Screening Brief Intervention and Referral to Treatment

Opioid and Other Substance Use Disorders Interim Study Committee

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Peer Assistance Services, Inc.

Prevention and Early Intervention Programming

– Workplace Prevention Services
– Parents & Caregivers
– Peer Health Assistance
  • Nurses, Pharmacists, Dentists, Veterinarians, Mental Health Professionals
– Prescription Drug Abuse Prevention
– Screening, Brief Intervention and Referral to Treatment
Carolyn Swenson, MSPH, MSN, RN
Manager of Training and Consultation
SBIRT in Colorado
Peer Assistance Services, Inc.
Packet of materials

- SAMHSA SBIRT Grant End Report
- JAMA Psychiatry article and editorial: Increased alcohol use in the US
- OMNI Report: Opioids
- OMNI Report: Women of Childbearing Age
- Pocket Cards: Adult, Adolescent, Older Adult, and Women
- Online Training Postcard for health and mental health providers
- SBIRT in Colorado Training and TA flyer
- APNA article: Using Virtual Patient Simulations
- Mhealth article: Harnessing the power of conversations
The Role of Health Professionals

• Address the full continuum of prevention
• Introduce the topic to open the door to conversation
• Become adequately trained to address substance use
• Initiate and coordinate care for alcohol and drug use problems
Screening-Brief Intervention-Referral to Treatment: SBIRT

**Screening**: Using validated questions.

**Brief Intervention**: A brief conversation to enhance motivation to change.

**Referral to Treatment**: Assessment and services for the person with a more severe alcohol or drug use problem.

*Early intervention improves health outcomes*
The goal

Universal screening and conversations about alcohol and drug use in health care setting for adults and adolescents
FOCUS OF SBIRT

Dependent Use
4%
Brief Intervention and Referral to Treatment

Harmful or Risky Use
25%
Brief Intervention

Low Risk or Abstention
71% of U.S. Adults
No Intervention
SBIRT Colorado Primary Care Screening Results

- Opioids, 99% (1%)
- Cannabis, 90% (10%)
- Alcohol, 87% (2%)

Color coding:
- Red: Moderate-High and High Risk
- Blue: Moderate Risk
- Green: No/Low Risk
SBIRT Colorado follow-up results

MEASURED AT INTAKE AND FOLLOW UP
MEAN NUMBER OF DAYS OF USE IN PAST 30 DAYS

- Alcohol: Pre 12.6, Post 5.1
- Cannabis: Pre 19.3, Post 10.2
Cyrille Adam
Senior Director of Health Programs
Kognito Solutions, LLC
Conversations can improve social, emotional, and physical health.

Conversations are central to SBIRT.
Kognito simulations prepare people to effectively lead real-life conversations that drive measurable improvements in health behaviors.

Users engage in role-play conversations with emotionally-responsive virtual humans.
A unique approach to changing attitudes and behaviors that resonates:

- **Serving governments, healthcare, education, and non-profits** for professional development or public education

- **Over 1 million users to date:** 300,000+ educators in 11,000 schools; 10,000 health professionals in 70+ universities and healthcare settings; over two dozen state agencies & statewide nonprofits. 400+ institutions of higher education.

- **Only developer with health simulations** in SAMHSA’s National Registry of Evidence-Based Programs and Practices (NREPP)
Colorado’s statewide campaign to reduce substance use by promoting more effective conversations with healthcare professionals and among the public.
The One Degree campaign provides access to interactive learning experiences where professionals practice talking with virtual patients about substance use before they lead those conversations in real life.

**Education for Health Professionals**

- **Talking with Adolescent Patients**
  - Alcohol, Marijuana

- **Talking with Adult Patients**
  - Alcohol, FASD

Standardized assessment of SBIRT competency can be tied to certification or reimbursement.
The One Degree app allows anyone to practice conversations with virtual peers who use substances in unhealthy ways, moving from awareness to action.

Hi, I’m Jordan!
I enjoy partying, but my drinking and smoking weed have been getting in the way of keeping my job.

Hi, I’m Donna!
I'm dealing with a lot these days, and I use alcohol to cope with stress.

www.shifttheinfluence.org
Recommendations

1. Support efforts to require substance use education for health and mental health professionals; facilitate student loan forgiveness

2. Capitalize on and expand existing prevention expertise to enhance the continuum of care

3. Fund expansion of Screening, Brief Intervention, and Referral to Treatment
Thank you

• Peer Assistance Services, Inc.
  – Elizabeth M. Pace, MSM, RN, CEAP, FAAN
  – Carolyn Swenson, MSPH, MSN, RN

• Kognito Solutions
  – Cyrille Adam, Senior Director of Health Programs