

Extending Screening, Brief Intervention and Referral to Treatment (SBIRT) Using Principles of Motivational Interviewing

Social Workers on the Front Line of the Opioid Epidemic
Learning Collaborative

Spring 2020 Webinar Series

Today's Presenter



Pam Pietruszewski, MA
Integrated Health Consultant,
National Council for Behavioral Health

NATIONAL
COUNCIL
for Mental
Wellbeing



Learning Objectives

- Understand SBIRT as a foundation for integrated health through early identification and upstream intervention of substance use as a health risk factor.
- Explore the spirit of Motivational Interviewing as a key communication style for supporting and eliciting behavior change.
- Learn how to apply skills of open-ended inquiry, affirmations, reflections and summaries for increasing engagement and activation.



Today

1. SBIRT in context
2. Screening and Brief Intervention (S-BI)
3. Enhancing conversations using Motivational Interviewing
4. Referral to Treatment (RT)

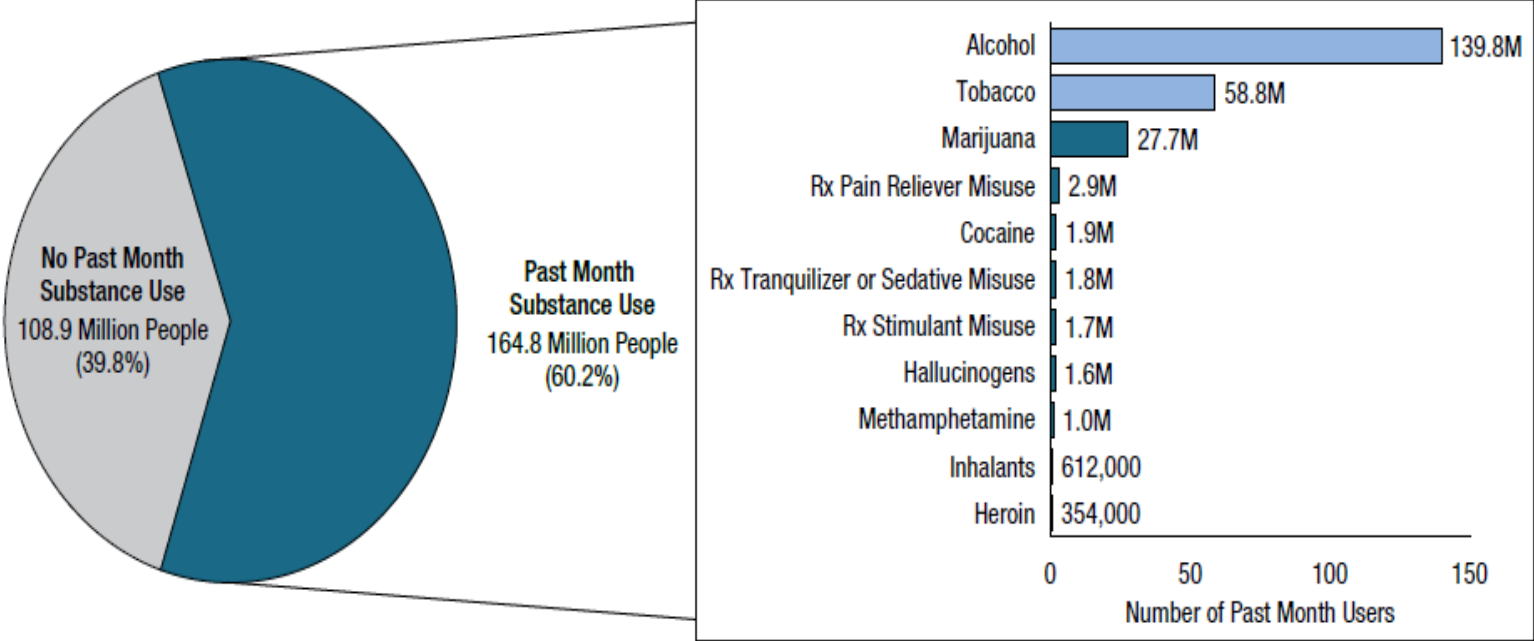


SBIRT in context



Past Month Substance Use Age 12 & Over

2018 Ntl Survey on Drug Use & Health, SAMHSA



Substance Use, Stress and Social Impact during COVID-19



- **Social isolation, economic distress and less structured time** can cause depression, anxiety, substance use and relapse.
- As illicit substances become harder to acquire, users will face **withdrawal or move to** riskier sources.
- Due to COVID-19, there is **reduced access** to emergency and general hospitals.
- People who use drugs or who are in recovery from SUDs are more susceptible to COVID-19 and are at higher risk for complications, due to **comorbidities and compromised immune systems**.



Mass Stress and Substance Use

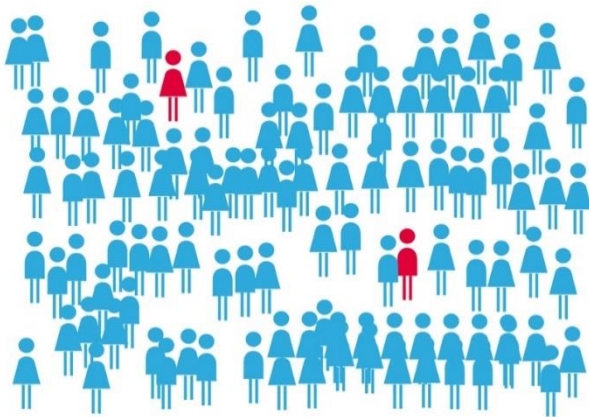


Intensity of exposure to 9/11 was associated with binge drinking even 5-6 years later.

- *Hasin DS,, et al. Am J Public Health 2007 Dec.*
- *Beseler CL, et al. Alcohol Clin Exp Res 2011 May.*
- *Welch AE, et al. Drug Alcohol Depend 2014 Jul.*



A Paradigm Shift



- Not looking for addiction
- Looking for unhealthy substance use patterns
- Opportunities for early intervention
 - ✓ Primary care
 - ✓ Emergency departments
 - ✓ Trauma centers
 - ✓ Community mental health
 - ✓ Schools
 - ✓ Justice system
- Meeting people where they are





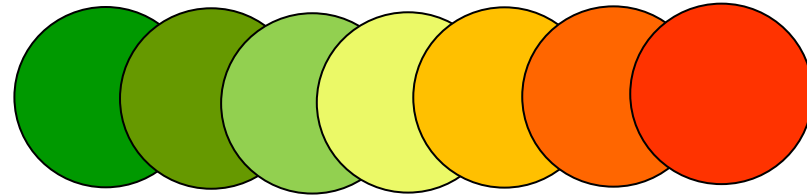
SBIRT is a comprehensive, integrated public health model

Screening to quickly identify the severity of substance use and appropriate level of treatment.

Brief **I**ntervention to raise awareness of risks and consequences, internal motivation for change, and help set healthy lifestyles goals.

Referral to **T**reatment to facilitate access to specialized services and coordinate care for patients with higher risk.

The Continuum View of Substance Use



No Problem

No intervention
Prevention

Problem

Treatment
Abstinence



Screening and Brief Intervention (S-BI)

Screening Tool Example: AUDIT-C, Plus 2

In the past 3 months...

1. How often did you have a drink containing alcohol?	Never 0	Monthly or less 1	2 to 4 times a month 2	2 or 3 times a week 3	4 or more times a week 4	
2. How many drinks containing alcohol did you have on a typical day when you were drinking?	Never 0	1 or 2 drinks 0	3 or 4 drinks 1	5 or 6 drinks 2	7 to 9 drinks 3	10 or more drinks 4
3. How often did you have <u>5 or more</u> drinks on one occasion?	Never 0	Less than monthly 1	Monthly 2	Weekly 3	Daily or almost daily 4	
4. How often have you used marijuana?	Never 0	Less than monthly 1	Monthly 2	Weekly 3	Daily or almost daily 4	
5. How often have you used an <u>*illegal drug</u> or used a prescription medication for non-medical reasons?	Never 0	Less than monthly 1	Monthly 2	Weekly 3	Daily or almost daily 4	

*if patient needs further explanation, "for example, for the feeling or experience it caused"



Scoring: AUDIT-C, Plus 2

	Questions	Score
Negative screen	AUDIT C	Women <3 Men <4
	Cannabis	0-1
	Other drugs	0
Positive screen	AUDIT C	Women 3-6 Men 4-6
	Cannabis	2-3
High positive screen	AUDIT C	≥7
	Cannabis	4
	Other drugs	1-4



Alcohol Use Disorders Identification Test (AUDIT)

Questions	0	1	2	3	4
1. How often do you have a drink containing alcohol?	Never	Monthly or less	2 to 4 times a month	2 to 3 times a week	4 or more times a week
2. How many drinks containing alcohol do you have on a typical day when you are drinking?	1 or 2	3 or 4	5 or 6	7 to 9	10 or more
3. How often do you have 5 or more drinks on one occasion?	Never	Less than monthly	Monthly	Weekly	Daily or almost daily
4. How often during the last year have you found that you were not able to stop drinking once you had started?	Never	Less than monthly	Monthly	Weekly	Daily or almost daily
5. How often during the last year have you failed to do what was normally expected of you because of drinking?	Never	Less than monthly	Monthly	Weekly	Daily or almost daily
6. How often during the last year have you needed a first drink in the morning to get yourself going after a heavy drinking session?	Never	Less than monthly	Monthly	Weekly	Daily or almost daily
7. How often during the last year have you had a feeling of guilt or remorse after drinking?	Never	Less than monthly	Monthly	Weekly	Daily or almost daily
8. How often during the last year have you been unable to remember what happened the night before because of your drinking?	Never	Less than monthly	Monthly	Weekly	Daily or almost daily
9. Have you or someone else been injured because of your drinking?	No		Yes, but not in the last year		Yes, during the last year
10. Has a relative, friend, doctor, or other health care worker been concerned about your drinking or suggested you cut down?	No		Yes, but not in the last year		Yes, during the last year



Drug Abuse Screening Tool (DAST)

These questions refer to the past 12 months.	No	Yes
1. Have you used drugs other than those required for medical reasons?	0	1
2. Do you abuse more than one drug at a time?	0	1
3. Are you always able to stop using drugs when you want to? (If never use drugs, answer "Yes.")	0	1
4. Have you had "blackouts" or "flashbacks" as a result of drug use?	0	1
5. Do you ever feel bad or guilty about your drug use? If never use drugs, choose "No."	0	1
6. Does your spouse (or parents) ever complain about your involvement with drugs?	0	1
7. Have you neglected your family because of your use of drugs?	0	1
8. Have you engaged in illegal activities in order to obtain drugs?	0	1
9. Have you ever experienced withdrawal symptoms (felt sick) when you stopped taking drugs?	0	1
10. Have you had medical problems as a result of your drug use (e.g., memory loss, hepatitis, convulsions, bleeding, etc.)?	0	1



Screening Adolescents: S2BI

S2BI: Screening to Brief Intervention

In the past year, how many times have you used:

- **Tobacco?** (Cigarettes, e-cigarettes, vapes, etc.)
- **Alcohol?**
- **Marijuana?** (Smoked, vaped, edibles, etc.)

STOP if all “Never.” Otherwise **CONTINUE**.

- **Prescription drugs that were not prescribed for you** (Pain medication, Adderall, etc.)
- **Illegal drugs?** (Cocaine, Ecstasy, etc.)
- **Inhalants?** (Nitrous oxide, etc.)
- **Herbs/synthetic drugs?** (Salvia, K2, bath salts, etc.)

Never

Once or twice

Monthly

Weekly

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Screening Adolescents: CRAFFT

John R. Knight, MD
Boston Children's Hospital
2018 Center for Adolescent
Substance Abuse Research
(CeASAR)
www.ceasar.org

During the PAST 12 MONTHS, on how many days did you:

1. Drink more than a few sips of beer, wine, or any drink containing **alcohol**? Put "0" if none.

of days

2. Use any **marijuana** (weed, oil, or hash by smoking, vaping, or in food) or "**synthetic marijuana**" (like "K2," "Spice")? Put "0" if none.

of days

3. Use **anything else to get high** (like other illegal drugs, prescription or over-the-counter medications, and things that you sniff, huff, or vape)? Put "0" if none.

of days

READ THESE INSTRUCTIONS BEFORE CONTINUING:

- If you put "0" in ALL of the boxes above, ANSWER QUESTION 4, THEN STOP.
- If you put "1" or higher in ANY of the boxes above, ANSWER QUESTIONS 4-9.

- | | No | Yes |
|---|--------------------------|--------------------------|
| 4. Have you ever ridden in a CAR driven by someone (including yourself) who was "high" or had been using alcohol or drugs? | <input type="checkbox"/> | <input type="checkbox"/> |
| 5. Do you ever use alcohol or drugs to RELAX , feel better about yourself, or fit in? | <input type="checkbox"/> | <input type="checkbox"/> |
| 6. Do you ever use alcohol or drugs while you are by yourself, or ALONE ? | <input type="checkbox"/> | <input type="checkbox"/> |
| 7. Do you ever FORGET things you did while using alcohol or drugs? | <input type="checkbox"/> | <input type="checkbox"/> |
| 8. Do your FAMILY or FRIENDS ever tell you that you should cut down on your drinking or drug use? | <input type="checkbox"/> | <input type="checkbox"/> |
| 9. Have you ever gotten into TROUBLE while you were using alcohol or drugs? | <input type="checkbox"/> | <input type="checkbox"/> |



Brief Intervention

- To raise a person's awareness of risks associated with substance use, **elicit internal motivation for change**, and help set behavior change goals
- A 5-30 minute conversation depending on setting, procedure codes



Brief Intervention Example



1. Begin the conversation, focus on rapport

What do you like to drink/use, with whom, when, where...?

Tell me how _____ fits in your life.

2. Provide information, connect substance use to health

You've said you use marijuana to relax, and at the same time I'm concerned it may be contributing to your asthma.

3. Support the plan

What does the person feel is realistic and obtainable?

Arrange follow-up to monitor and adapt plan as needed.



Enhancing conversations using Motivational Interviewing

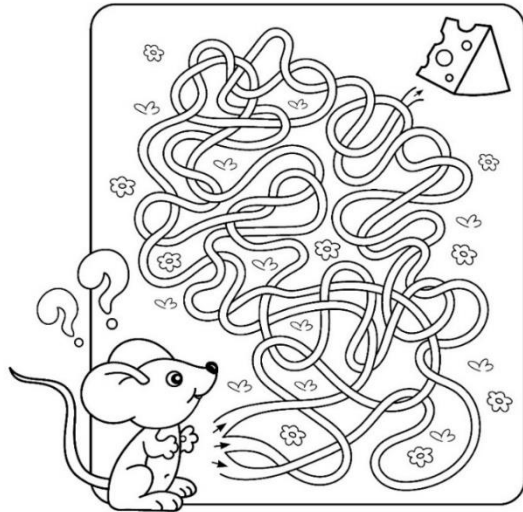


Motivational interviewing (MI) is a collaborative, person-centered, guiding method designed to elicit and strengthen motivation for change.

Miller & Rollnick, 2012



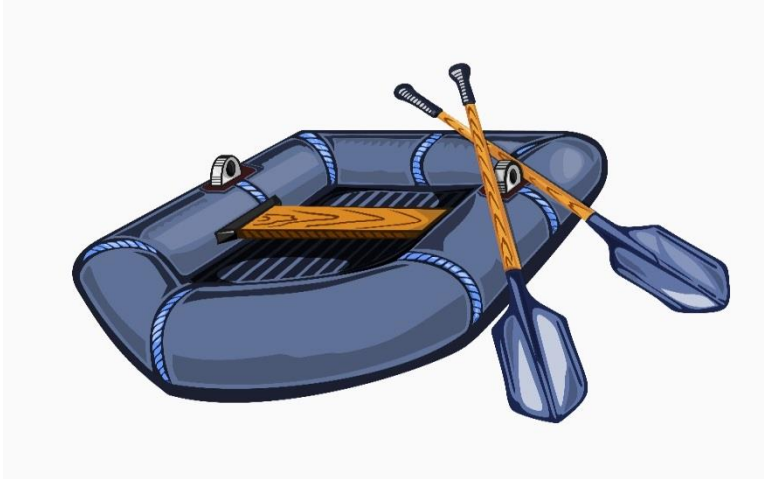
Some Principles of Motivation



1. Motivation is fluid, not fixed.
2. Ambivalence is normal to the change process.
3. Pushing too hard will evoke resistance to change.
4. Evoking patient's own change talk will enhance behavior change.



OARs: Listening Style that Motivates Change



- Open-Ended Inquiry
- Affirmations
- Reflections

Closed to Open



Instead of	Try
1. Are you still following the treatment plan?	<u>Tell me more</u> about the treatment plan and how it looks for you day to day.
2. Don't you want to see your kids grow up?	<u>What</u> are your goals and what is most important to you?
3. Will you go to the support group?	<u>How</u> would you go about it, if you decided you wanted to try the support group?



Affirmations & Reflections



When the probation officer said I need to do a drug test every week, I couldn't believe it! I want to get my kids back... but using every now and then shouldn't be a big deal. I can cut back, but I shouldn't have to stop living my life just to please some judge.



Affirmations & Reflections



When the probation officer said I need to do a drug test every week, I couldn't believe it! **I want to get my kids back...** but **using every now and then** shouldn't be a big deal. **I can** cut back, but **I shouldn't have to** stop living my life just to please some judge.

- *You want to get your kids back.*
- *You're surprised about the weekly drug testing.*
- *While you don't want to quit using, you're willing to make changes.*



I don't want to sit in a group and hear people complain about their pain. I know I have to stop using pills at some point... but nothing else works right now.

You don't want group support.

You've thought about the risks associated with pain pills.

Opioids are the only thing that helps.

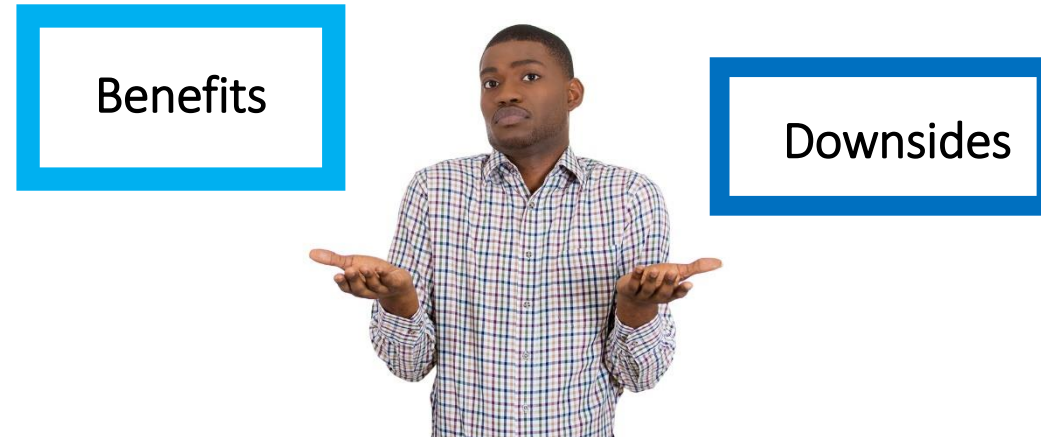
Start the presentation to see live content. For screen share software, share the entire screen. Get help at pollev.com/app

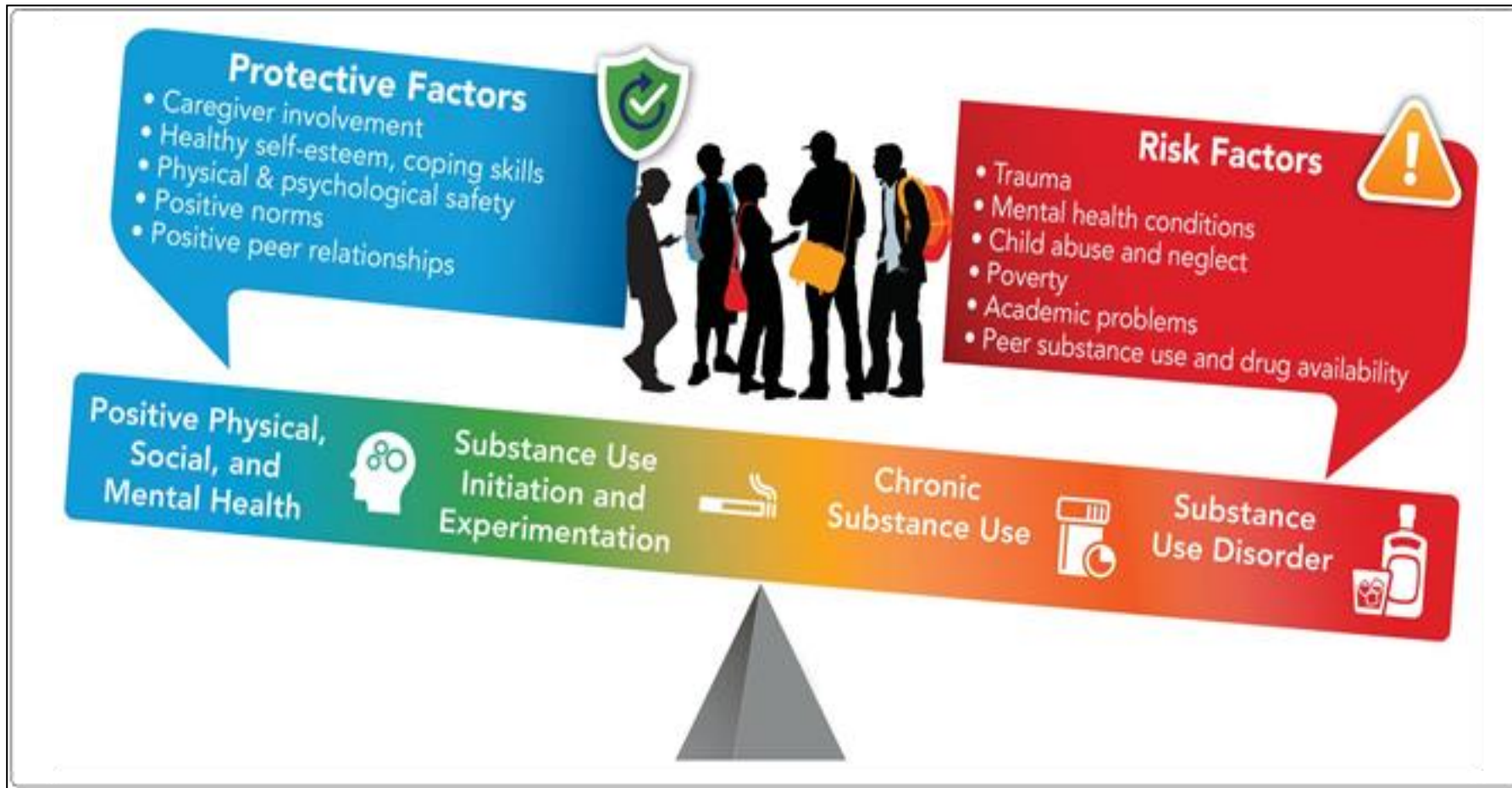


Ambivalence

“What are the good things about...?”

“What are the not so good things about...?”





Infographic from the Conrad N. Hilton Foundation's

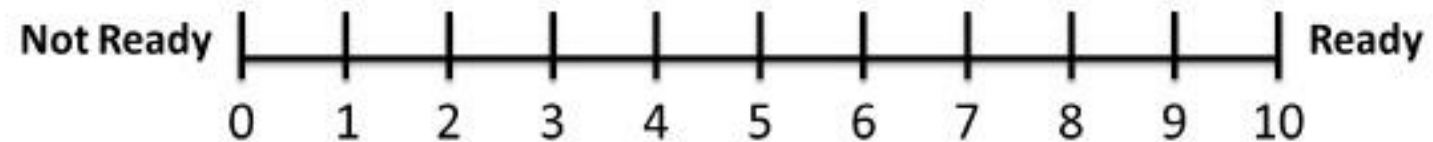
Youth Substance Use Prevention and Early Intervention Strategic Initiative

https://sbirt.webs.com/Hilton_Foundation_Youth_Substance_Use_Prevention_Infographic.pdf

Readiness Rulers

On a scale of 0 to 10, **how important is it for you** to do X?

On a scale of 0 to 10, **how confident are you** that you can do X?



Referral to Treatment (RT)



Management & Follow-Up Monitoring (Referral to Treatment 2.0)

Shared decision making about options, other services:

- Medications
- Individual therapy
- Peer support
- Group-based treatment
- No treatment but possible self-management with continued support and monitoring



Social and Cultural Considerations

- Caution against making **assumptions** about the influence of culture, gender, upbringing or other personal factors in a patient's life.
- **Systems-level and geographic area-level variables** are among the most important contributors to racial/ethnic differences in treatment access and outcomes (Cook, 2012).
- Asking about and addressing the unique **social, cultural and linguistic needs** of minority subpopulations around SBIRT is critical to engaging patients in services.
- **Culturally sensitive treatment** offer promise for effectively addressing substance use among racial/ethnic minority youth (Steinka-Fry, 2016).



Harm Reduction Strategies

- Engage and support individual regardless of whether or not they are actively seeking recovery.
- Treat individual as the expert in their life and the leader in the process of reducing harm.
- Acknowledge the positive effects of reducing use.
- Remember that change is not linear.
- Support all pathways to recovery.



Harm Reduction Quick Guide:
www.abhmass.org

Pain symptoms

- Stress
- Poor sleep
- Fatigue
- Depression
- Limited functioning



Positive health behaviors

- Breathing, relaxation
- Physical activity
- Nutrition
- Sleep hygiene
- Behavior activation

Sandwich Approach

Elicit permission, what they know or would like to know

- *“What do you know about...”*
- *“Can I share some information with you?”*
- *“Is it okay with you if I tell you what we know?”*

Provide information in a non-judgmental manner

- *“Research suggests...”*
- *“Others have benefited from...”*
- *“What we know is...”*

Elicit the person’s understanding, reaction

- *“How can I help?”*
- *“Where does this leave you?”*



MI Spirit: <https://www.youtube.com/watch?v=glZWiw5liZA>

MI in Juvenile Probation: https://www.youtube.com/watch?v=3_KZkxveh70

MI in Brief Medical Consultations:
<https://www.youtube.com/watch?v=bTRRNWrwRCo>

Substance use, mandated client:
<https://www.youtube.com/watch?v=b8C1jQe0FZE>



SBIRT in Social Work Practice: <https://www.youtube.com/watch?v=ens18PKEXcl>

SBIRT workflow in PC clinic with BH specialist:
<https://www.youtube.com/watch?v=ogZX6YiHJzg>

MI for addictions with a young adult:
<https://www.youtube.com/watch?v=EvLquWI8aqc>



Questions & Comments

Thank you!

PamP@thenationalcouncil.org

