



UNC SON **ECHO** for MOUD

Addiction and Behavioral Clinic for Medication for Opioid Use Disorder Treatment

SBIRT: Screening Tools

Screening, Brief Treatment and Referral to Treatment
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Disclosures

NONE

Objectives

1. Define SBIRT for a primary care setting
2. List the screening tools that can be used to identify behavioral health and substance use problems

The SBIRT MODEL

Screening
Brief Intervention
Referral to Treatment

The **whole team** can learn to screen, provide brief interventions & refer for treatment

SBIRT Defined

Screening, Brief Intervention, and Referral to Treatment (SBIRT) is a *comprehensive, integrated approach* to the delivery of *early intervention* and treatment services.

- Screening quickly assesses for the presence of risky substance use, follows positive screens with further assessment of problem use, and identifies the appropriate level of treatment.
- Brief intervention focuses on increasing insight and awareness regarding substance use and motivation toward behavioral change.
- Referral to treatment provides those identified as needing more extensive treatment with access to specialty care.

SBIRT Benefits

Evidenced-based

Cost effective

Easy to implement

Reduces severity of substance use

Reduces risk of trauma and a percentage of at-risk individuals who go without specialized treatment

Implementation is billable in most states

Cost effectiveness

- Multiple studies have shown that investing in SBIRT can result in healthcare cost savings that range from \$3.81 to \$5.60 for each \$1.00 spent.

Screening tools are not diagnostic

Screening tools were developed to assess for severity of symptoms

Rating scales (used for research or advanced clinical situations)
measure things like change, potential diagnoses

Common Screening Tools for Behavioral Health & Substance Use

Depression	Anxiety	Substance Use
PHQ-2	GAD-7	2 questions for use or DAST
PHQ-9		

Evidenced-Based Screening Tools: SUD



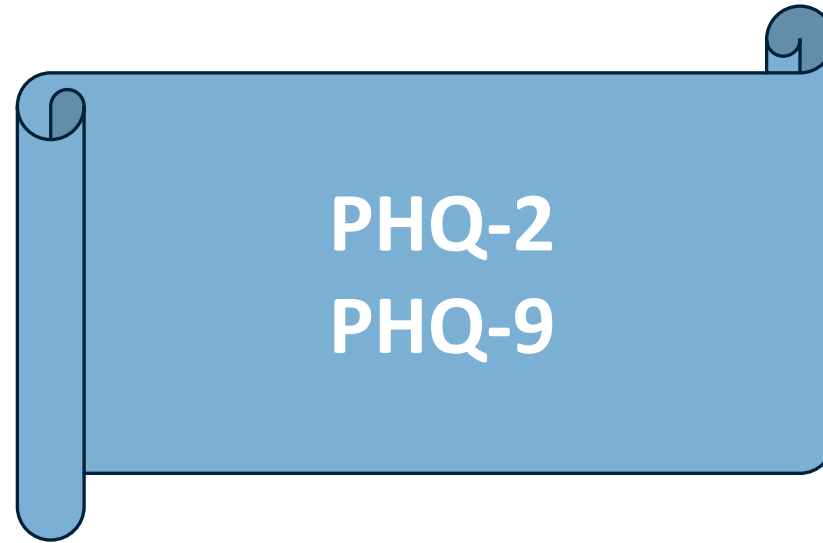
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NAME	Description	# of Items	Time	Copyright
AUDIT	ETOH	Self-report 10 items	2 minutes	YES-\$
CAGE	ETOH	ASKING 4 questions	1 minute	NO
CRAFFT	ETOH & Drug use for adolescents	6 items	<1 minute	NO-but ask for permission to copy
DAST	ETOH & Drug use	10 items	2 minutes	YES-\$

https://ncsacw.samhsa.gov/files/SAFERR_AppendixD.pdf

<https://www.drugabuse.gov/nidamed-medical-health-professionals/tool-resources-your-practice/screening-assessment-drug-testing-resources/chart-evidence-based-screening-tools>

Depression screening



Interpreting

PHQ-9 Scores of:

1-4 Minimal depression

5-9 Mild depression

10-14 Moderate depression

15-19 Moderately severe depression

20-27 Severe depression

Anxiety



Interpreting

GAD-7 Scores of:

5-9 Mild anxiety

10-14 Moderate anxiety*

15-21 Severe anxiety

*** When screening for individual or any anxiety disorder, a recommended cut point for further evaluation is a score of 10 or greater**

Substance Use

**2 questions
Or
DAST**

Interpreting

DAST-10 scores of:

0	NONE	Monitor
1-2	Low Risk	Brief Counseling
3-5	Intermediate Risk	OP-Intensive
6-8	Substantial Risk	Intensive Tx
9-10	Severe	Intensive Tx

1. Decide what to screen

2. SCREEN for DEPRESSION, ANXIETY and/or SUBSTANCE USE

3. KEEP track of the scores and document

4. Have a plan for positive screens

Brief Interventions

5. Follow-up and assess for quality, patient-centered outcomes



Putting it all together:
Follow a path to quality outcomes

QUESTIONS?



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