



UNC SON **ECHO** for MOUD

Addiction and Behavioral Clinic for Medication for Opioid Use Disorder Treatment

SBIRT: Brief Intervention – Motivational Interviewing

Screening, Brief Treatment and Referral to Treatment

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Disclosures

NONE

Objectives

1. Define motivational interviewing
2. Practice MI
3. Understand how it can be used in primary care with substance use



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 ore extensive treatment with access to specialty care.

Screening

PATIENT HEALTH QUESTIONNAIRE-9 (PHQ-9)

Over the last 2 weeks, how often have you been bothered by any of the following problems?
(Use "✓" to indicate your answer)

	Not at all	Several days	More than half the days	Nearly every day
1. Little interest or pleasure in doing things	0	1	2	3
2. Feeling down, depressed, or hopeless	0	1	2	3
3. Trouble falling or staying asleep, or sleeping too much	0	1	2	3
4. Feeling tired or having little energy	0	1	2	3
5. Poor appetite or overeating	0	1	2	3
6. Feeling bad about yourself — or that you are a failure or have let yourself or your family down	0	1	2	3
7. Trouble concentrating on things, such as reading the newspaper or watching television	0	1	2	3
8. Moving or speaking so slowly that other people could have noticed? Or the opposite — being so fidgety or restless that you have been moving around a lot more than usual	0	1	2	3
9. Thoughts that you would be better off dead or of hurting yourself in some way	0	1	2	3

FOR OFFICE CODING 0 + + +
=Total Score:

If you checked off any problems, how difficult have these problems made it for you to do your work, take care of things at home, or get along with other people?

Not difficult at all	Somewhat difficult	Very difficult	Extremely difficult
<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Instructions: For each substance, mark in the appropriate column. For example, if the patient has used cocaine monthly in the past year, put a mark in the “Monthly” column in the “illegal drug” row.

NIDA Quick Screen Question:						
<u>In the past year</u>, how often have you used the following?	Never	Once or Twice	Monthly	Weekly	Daily or Almost Daily	
Alcohol						
<ul style="list-style-type: none"> • For men, 5 or more drinks a day • For women, 4 or more drinks a day 						
Tobacco Products						
Prescription Drugs for Non-Medical Reasons						
Illegal Drugs						

- If the patient says “**NO**” for all drugs in the Quick Screen, reinforce abstinence. **Screening is complete.**
- If the patient says “**Yes**” to **one or more days of heavy drinking**. *patient is an at-risk drinker.*

Feedback?

Phrases you liked or didn't like?

Different ways to approach this patient?

Moving from precontemp to contemplative to action

Practice

Groups of 3

5 min

Come back – share experiences

5 min – change roles

Try precontemp and contemplative stages

MI: Based on the Stages of Change

1. *Precontemplation.*

The client needs information linking his problems with his/her substance abuse.

EXAMPLE: A brief intervention might be to educate him/her about the negative consequences of substance abuse.

2. *Contemplation.*

The client should be encouraged to explore feelings of ambivalence and the conflicts between her substance abuse and personal values.

EXAMPLE: The brief intervention might seek to increase the client's awareness of the consequences of continued abuse and the benefits of decreasing or stopping use.

MI: Stages of Change

3. Preparation.

The client needs work on strengthening commitment.

EXAMPLE: A brief intervention might give the client a list of options for treatment, then help the client plan how to go about seeking the treatment.

4. Action.

The client requires help executing an action plan and may have to work on skills to maintain sobriety.

EXAMPLE: The clinician should acknowledge the client's feelings and experiences as a normal part of recovery.

5. Maintenance.

The client needs help with relapse prevention.

EXAMPLE: A brief intervention could reassure, evaluate present actions, and redefine long term sobriety plans.

Setting a goal

Facilitate the patient coming up with their own goal

- Support Self-Efficacy

Specific

Measurable

Attainable

Relevant

Timely

Practice goal setting

Groups of 3

3 min

Come back – share experiences

3 min – change roles

Rulers – Help Develop Discrepancy

How important?

How confident?

How ready?

1 2 3 4 5 6 7 8 9 10

Why X and not X-2??

What would it take to get to X+2??

Motivational Interviewing

Proven to help patients move forward toward healthier lifestyle

Practice

How important?

How confident?

How ready?

Why X and not X-2???

What would it take to get to X+2???