

**Screening, Brief Intervention, and Referral to Treatment (SBIRT):  
Managing the Continuum of Substance Use Risk**  
National Capital Region Substance Use Disorder Symposium  
Memorial Auditorium Building 7/8, 3<sup>rd</sup> floor  
September 26, 2018

**Summary:**

SBIRT is an evidence-based public health approach for identifying people who use alcohol and other drugs at risky levels with the goal of reducing and preventing related health consequences, disease, accidents and injuries. An orientation and rationale for the use of SBIRT will be presented. Attendees will learn to use validated substance use screening tools, deliver brief interventions, develop evidence-based treatment plans to manage risky and problematic substance use, and make appropriate referrals to treatment for individuals in need of higher levels of care. Attendees will have the opportunity to practice the application of screening and brief intervention. Finally, we will discuss key considerations for integrating SBIRT into your practice.

**Agenda**

1300-1340 Introduction to SBIRT

- o Integrated care principles
- o Overview and rationale for SBIRT

1340-1420 Screening for Substance Use

- o Screening approach
- o Commonly used screening tools
- o Screening practice

1420-1430 BREAK

1430-1545 Brief Intervention

- o Facilitating change through essential Motivational Interviewing communication skills & change strategies
- o The Brief Negotiated Interview
- o BI practice

1545-1600 Referral to Treatment

- o Enhancing current referring practices using Active Referral to Treatment
- o Care coordination and follow-up as standards of care

1600-1630 Key Considerations for Integrating SBIRT & Discussion

**Objectives**

By the end of the training, attendees will be able to:

- 1) Define SBIRT and describe its approach as a strategy for improving population health via behavioral health integration
- 2) Effectively administer, score, and provide feedback on substance use screening tools
- 3) Describe the goals and steps of a brief intervention
- 4) Utilize MI skills and strategies to elicit and strengthen change talk during the brief intervention
- 5) Identify ways to transition existing referring practices to active referral to treatment
- 6) Identify facilitators and barriers to integrating SBIRT and develop action steps to support SBIRT integration