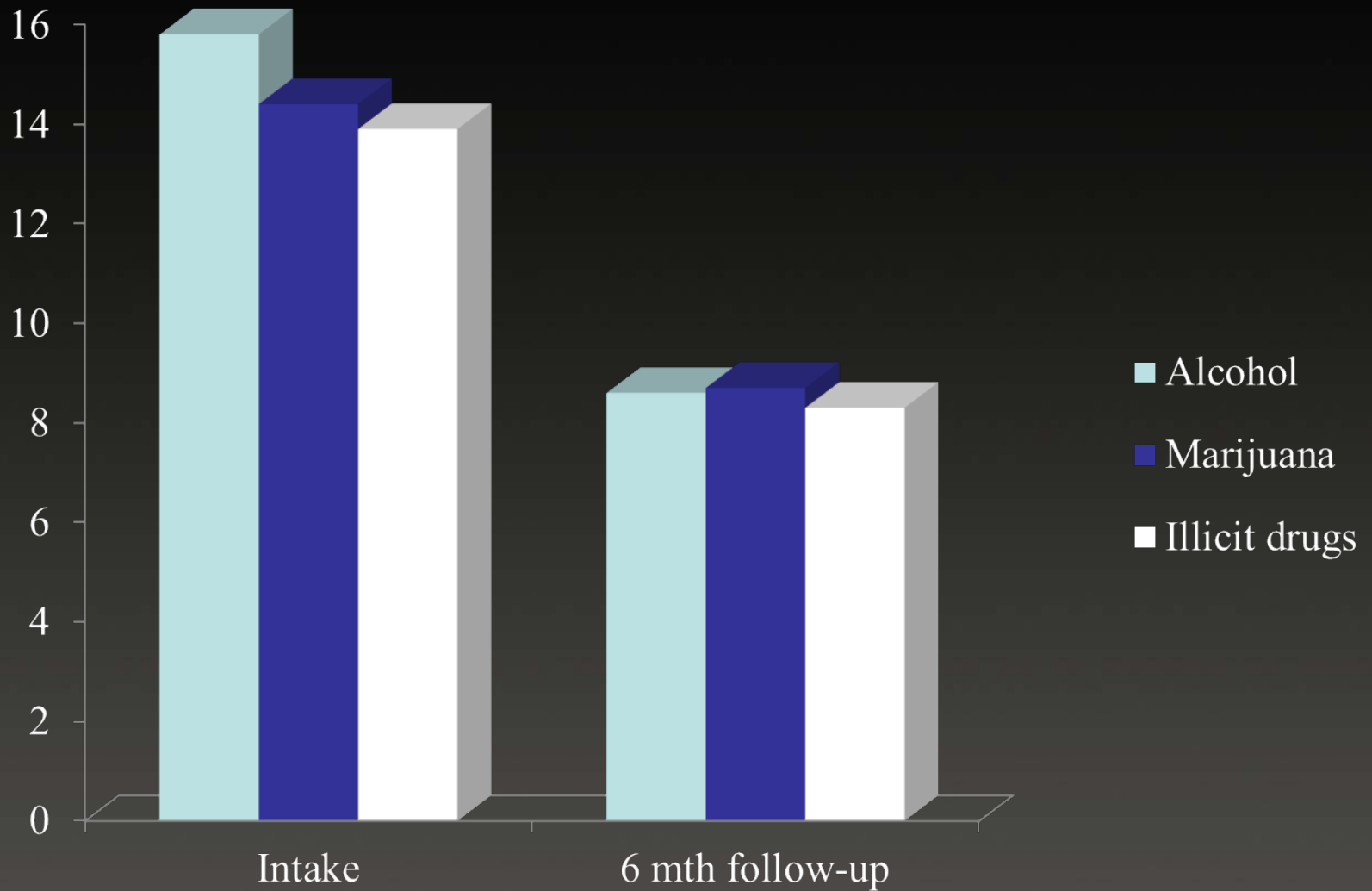


- GRANT-FUNDED DATA COLLECTION SITES
- FQHCs TRAINED TO IMPLEMENT SBIRT BY THE CO COMMUNITY MANAGED CARE NETWORK
- PEER ASSISTANCE SERVICES, INC./SBIRT COLORADO SKILLS TRAINING
- RYAN WHITE/SBIRT COLLABORATIVE PROJECT SITES (HIV)
- HEALTHTEAMWORKS TRAINING

# Colorado Data



# Colorado Data



# *La Voz del Pueblo*



## Why screen for alcohol and drug use?

Brief motivational conversations with patients can promote significant, lasting reduction in risky use of alcohol and other drugs. Nearly 30% of adult Americans engage in unhealthy use of alcohol and/or other drugs, yet very few are identified or participate in a conversation that could prevent injury, disease or more severe use disorders.\*

### STEP 1

## Brief Screening

### Frequency:

- Tobacco: Every visit.
- Alcohol and Drugs: At least yearly; consider screening at every visit.<sup>1</sup> Consider more frequent screening for women who are pregnant or who are contemplating pregnancy; adolescents; and those with high levels of psychosocial stressors.

### Youth (ages 11-17 years)

See CRAFT<sup>2</sup> Toolkit for youth information, talking points, tools and more at <http://healthteamworks-media.precis5.com/sbirt-craft-toolkit>

### Adults (18+ years old)

Substance	Questions	Positive Screen	Negative Screen
Alcohol: Assess frequency and quantity	1. How many drinks do you have per week?	1. All women or men >65 years: <b>More than 7.</b> Men ≤65 years old: <b>More than 14.</b>	Reinforce healthy behaviors.  See "For all patients, consider:"
	2. When was the last time you had 4 or more (for men >65 years and all women) or 5 or more (for men ≤65 years) drinks in one day?	2. In the past 3 months.	
Drugs <sup>4</sup>	In the past year, have you used or experimented with an illegal drug or a prescription drug for nonmedical reasons?	Yes	
Tobacco	Do you currently smoke or use any form of tobacco?	Yes	

### For all patients, consider:

- Any alcohol use is a positive screen for patients under 21 yrs. or pregnant women.<sup>5</sup>
- Potential for alcohol-exposed pregnancy in women of childbearing age; assess for effective contraception use.<sup>6</sup>
- Alcohol/medication interactions.
- Chronic disease/alcohol precautions.
- Role of substance use in depression and other mental health conditions.<sup>4</sup>
- Medical marijuana use.

### A standard drink is:



**+** Positive on alcohol and/or drug brief screen: proceed to Step 2.  
Tobacco use only: see page 2 for Tobacco Advise and Refer.

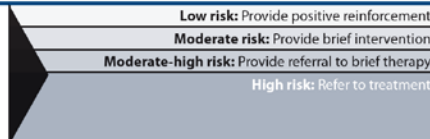
### STEP 2

## Further Screening

Patients with a positive brief screen should receive further screening/assessment using a validated screening tool. Scoring instructions are on each tool. Screening tools in English and Spanish available at [www.healthteamworks.org/guidelines/sbirt.html](http://www.healthteamworks.org/guidelines/sbirt.html)

### Screening tools:

- AUDIT (adult alcohol use) <http://healthteamworks-media.precis5.com/sbirt-audit>
- DAST-10<sup>7</sup> (adult drug use) <http://healthteamworks-media.precis5.com/sbirt-dast-10>
- ASSIST (adult poly-substance use) <http://healthteamworks-media.precis5.com/sbirt-assist>
- CRAFT (adolescent alcohol and drug use) <http://healthteamworks-media.precis5.com/sbirt-craft>



STEP 3 → (page 2)

\*"Helping Patients Who Drink Too Much: A Clinician's Guide," U.S. Department of Health and Human Services, National Institutes of Health, National Institute on Alcohol Abuse and Alcoholism. Updated 2005. [www.niaaa.nih.gov/guide](http://www.niaaa.nih.gov/guide)

<sup>1</sup> See Clinical Preventive Health Recommendations for the General and Targeted Populations Guideline at [www.healthteamworks.org/guidelines/prevention.html](http://www.healthteamworks.org/guidelines/prevention.html)

<sup>2</sup> See Prescription Drug Misuse supplement at [www.healthteamworks.org/guidelines/sbirt.html](http://www.healthteamworks.org/guidelines/sbirt.html)

<sup>3</sup> See Fetal Alcohol Spectrum Disorder (FASD) supplement, Preconception and Intraconception Care Guideline, and Contraception Guideline at [www.healthteamworks.org](http://www.healthteamworks.org)

<sup>4</sup> See Depression in Adults, Diagnosis and Treatment Guideline at [www.healthteamworks.org/guidelines/depression.html](http://www.healthteamworks.org/guidelines/depression.html)

This guideline is designed to assist clinicians with alcohol and substance use screening and management. It is not intended to replace a clinician's judgment or establish a protocol for all patients. For national recommendations, references and additional copies of the guideline, go to [www.healthteamworks.org](http://www.healthteamworks.org) or call (303) 446-7200. This guideline was supported with funds from SBIRT Colorado. Approved September 2011.

### STEP 3

## Brief Intervention - Brief Therapy - Referral to Treatment

For more information, demonstration videos, an online training module and the CRAFT Toolkit with adolescent talking points, go to [www.healthteamworks.org](http://www.healthteamworks.org).

A Brief Intervention is a short motivational conversation to educate and promote health behavior change.

Important: Recognize a person's readiness to change and respond accordingly.



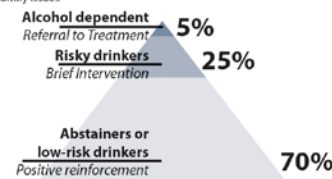
**Brief Intervention** (Brief Negotiated Interview model<sup>11</sup>): This model may also be used to address other substance use.

- 1. Raise the subject.**
  - "Would you mind if we talked for a few minutes about your alcohol use?"
  - Ask permission.
  - Avoid arguing or confrontation.
- 2. Provide feedback.**
  - "We know that drinking above certain levels can cause problems such as..."
  - Review reported substance use amounts and patterns.
  - Provide information about substance use and health.
  - Advise to cut down or abstain.
  - Compare the person's alcohol use to general adult population (see drinking pyramid below).
  - "What do you think about this information?"
  - Elicit patient's response.
- 3. Enhance motivation.**
  - "What do you like about your current level of drinking? What do you not like about your current level of drinking?"
  - "On a scale from 0-10, how important is it for you to decrease your drinking?"
- 4. Negotiate and advise.**
  - "What makes you a 5 and not a lower number?"
  - "On a scale from 0-10, how ready are you to decrease your drinking?"
  - "What would make you more ready to make a change?"
  - Assess readiness to change.
  - Discuss pros and cons.
  - Explore ambivalence.
  - "What's the next step?"
  - "What are the barriers you anticipate in meeting this goal? How do you plan to overcome these barriers?"
  - "On a scale from 0-10, how confident are you that you will be able to make this change?"
  - "What might help you feel more confident?"
  - Negotiate goal.
  - Provide advice and information.
  - Summarize next steps and thank the patient.



### U.S. Adult Alcohol Use Estimate

Potential consequences of risky drinking: multiple health, work and family issues



### Tobacco Advise and Refer:

Ask permission, then advise every tobacco user to quit with a personalized health message.

### Colorado QuitLine and Other Programs

Refer individuals age 15+ to the Colorado QuitLine (1-800-QUIT-NOW [1-800-784-8669] or [www.coquitline.org](http://www.coquitline.org)):

- Personally tailored quit program
- Five scheduled, telephone-based coaching sessions
- May include free nicotine replacement therapy (age 18+ and medically eligible)

Information on programs for specific populations and ages: [www.myquitpath.com](http://www.myquitpath.com)

Order free tools and materials: [www.cohealthresources.com](http://www.cohealthresources.com)

Pharmacotherapy options: HealthTeamWorks Tobacco Cessation and Secondhand Smoke Exposure Guideline at [www.healthteamworks.org/guidelines/tobacco.html](http://www.healthteamworks.org/guidelines/tobacco.html)

### STEP 3 continued:

### Referral to treatment

Spectrum: Screening — Brief Intervention — Brief Therapy — Specialty Treatment

Brief Therapy: For moderate to high risk use of alcohol or drugs	Substance Use Disorder Treatment: For high risk alcohol or drug use
<ul style="list-style-type: none"> <li>Motivational discussion; focused on empowerment and goal setting</li> <li>Includes assessment, education, problem-solving, coping strategies, supportive social environment</li> <li>Typically 4-6 sessions, each one approached as though it could be the last</li> </ul>	<ul style="list-style-type: none"> <li>Proactive process to facilitate access to specialty care</li> <li>Focus on motivating a person to follow-up on referral for further assessment and possible treatment</li> <li>Appropriate level of care may include inpatient, outpatient, residential</li> <li>Pharmacotherapy options: <a href="http://www.healthteamworks.org/guidelines/sbirt.html">www.healthteamworks.org/guidelines/sbirt.html</a></li> </ul>
Referral information in Colorado: <a href="http://linkingcare.org">http://linkingcare.org</a>	

### SBIRT is reimbursable if:

- A validated screening tool is used
  - It is properly documented
  - Time requirement is met
- See [www.healthteamworks.org](http://www.healthteamworks.org) for up-to-date information.

### Documentation: Key points

- SBIRT should be documented like any other healthcare service.
- These records may require special permission for release. Consult your organization's privacy policy.
- Documented use of a validated screening tool (e.g., AUDIT, DAST, CRAFT, ASSIST) required for reimbursement.

<sup>11</sup>The Yale Brief Negotiated Interview Manual. D'Onofrio, et al. New Haven, CT: Yale University School of Medicine. 2005.

# LinkingCare.org

Behavioral Health Provider Login

home | contact | send to a friend

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[Screening tools](#)

[Find a provider](#)



[Support services](#)

[Facts for healthy living](#)

[Resources](#)

LinkingCare.org  
Improving health. Changing lives.



## Recovery support



Dedicated to strengthening the health, resiliency and recovery of Coloradans through quality and effective behavioral health prevention, early intervention and treatment service, the [Colorado Division of Behavioral Health](#) (DBH) is responsible for a wide array of programs, services and mission-critical functions.

DBH operates with [six overarching goals](#) such as to continually improve the quality of prevention, intervention, and treatment services and to enhance knowledge, understanding, and awareness of behavioral health disorders. The creating of LinkingCare.org supports these important goals for the benefit of all Coloradans.

LinkingCare.org is a referral resource providing easy statewide access to information and services for substance use prevention, treatment and recovery in Colorado.

Understanding that risky substance use affects an individual's overall health, LinkingCare.org was created by the Division of Behavioral Health to encourage whole person care, improving the health and changing the lives of Coloradans by quickly connecting healthcare providers and individuals to substance use services. Future expansion will include a full continuum of behavioral health resources such as mental health and recovery support services.

### Why LinkingCare.org?

- Searching for a substance use provider?
- You want to find out if you drink too much?
- Looking for help in your recovery?
- Need information on the risks of substance use?

You'll find comprehensive substance use resources right here.

Know someone who might benefit from LinkingCare.org? [Share it with them.](#)

About LinkingCare.org

Screening tools

Find a provider



Support services

Facts for healthy living

Resources

# LinkingCare.org

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## Find a provider

### Address

Distance in miles from central point

### County

Located within county boundaries

### Judicial District

Located within a group of counties

### Provider Name

All providers within the state of Colorado

### License Number

Single provider with license number

Enter an address, city, zip code & distance in miles

 within  miles

What services are you looking for?

#### Service

To receive the largest number of providers, please select Assessment/Outpatient only. Selecting additional Service items will narrow your search.

- Assessment/Outpatient
- DUI/DWAI
- Emergency/Detox
- Methadone Treatment
- Residential Treatment

#### Specific Population

Only select a Specific Population if you would like to narrow your search. The search results will only include providers that provide treatment for ALL Specific Populations selected.

- General Treatment
- Minors/Adolescents
- Offender
- Women

Know someone who might benefit from LinkingCare.org? [Share it with them.](#)

If this is an emergency, please dial 911



WE WILL NOT SHARE YOUR SEARCH or any information about you with anyone. This site does not provide a diagnosis of substance dependence or any other medical condition. The information provided here cannot substitute for a full evaluation by a healthcare professional, and should only be used as a guide to understanding your substance use and the potential health issues involved with it. LinkingCare.org does not verify the accuracy of the community-generated content. The Colorado Division of Behavioral Health or sponsors do not endorse providers, services or resources on the site.

About LinkingCare.org

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## Providers found

Treatment providers found: 113

Providers have been mapped according to the address, city, zip code, county or judicial district selected. To view details, click the corresponding icon on the map.

Print Options..

### LOCATION

Select the location type to search by:

County

Select county from dropdown below

DENVER

Update

### CATEGORIES

#### Service

- Assessment/Outpatient
- DUI/DWI
- Emergency/Detox
- Methadone Treatment
- Residential Treatment

#### Specific Population

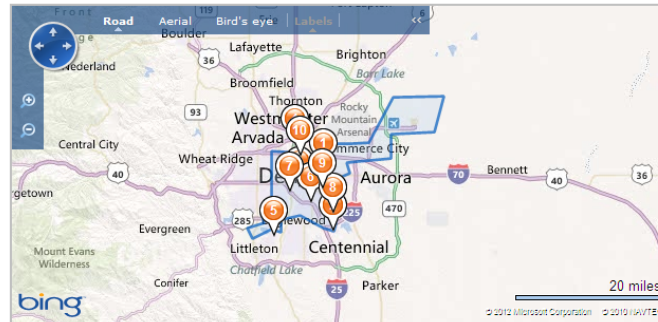
- General Treatment
- Minors/Adolescents
- Offender
- Women

Update

Filters: use the checkbox(s) below to filter the results returned by the criteria above...

- Day treatment (DAY)
- Intensive outpatient (IOP)
- Traditional Outpatient (OP)

Update



Page size: 10 113 items in 12 pages

**1 A New Image Counseling Services Inc.**  
6500 Stapleton Dr. S., #E Denver, CO. 80216

720-941-6224

[View Full Profile >](#)

Phone: 720-941-6224  
County: Denver  
Judicial District: 2nd

**2 A Woman's Way to Recovery**  
8751 East Hampden Ave., B2 Denver, CO. 80231

303-523-0621

[View Full Profile >](#)

Phone: 303-523-0621  
County: Denver  
Judicial District: 2nd

**3 Acacia Counseling, Inc.**  
1600 Downing Street, #300 Denver, CO. 80218

303-861-9378

[View Full Profile >](#)

Phone: 303-861-9378  
County: Denver  
Judicial District: 2nd

Page size: 10 113 items in 12 pages

Know someone who might benefit from LinkingCare.org? [Share it with them.](#)

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# Lessons Learned

1. SBIRT provides an important mechanism for the identification and intervention in tobacco use
2. The availability of medical marijuana may be contributing to an increase in harmful marijuana use
3. SBIRT supports healthcare providers in meeting public health goals; it doesn't put them in the treatment business
4. Adequate referral systems and resources are necessary for providers to conduct the screenings
5. Know your community, but implement universal screening
6. Improved quality of care is the primary motivator to do SBIRT
7. Patients are appreciative rather than resistant to the SBIRT process
8. Patients reduced use after participating in SBIRT
9. Staff and institutional support is critical for successful implementation and sustainability

# Sustainability

- Identify an internal champion
- Flexibility in how SBI can be implemented
- Use the entire team!
- Combine with other preventive health screening and education to enhance integrated care

[www.improvinghealthcolorado.org](http://www.improvinghealthcolorado.org)  
[www.healthteamworks.org](http://www.healthteamworks.org)

# Acknowledgements



*Improving health. Changing lives.*