

Screening, Brief Intervention, and Referral to Treatment – A Quick Review

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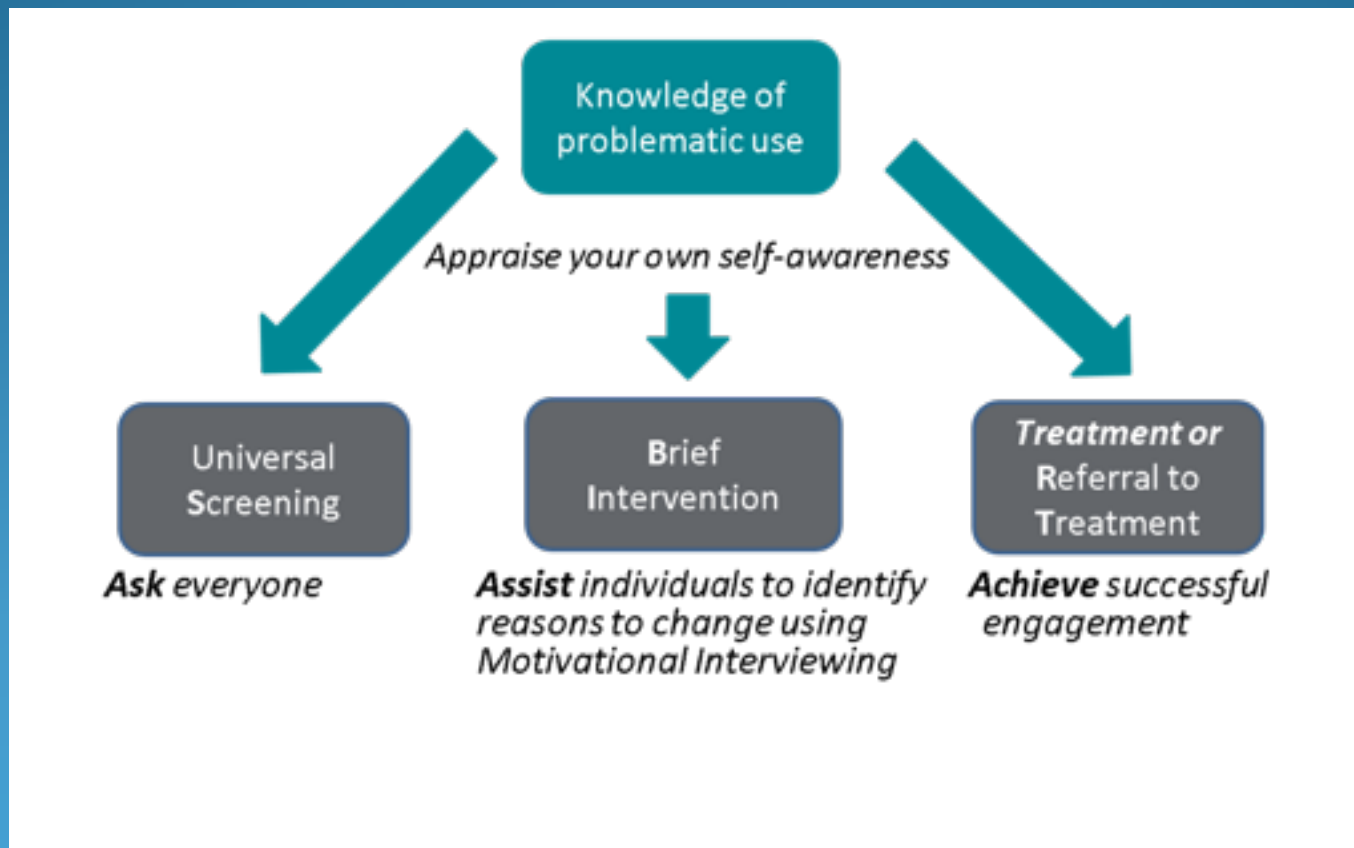
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SBIRT: An Evidence-Based Practice

- Screening, Brief Intervention, and Referral to Treatment (SBIRT) is a **comprehensive, integrated, public health** approach to the delivery of **early intervention** and treatment services. It is used to identify:
 - People who may be using alcohol and/or drugs at risky levels
 - People who may already have an alcohol/substance use disorder
- Screening is **useful for everyone**
- Brief intervention has been shown to be **effective for unhealthy alcohol use**

What are the SBIRT Core Competencies?



Screening to Identify Patients At Risk for Substance Use Problems



What's going on in these pictures?



Screening



Assessment

Characteristics of a Good Screening Tool

- Brief (10 or fewer questions)
- Flexible
- Easy to administer, easy for patient
- Addresses alcohol and other drugs
- Indicates need for further assessment or intervention
- Has good “sensitivity” and “specificity”

Screening Tools

BAC/Urine Drug Screen

Pre-Screens (i.e. 1-item)

AUDIT

AUDIT-C

DAST

CRAFFT/S2BI

ASSIST

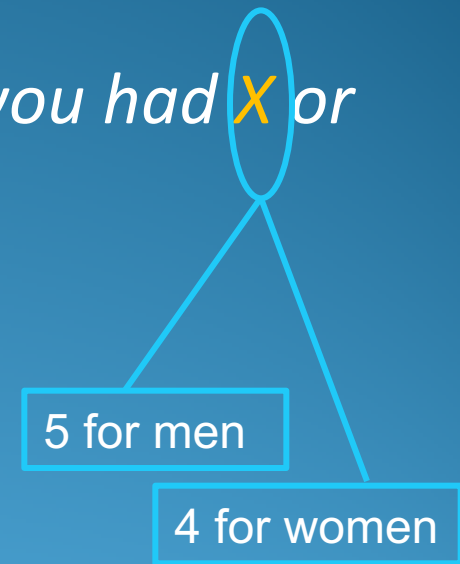
PHQ-9 and GAD-7 (mental health screeners)

Pre-screening Example

NIAAA 1-item for alcohol use

*“How many times in the past year have you had **X** or more drinks in a day?”*

- Identifies unhealthy alcohol use
- Positive screen = 1 or higher (provide BI)



Pre-screening Example

NIDA 1-item for illicit drug use

"How many times in the past year have you used an illegal drug or used a prescription medication for non-medical reasons?"

- Identifies overall drug use
- Positive screen = 1 or higher

Screen	Target Population	# Item	Assessment	Setting (most common)	Type
ASSIST (WHO)	-Adults -Validated in many cultures and languages	8	Hazardous, harmful, or dependent drug use (including injection drug use)	Primary Care	Interview
AUDIT (WHO)	-Adults and adolescents -Validated in many cultures and languages	10	Identifies alcohol problem use and dependence. Can be used as a pre-screen to identify patients in need of full screen/brief intervention	-Different settings -AUDIT C-Primary Care (3 questions)	Self-admin, Interview, or computerized
DAST-10	Adults	10	To identify drug use problems in past year	Different settings	Self-admin/Interview
CRAFFT	Adolescents	6	To identify alcohol and drug abuse, risky behavior, & consequences of use	Different settings	Self-admin
TWEAK	Pregnant women	5	-Risky drinking during pregnancy. Based on CAGE. -Asks about number of drinks one can tolerate, alcohol dependence, related problems	Primary Care, Women's organizations, etc.	Self-admin, Interview, or computerized

Review of the AUDIT

- 10-question alcohol use screening instrument
- Originally designed for primary care, but is also used in mental health settings and university counseling centers

Introducing the AUDIT

- I am going to ask you some ***personal questions*** about alcohol (and other drugs) that I ask all my patients.
- Your responses will be ***confidential***.
- These questions help me to provide the ***best possible care***.
- You ***do not have to answer*** them if you are uncomfortable.

Domains: Hazardous Alcohol Use

1. How often do you have a drink containing alcohol?

- (0) Never (Skip to Questions 9-10)
- (1) Monthly or less
- (2) 2 to 4 times a month
- (3) 2 to 3 times a week
- (4) 4 or more times a week

2. How many drinks containing alcohol do you have on a typical day when you are drinking?

- (0) 1 or 2
- (1) 3 or 4
- (2) 5 or 6
- (3) 7, 8, or 9
- (4) 10 or more

3. How often do you have five or more drinks on one occasion?

- (0) Never
- (1) Less than monthly
- (2) Monthly
- (3) Weekly
- (4) Daily or almost daily

Domains: Dependence Symptoms

- 4. How often during the last year have you found that you were not able to stop drinking once you had started?**
- (0) Never
 - (1) Less than monthly
 - (2) Monthly
 - (3) Weekly
 - (4) Daily or almost daily
- 5. How often during the last year have you failed to do what was normally expected from you because of drinking?**
- (0) Never
 - (1) Less than monthly
 - (2) Monthly
 - (3) Weekly
 - (4) Daily or almost daily
- 6. How often during the last year have you been unable to remember what happened the night before because you had been drinking?**
- (0) Never
 - (1) Less than monthly
 - (2) Monthly
 - (3) Weekly
 - (4) Daily or almost daily

Domains: Harmful Consequences

7. How often during the last year have you needed an alcoholic drink first thing in the morning to get yourself going after a night of heavy drinking?

- (0) Never
- (1) Less than monthly
- (2) Monthly
- (3) Weekly
- (4) Daily or almost daily

8. How often during the last year have you had a feeling of guilt or remorse after drinking?

- (0) Never
- (1) Less than monthly
- (2) Monthly
- (3) Weekly
- (4) Daily or almost daily

9. Have you or someone else been injured as a result of your drinking?

- (0) No
- (2) Yes, but not in the last year
- (4) Yes, during the last year

10. Has a relative, friend, doctor, or another health professional expressed concern about your drinking or suggested you cut down?

- (0) No
- (2) Yes, but not in the last year
- (4) Yes, during the last year

Scoring the Audit

Questions 1-8 are scored: 0, 1, 2, 3, or 4

Questions 9 & 10 are scored: 0, 2, or 4

Add points for each item to get total score

Score	Level	Action
0-7	Low	Encouragement
8-15	Low/Moderate	BI
16-19	Moderate	BI/B(rief)Tx
20+	High	BI/Referral to Tx

Drug Abuse Screening Test – DAST

- Ten questions assessing potential drug use in the previous 12 months
- “Drug use” in the questions may refer to the use of illicit drugs as well as the misuse of prescribed or over-the-counter medications

Drug Abuse Screening Test – DAST

In the past 12 months:

1. Have you used drugs other than those required for medical reasons?
2. Have you abused more than one drug at a time?
3. Are you always able to stop using drugs when you want to?
4. Have you had “blackouts” or “flashbacks” as a result of drug use?
5. Do you ever feel bad or guilty about your drug use?
6. Does your spouse (or parent) ever complain about your involvement with drugs?
7. Have you neglected your family because of your use of drugs?
8. Have you engaged in any illegal activities in order to obtain drugs?
9. Have you ever experienced withdrawal symptoms (felt sick) when you stopped taking drugs?
10. Have you had any medical problems as a result of your drug use (e.g. memory loss, hepatitis, convulsions, bleeding, etc...)?

Drug Abuse Screening Test – DAST

Scoring

- Items 1 & 2: score “1” for every “YES” response
- Item 3: score “1” for a “NO” response
- Items 4-10, score “1” for every “YES” response
- Total score = sum of points for each item

DAST Zones and Scores

Score	Risk Level	Intervention
0	Zone 1: No risk	Simple advice: Congratulations this means you are abstaining from excessive use of prescribed or over-the-counter medications, illegal or non-medical drugs.
1-2	Zone 2: At Risk Use - “low level” of problem drug use	Brief Intervention (BI). You are at risk. Even though you may not be currently suffering or causing harm to yourself or others, you are at risk of chronic health or behavior problems because of using drugs or medications in excess; and continued monitoring
3-5	Zone 3: “intermediate level”	Extended BI (EBI) and RT – your score indicates you are at an “intermediate level” of problem drug use. Talk with a professional and find out what services are available to help you to decide what approach is best to help you to effectively change this pattern of behavior.
6-10	Zone 4: Very High Risk, Probable Substance Use Disorder	EBI/RT- considered to be at a “substantial to severe level” of problem drug use. Refer to specialist for diagnostic evaluation and treatment.

Screening is the Start of the Brief Intervention



Options Explored



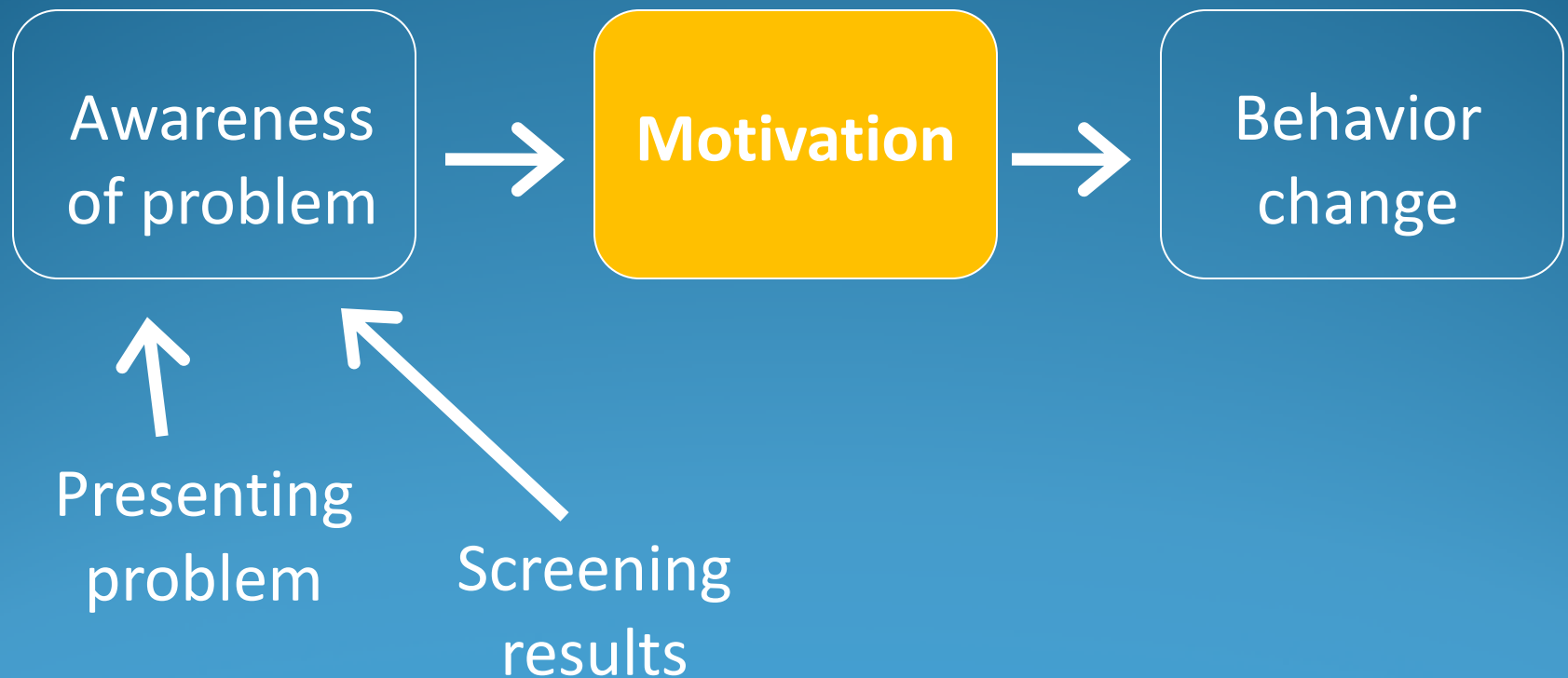
Listen & Understand



Feedback

What is the Topic for Today?

The Brief Intervention



The FLO: What are the Three Tasks of this BI?



Feedback



Listen & Understand



Options Explored

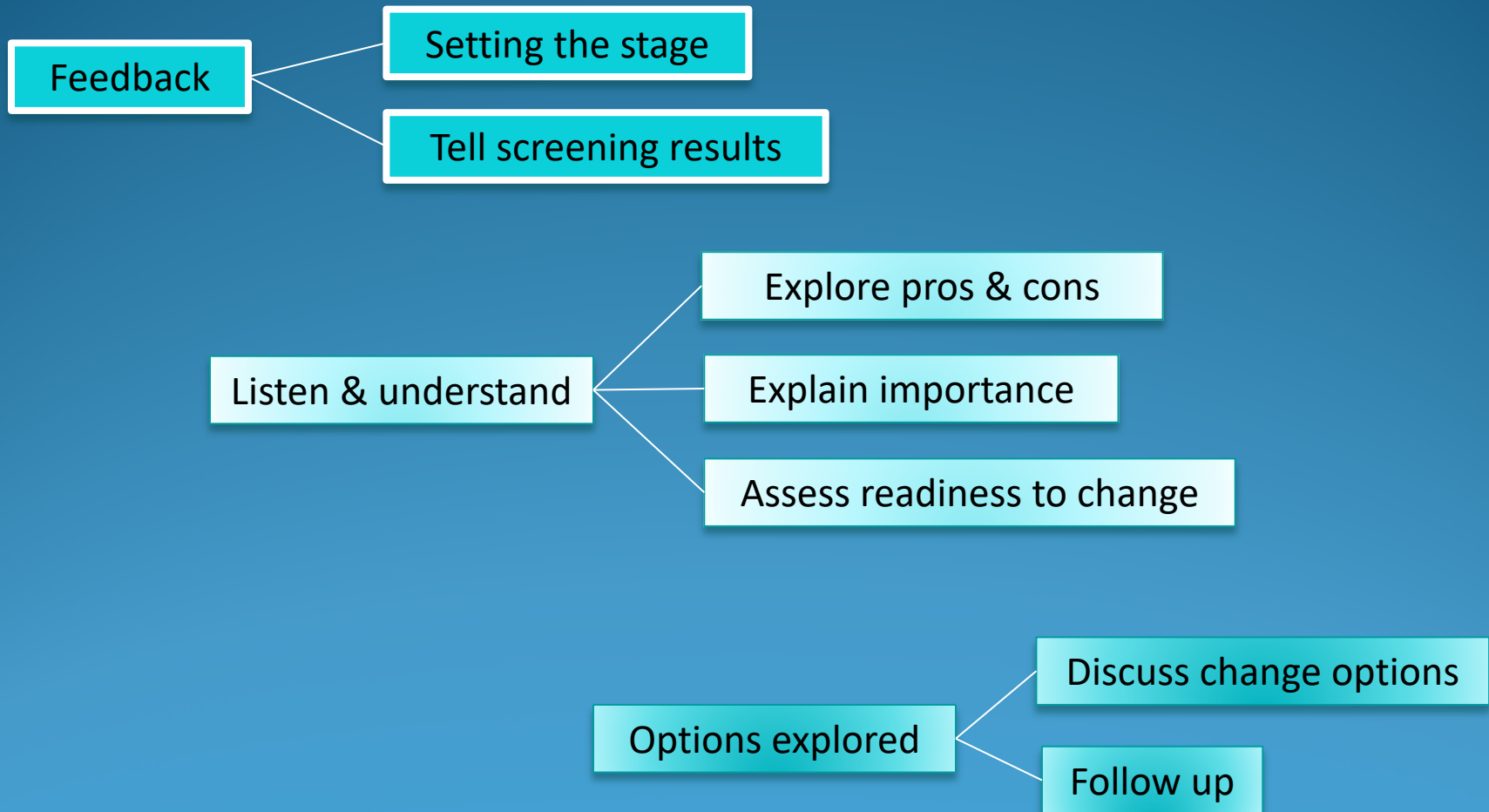


Warn

Avoid Warnings!

(that's it)

How Does It All Fit Together?



The 1st Task: Feedback

The Feedback Sandwich



Ask Permission

Give Feedback

Ask for Response

The 1st Task: Feedback

What you need to cover:

1. Range of scores and context
2. Screening results
3. Substance use norms in population
4. Interpretation of results (e.g., risk level)
5. Patient feedback about results

The 2nd Task: Listen & Understand

Tools for Change Talk

- Pros and Cons
- Importance/Readiness Ruler

Digging for Change: The Decisional Balance



The good things about _____



The not-so-good things about _____



The good things about changing



The not-so-good things about changing

Avoid questions that call for a yes/no answer.

The 2nd Task: Listen & Understand

Importance/Confidence/Readiness

On a scale of 1–10...

- How important is it for you to change your drinking?
- How confident are you that you can change your drinking?
- How ready are you to change your drinking?

For each ask:

- Why didn't you give it a lower number?
- What would it take to raise that number?

1	2	3	4	5	6	7	8	9	10
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The 3rd Task: Options for Change

What now?

- What do you think you will do?
- What changes are you thinking about making?
- What do you see as your options?
- Where do we go from here?
- What happens next?

The 3rd Task: Options for Change

The Advice Sandwich

Ask Permission

Provide Suggestion

Ask for Response



The 3rd Task: Options for Change

Closing the Conversation (“SEW”)

- Summarize patient’s views (especially the pro)
- Encourage them to share their views
- What agreement was reached (repeat it)

Encourage Follow-Up Visits

At follow-up visit:

- Inquire about use
- Review goals and progress
- Reinforce and motivate
- Review tips for progress

Referral to Treatment

- Approximately 5% of patients screened will require referral to substance use evaluation and treatment.
- A patient may be appropriate for referral when:
 - Assessment of the patient's responses to the screening reveals serious medical, social, legal, or interpersonal consequences associated with their substance use.

These high risk patients will receive a brief intervention followed by referral.

“Warm hand-off” Approach to Referrals

- Describe treatment options to patients based on available services
- Develop relationships between health centers, who do screening, and local treatment centers
- Facilitate hand-off by:
 - Calling to make appointment for patient/student
 - Providing directions and clinic hours to patient/student
 - Coordinating transportation when needed

Thank You!

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