

**SBIRT**  
for Adolescent  
Substance Use

TiPS Educational Conference



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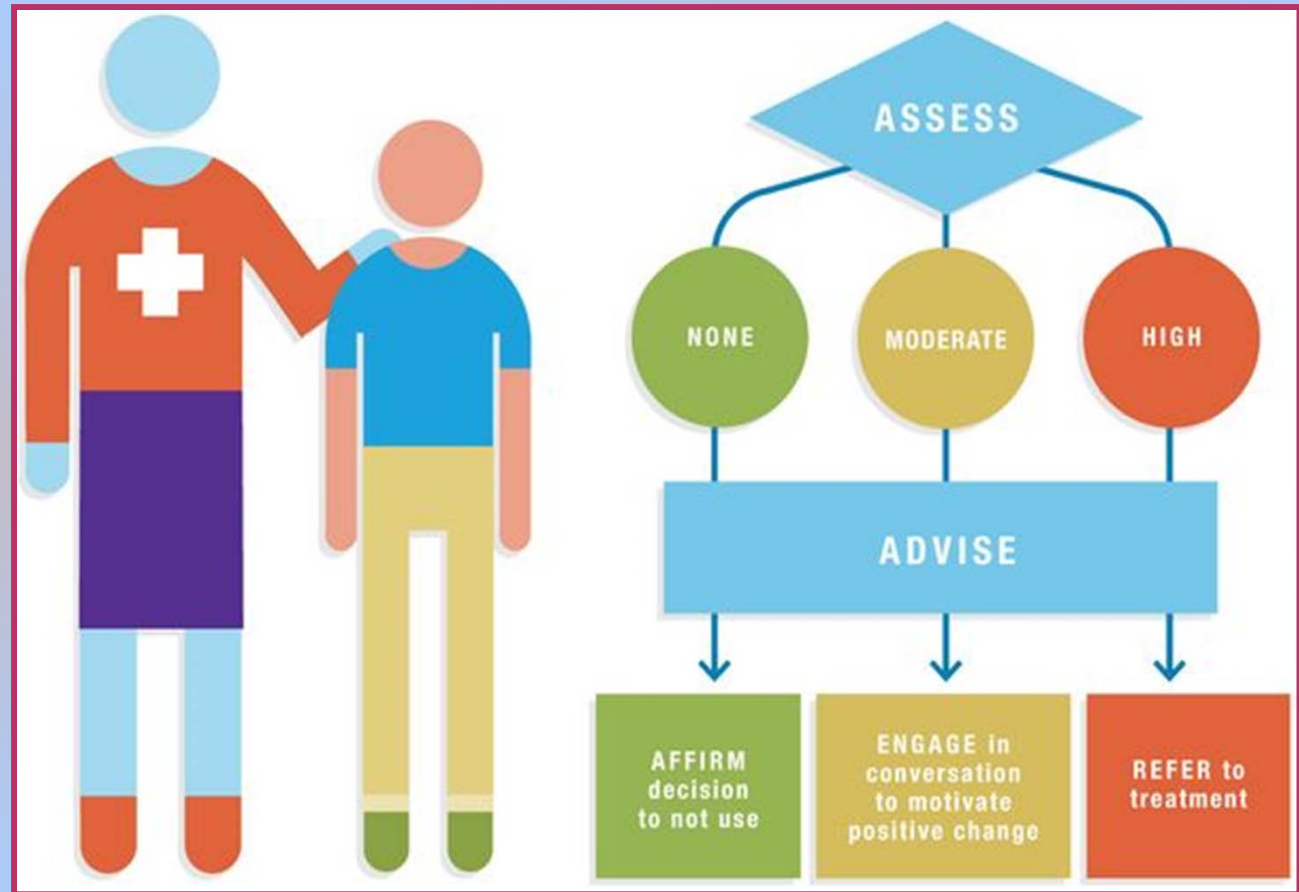
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# SBIRT

Screening

Brief  
Intervention

Referral to  
Treatment



# Screening

- Identifies unhealthy substance use
- Most patients will screen negative
- Positive screens need further assessment to determine risk level

# Brief Intervention

- Provides feedback about unhealthy substance use
- Increases patient's insight and awareness about risks
- Enhances motivation toward healthy behavior change

# Referral to Treatment

- Helps facilitate access to addiction assessment and treatment
- Usually indicated for only a small amount of people screened

# Why is SBIRT effective?

- Non-confrontational
- Non-judgmental
- Patient centered



# Non-SBIRT Example



[Bad Doctor Video](#)



# SMART Choices Screen

Do you have any friends that use alcohol, tobacco, weed/marijuana, other illegal drugs or prescription drugs? YES NO

Over the past year, how many days have you had more than a few sips of beer, wine, or any drink containing alcohol?

Write a number \_\_\_\_\_

# SMART Choices Screen

Over the past year, how often have you used the following?

Tobacco Products (cigarettes, e-cigarettes, smokeless tobacco, other)

- I did not use tobacco products
- Less than daily for 2 weeks
- Daily for 2 or more weeks

# SMART Choices Screen

Over the past year, how often have you used the following?

Weed (cannabis, marijuana, pot, grass, hash, etc.)

- Never
- Less than monthly
- Monthly
- Weekly

# SMART Choices Screen

Over the past year, how often have you used the following?

Pills or medication prescribed for someone else

- I did not use anything prescribed for someone else
- Once
- Two or more times

# SMART Choices Screen

Over the past year, how often have you used the following?

Illegal drugs other than weed (cocaine, ecstasy, heroin, poppers, etc.)

- I did not use illegal drugs
- Once
- Two or more times

# No Risk

<b>Friends Use</b>	<b>No</b>
<b>Alcohol Age 11</b>	<b>0</b>
<b>Alcohol Ages 12-15</b>	<b>0</b>
<b>Alcohol Age 16</b>	<b>0</b>
<b>Alcohol Age 17</b>	<b>0</b>
<b>Alcohol Age 18</b>	<b>0-5</b>
<b>Tobacco Products</b>	<b>I did not use tobacco products</b>
<b>Weed</b>	<b>Never</b>
<b>Pills or medication prescribed for someone else</b>	<b>I did not use pills or medication prescribed for someone else</b>
<b>Illegal drugs other than weed</b>	<b>I did not use illegal drugs</b>

# Low Risk

<b>Friends Use</b>	<b>Yes</b>
<b>Alcohol Age 11</b>	<b>N/A</b>
<b>Alcohol Ages 12-15</b>	<b>N/A</b>
<b>Alcohol Age 16</b>	<b>1-5</b>
<b>Alcohol Age 17</b>	<b>1-5</b>
<b>Alcohol Age 18</b>	<b>6-11</b>
<b>Tobacco Products</b>	<b>N/A</b>
<b>Weed</b>	<b>Less than monthly</b>
<b>Pills or medication prescribed for someone else</b>	<b>N/A</b>
<b>Illegal drugs other than weed</b>	<b>N/A</b>

# Moderate Risk

<b>Friends Use</b>	<b>N/A</b>
<b>Alcohol Age 11</b>	<b>N/A</b>
<b>Alcohol Ages 12-15</b>	<b>1-5</b>
<b>Alcohol Age 16</b>	<b>6-11</b>
<b>Alcohol Age 17</b>	<b>6-23</b>
<b>Alcohol Age 18</b>	<b>12-51</b>
<b>Tobacco Products</b>	<b>Less than daily for 2 weeks</b>
<b>Weed</b>	<b>Monthly</b>
<b>Pills or medication prescribed for someone else</b>	<b>Once</b>
<b>Illegal drugs other than weed</b>	<b>Once</b>



# High Risk

<b>Friends Use</b>	<b>N/A</b>
<b>Alcohol Age 11</b>	<b><math>\geq 1</math></b>
<b>Alcohol Ages 12-15</b>	<b><math>\geq 6</math></b>
<b>Alcohol Age 16</b>	<b><math>\geq 12</math></b>
<b>Alcohol Age 17</b>	<b><math>\geq 24</math></b>
<b>Alcohol Age 18</b>	<b><math>\geq 52</math></b>
<b>Tobacco Products</b>	<b>Daily for 2 or more weeks</b>
<b>Weed</b>	<b>Weekly</b>
<b>Pills or medication prescribed for someone else</b>	<b>Two or more times</b>
<b>Illegal drugs other than weed</b>	<b>Two or more times</b>

# Other Screens

## **Under Age 18**

CRAFFT

Alcohol Use Disorders Identification Test (AUDIT)

S2BI

## **Age 18 & Over**

NIDA Drug Use Screening Tool

CAGE

CAGE-AID

Drug Abuse Screen Test (DAST-10)

**C**

Have you ever ridden in a **CAR** driven by someone (including yourself) who was “high” or had been using alcohol or drugs?

**R**

Do you ever use alcohol or drugs to **RELAX**, feel better about yourself, or fit in?

**A**

Do you ever use alcohol or drugs while you are by yourself, **ALONE**?

**F**

Do you ever **FORGET** things you did while using alcohol or drugs?

**F**

Do your family or **FRIENDS** ever tell you that you should cut down on your drinking or drug use?

**T**

Have you ever gotten into **TROUBLE** while you were using alcohol or drugs?

# Standard Drink

12 fl oz of  
regular beer

=

8–9 fl oz of  
malt liquor  
(shown in a  
12 oz glass)

=

5 fl oz of  
table wine

=

1.5 fl oz shot of  
80-proof spirits  
("hard liquor"—  
whiskey, gin, rum,  
vodka, tequila, etc.)



about 5%  
alcohol



about 7%  
alcohol



about 12%  
alcohol



about 40%  
alcohol

The percent of "pure" alcohol, expressed here as alcohol by volume (alc/vol), varies by beverage.

## WHAT'S A STANDARD DRINK?







Note: some beers and coolers have more alcohol than one standard drink.

## WHAT'S MORE THAN A STANDARD DRINK?



# "Teen-Sized" Binge

Estimated Binge Drinking Levels for Youth					
Boys		Girls			
Ages 9-13		3 drinks			
Ages 14-15		4 drinks	Ages 9-17		3 drinks
Ages 16+		5 drinks			

National Institute on Alcohol Abuse and Alcoholism. Available at:  
<http://pubs.niaaa.nih.gov/publications/Practitioner/YouthGuide/YouthGuide.pdf>

# Resistant Parents

"I understand that some topics are uncomfortable to talk about. The well-being of your child is our number one priority. If we didn't ask these questions, we might miss information that is very important to your child's health."

# Resistant Parents

“Every child is different. We don’t know which kids are using drugs and alcohol, unless we ask them. We ask all the kids within a certain age range these questions. We do this because we want to help the kids that are using substances.”



# Confidentiality

**To the parent:** "What your child says to me is confidential, but you are free to discuss any topics between yourselves at any time. If your child is in immediate danger or needs further treatment, I will certainly inform you and include you in any decisions."

# Confidentiality

**To the child:** “Everything we talk about will stay between you and me, but within certain limits. The exception is if you tell me someone is hurting you, or you are thinking about hurting yourself or someone else. Then we would have to tell others and get them involved to help keep you safe.”

# Informing Parents

## **Presence of co-morbid conditions**

- Depression
- Risk of suicide
- Poorly controlled medical conditions

## **Risk for significant injury**

- Driving under the influence
- Blackouts
- Combining multiple drugs
- Use of IV drugs

## **Dependence or probable dependence**

- Using drugs daily or almost daily
- Withdrawal symptoms

# Informing Parents

	Any substance use	Some mild problems	Significant problems or probable dependence
Elementary School Ages 9 - 11	YES	YES	YES
Middle School Ages 11 - 14	MAYBE	YES	YES
High School Ages 14-18	MAYBE	MAYBE	YES

# Positive Screen – Brief Intervention

## **Motivational Interviewing (MI)**

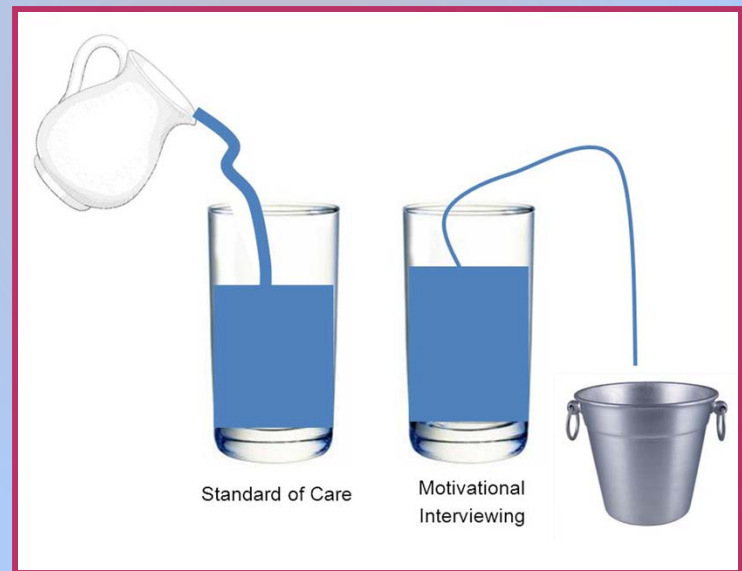
- Friendly, collaborative “spirit”
- Explore natural ambivalence
- Elicit motivation from within

## **5 Basic Principles of MI**

- Express and Show Empathy Toward Clients
- Support and Develop Discrepancy
- Deal with Resistance
- Support Self-Efficacy
- Autonomy

# Motivational Interviewing

- Express empathy through reflective listening.
- Develop discrepancy between clients' goals or values and their current behavior.
- Avoid argument and direct confrontation.
- Adjust to client resistance rather than opposing it directly.
- Support self-efficacy and optimism.



# Building Discrepancy with MI

My current goals are: *improve my grades*  
*get accepted to college*  
*get along with my parents*

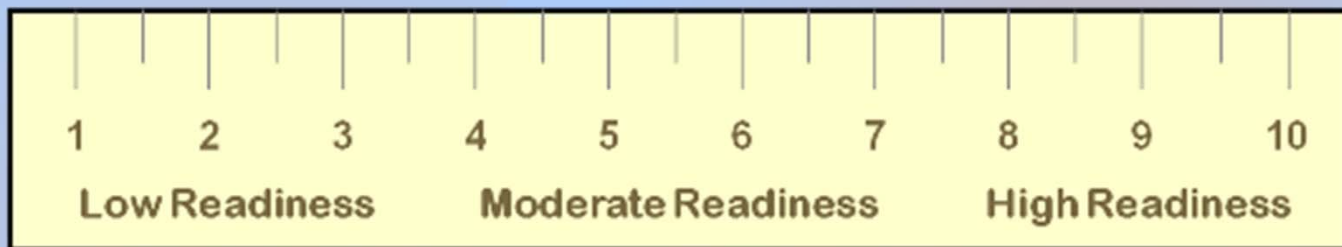
My goals will be affected...

If I continue using	If I quit using
<i>My grades might not get better</i>	<i>My grades should improve</i>
<i>I might not get into college</i>	<i>I am more likely to get accepted to colleges</i>
<i>My parents will be worried about me</i>	<i>My parents will be happy that I am safe</i>





# Assess Readiness



I don't want to quit.  
Tobacco is not a problem for me.  
Trying to quit would be a waste of my time.

I am thinking about quitting.  
I know that quitting would be good for my health.  
I am interested in hearing about ways to quit.

I am ready to quit using tobacco.  
I would like to get help to quit using tobacco.

# Creating an Action Plan

## **Abstinence Challenge**

- Ideal choice
- Encourage 4 - 8 weeks of abstinence
- Allows time to determine severity of the problem

## **Cut Back and Reduce Harm**

- No using on weeknights
- Reducing quantity
- No using substances and driving

## **Contingency**

- For patients who refuse to stop or cut back
- Create a list a contingencies that would indicate a problem
- Ask patient to come back if these occur
- Accept any progress as a success

# Referral to Treatment

- For high risk patients that need specialized drug and alcohol treatment
- Outpatient, Intensive Outpatient, Partial Hospitalization, Ambulatory Detox
- Rehabilitation Center, Inpatient Hospitalization (when medically monitored detox is needed)

# Finding Treatment

<https://findtreatment.samhsa.gov/>



# SBIRT Example



[Good Doctor Video](#)

# SBIRT Example

- What is Jacob's risk level?
- Why is Jacob at this risk level?
- What feedback did the doctor provide?
- How did the doctor elicit motivation?
- Did they create an action plan?