

Importance of SBIRT Training in Undergraduate Curriculum

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Research Question

What is the significance of Screening, Brief Intervention and Referral to Treatment (SBIRT) and why is it important to implement in undergrad curriculum?

Introduction

- “19.7 million American adults battle a substance use disorder in 2017” (AAC)
- “But only 1.4 million people are in treatment for substance use disorder in 2017” (AAC)
- Many adults experience both a substance use and alcohol use disorder
- Excessive substance use can lead to short-term and long-term health complications, and risky behaviors.
- SBIRT maximizes efficiency and minimizes cost, by providing a wide range of services, including less intensive services, to meet the needs of individuals at each point along the substance use risk continuum (Barbor, T.F., Boca, F.D., & Bray, J.W. 2017).

Training Highlights

- Worked in interdisciplinary teams to discuss potential situations and role play
- Interacted in live simulations to practice motivational interviewing with patient actors
 - Learn how to build rapport within the live simulations
- Were challenged to be flexible with our thinking by omitting information prior to role play, leaving us feeling confident with our skills
- Work with different disciplinary practices such as Osteopathic Medicine, Dental Hygiene, and Dental Medicine
 - Practice where your discipline, learn what your role is within the SBIRT setting
- Received guidance and constructive criticisms to better approach future interactions with at risk individuals
- Became familiar with screen procedures and tools:
 - AUDIT screening tool
 - Readiness Ruler

Future Implications

Implications for Occupational Therapy:

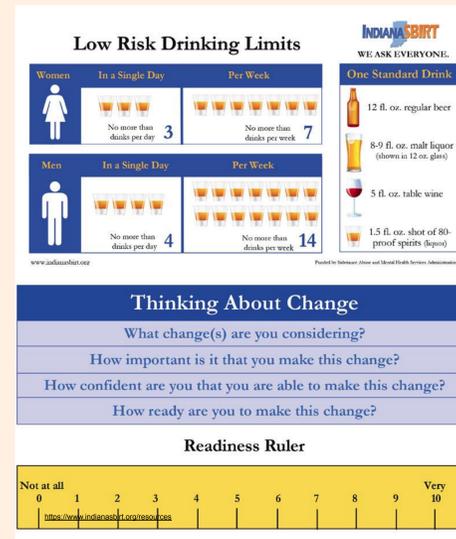
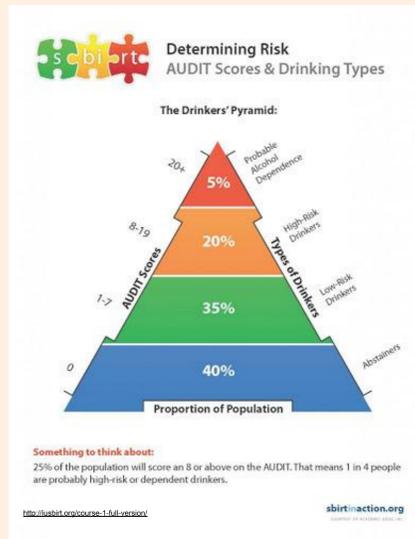
- “Occupational therapy is uniquely positioned to assist people who are struggling to recover from substance abuse, by helping them to reestablish the roles and identities most meaningful to them.”- AOTA
- OT’s examine clients behaviors and habits, and try to build or rebuild the occupational roles that are meaningful to the client.
- Will help to provide resources to individuals who are at-risk or have substance a substance use disorder.

Implications for Public Health:

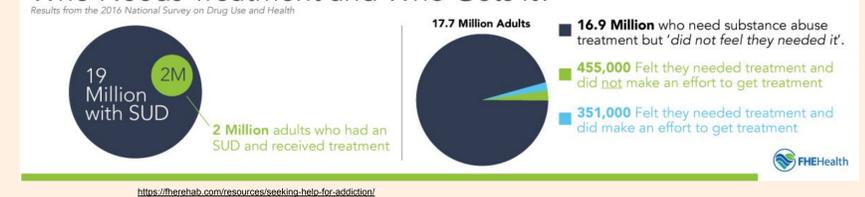
- Youth in schools
 - Preventative measures
 - Screening at a young age
- Insurance funding
 - If viewed as more of a public health issue, more funding will be allowed
- SBIRT should be considered a public health initiative designed to reduce population rates of substance-related problems (Barbor, T.F., Boca, F.D., & Bray, J.W. 2017).

General Healthcare Implications:

- Combating stigma in medical field settings by training providers
- Understanding the unique factors that influence individuals to be more empathetic and compassionate.
- Provide individualized, client-centered care to those with substance use disorders or are at high risk for SUDs



Who Needs Treatment and Who Gets it?



What is SBIRT?

- A clinical approach to assessing individuals who are at risk for substance abuse.
- SBIRT is a comprehensive, integrated public health approach to the delivery of prevention and early intervention for persons who may be at risk of a substance use disorder or who currently have one. It is comprised of:
 - **Screening** - quickly assess current substance use
 - **Brief intervention** - focus on increasing insight and awareness regarding substance use and motivation toward behavior change
 - **Referral to treatment** - provide those identified as needing more intensive treatment with access to care

Takeaways

- Overall, substance use disorder is a public health issue, rather than an individuals "failing"
 - Implementing evidence based care and avoiding bias can lead to the best outcomes
 - Educating health care professionals and families can lead to better outcomes
- It's essential to recognize individuals who have a substance use disorder
- Learn how to apply the knowledge learned in undergraduate studies, such as motivational interviewing and preventative care, and practice those skills in real time
- The importance of enhancing and promoting preventative care
- The importance of adaptability
 - Learning to see each client as an individual and base your treatment plan on their individual needs
 - Learn to seek out clients future goals and use them as a motivating factor
- The importance of screening for at risk behaviors
- Importance of interprofessional practice
 - Ability to work with and collaborate with healthcare providers from a variety of specialties
 - See different viewpoints on assessment and treatments
 - Clients will have the opportunity to receive the best possible care from a variety of healthcare providers for optimal treatment outcomes

Recommendations

- Incorporate motivational interviewing and SBIRT training into the coursework of all healthcare professionals
- Begin screening at an early age
 - Baseline for those at a higher risk
 - Early onset is a risk factor
- Implement preventative measures in schools
 - Recognizing the signs of at-risk behavior
 - Providing a list of resources that any age can access for additional information and support services for substance abuse
- As practitioners, using motivational interviewing during situations where substance use poses specific threats to a person's capacity for health maintenance
 - Studies show it is successful in cases such as pregnant mothers, or during rehabilitation after surgery (Stoffel, V. C., & Moyers, P. A. (2004)
- A barrier to implementing SBIRT training is lack of funding.
 - Over 2012-2017 funding for substance use prevention from the National Institute of Health has declined due to no consensus from the board. (National Institutes of Health, 2019b)

References

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