

AL-SBIRT Overview



vital

Improving Wellness in Alabama



WHY SBIRT?





A primary issue contributing to the health care crisis in Alabama is the scarcity of resources, including mental health professionals.



Approximately 88,000 residents in the state of Alabama need but did not receive treatment for drugs and 193,000 need but did not receive treatment for alcohol.





1 IN 4

**AMERICANS WHO FIRST
SMOKED, DRANK OR USED
OTHER DRUGS BEFORE AGE 18
HAS A SUBSTANCE PROBLEM**

**Compared to 1 in 25 Americans who
first drank, smoked or used other
drugs at age 21 or older**

**...THIS IS MORE THAN THE
NUMBER OF AMERICANS WITH:**



**HEART CONDITIONS
(27 Million)**



**DIABETES
(26 Million)**



**CANCER
(19 Million)**



1 IN 10

**PEOPLE WHO NEED
TREATMENT RECEIVE IT.**



**{ 40 Million
or >1 in 7**

**AGES 12 AND OLDER HAVE
A SUBSTANCE PROBLEM...**



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NEED WITHIN ALABAMA

- The State of Alabama is comprised of approximately 4.8 million residents living in 67 counties, with 46 counties designated as rural areas.
- Almost 19% of Alabama residents are living below the federal poverty level.
- 46th Healthiest State
- 9% use drugs, 49% use alcohol, and 34% use tobacco
- Alabama is home to over 414,000 veterans.





NEED WITHIN WEST ALABAMA

County	Total Pop.	AA (%)	White (%)	Hisp. (%)	Below Pov. Level (%)	Un-insured (%)	Adult Obesity (%)	Adult Smoking (%)	Excess. Drinking (%)	PCPs per 10,000
Bibb	22766	22	76	2	22	18	34	23	13	3
Greene	8921	80	19	0.9	35	18	48	n/a	n/a	3
Hale	15421	58	41	1	29	17	44	n/a	8	1
Lamar	14311	12	87	1	22	17	32	n/a	n/a	3
Sumter	13478	74	26	0.9	39	19	42	17	12	5
Tuscaloosa	197211	30	67	3	20	18	35	23	13	8
Walker	66661	6	92	2	22	17	35	28	7	5



WHAT IS SBIRT?

Screening, **B**rief **I**ntervention, and **R**eferral to **T**reatment





- **S**creening: quickly assess use and severity of alcohol, illicit drugs, and prescription drug abuse.
- **B**rief **I**ntervention: a 3-5 minute motivational and awareness-raising intervention given to risky or problematic substance users and/or a brief sessions of treatment.
- **R**eferral to **T**reatment: referrals to specialty care for patients with substance use disorders.





SCREENING

vital universally screens everyone at least 19 years of age

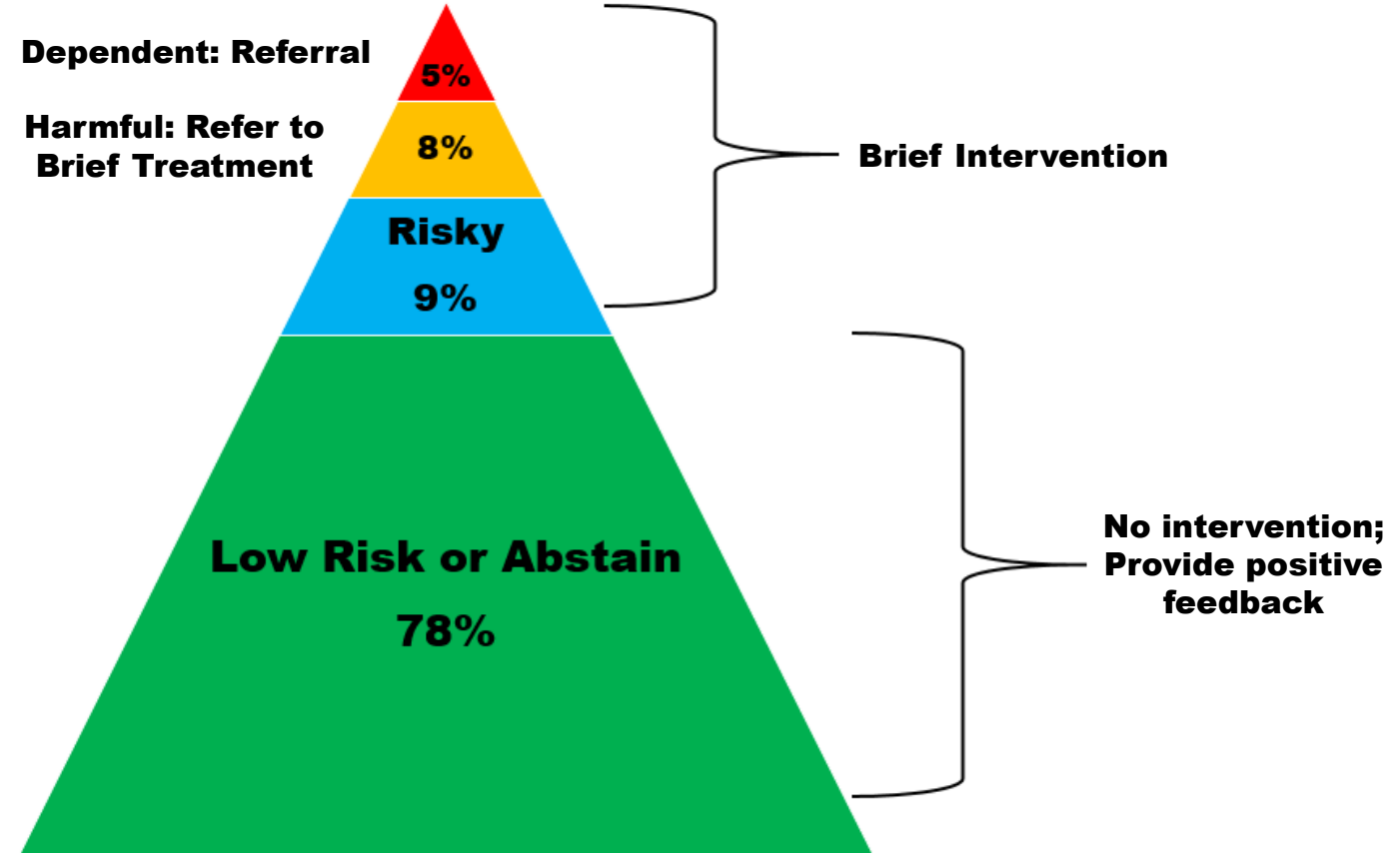
Alcohol	Drugs	Mental Health
<ul style="list-style-type: none">• US-AUDIT C	<ul style="list-style-type: none">• NIDA Quick Screen	<ul style="list-style-type: none">• PHQ-2
<ul style="list-style-type: none">• US-AUDIT	<ul style="list-style-type: none">• DAST 10	





SCREENING RESULTS

- **LOW/NO RISK= FEEDBACK**
- **MILD=BRIEF INTERVENTION**
- **MODERATE=BRIEF TREATMENT**
- **HIGH/SEVERE=REFERRAL**





BRIEF INTERVENTION

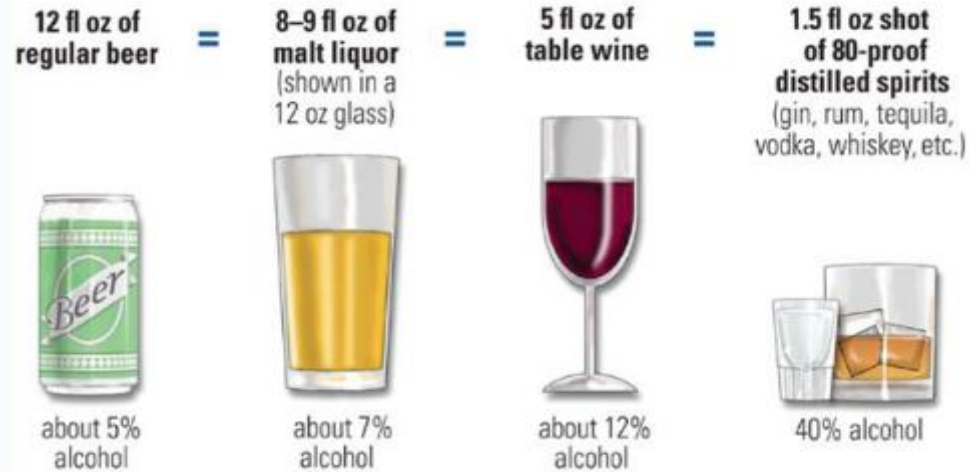
- Is provided when screening indicates **Mild** risk
- It is the core of SBIRT.
- Can receive up to 5 sessions





BRIEF INTERVENTION

What is a standard drink?



The percent of "pure" alcohol, expressed here as alcohol by volume (alc/vol), varies by beverage.

Low Risk Limits	Drinks/Day	Drinks/Week
Women/Men ≥ 65	3	7
Men < 65	4	14





BRIEF TREATMENT

- Is provided when screening indicates **Moderate** risk
- Can receive up to 12 sessions





REFERRAL TO TREATMENT

- Is provided when screening indicates **Severe** risk
- Can receive Brief Intervention or Brief Treatment





GOALS

- To increase access to SBIRT for adults in primary care settings;
- To ensure that SBIRT is the standard of care in Alabama's healthcare settings;
- To improve health and behavioral outcomes among adults, including veterans with substance use disorders and with co-occurring mental illness;



QUESTIONS?

