



# INDIANA SBIRT

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# Today's Goals



1. Identify differences and similarities between risky drinking and alcoholism.



2. Identify what SBIRT is and isn't.



3. Understand the relationship between risky drinking, alcoholism, and SBIRT.

# Unitary View of Alcohol/Drug Problems

- **“Either you have it, or you don’t.”**

–You’re either tall or short.

–The door is either open or closed.

–You’re either an alcoholic or you don’t drink.

# Unitary View of Alcohol/Drug Problems

Attempt to characterize this door using only one of two words, “Open” or “Closed.”

This is difficult without the addition of new vocabulary to introduce new meaning.



Image source:  
[http://affordablehousinginstitute.org/blogs/us/2005/09/the\\_curse\\_of\\_to.html](http://affordablehousinginstitute.org/blogs/us/2005/09/the_curse_of_to.html)

“Ajar”

“Partially (open)”

“Cracked”

# Unitary View of Alcohol/Drug Problems

Often the terms “risky drinker” and “alcoholic” are thought to mean the same thing:



THE DRUNKARD'S FATE. OH! HORRORS.



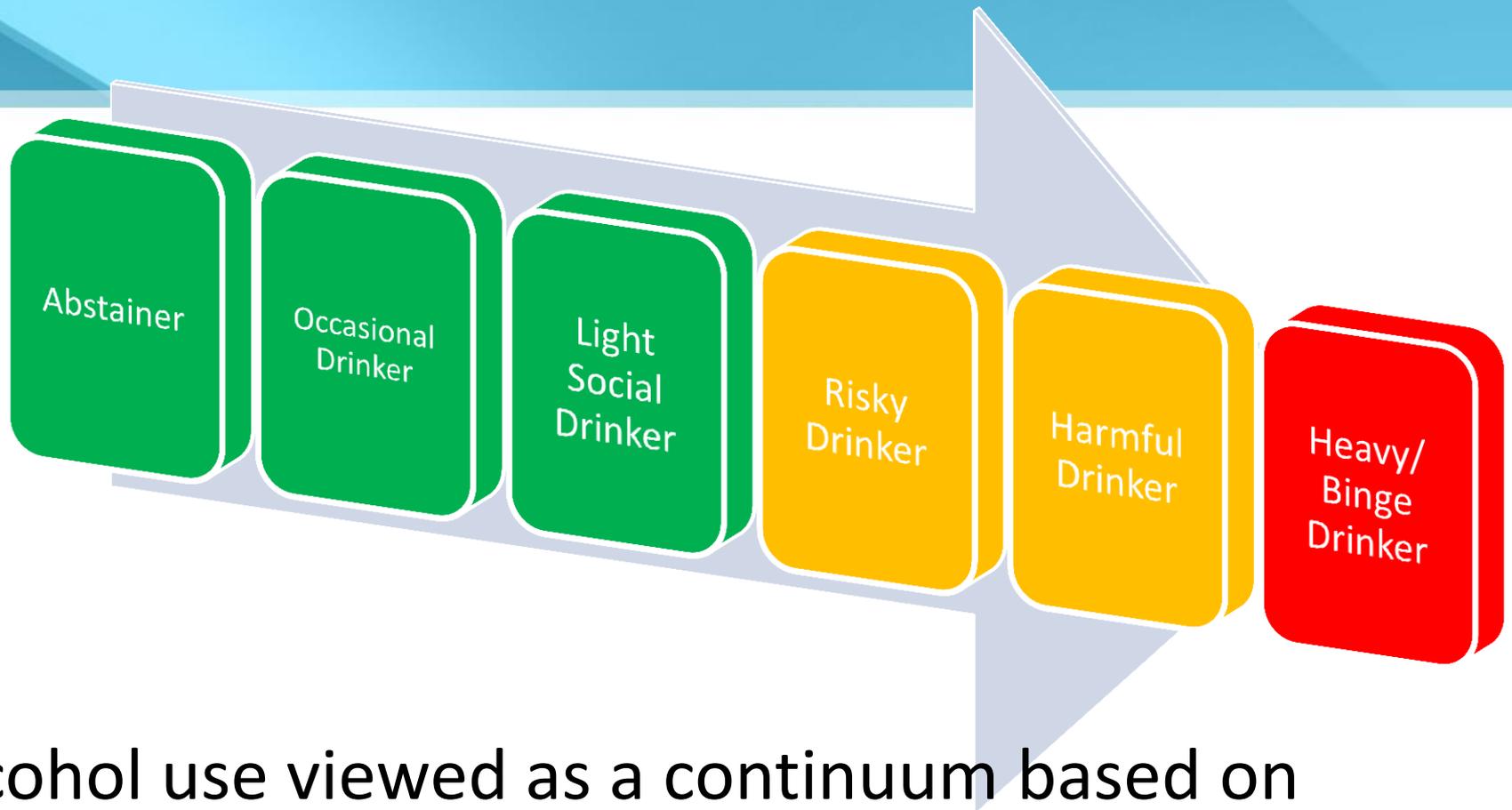
# Transitioning to a New Perspective

We now know that people can experience **harm** from alcohol use **without**:

- Being unable to limit their drinking (*a qualification of alcoholism*)
- Drinking in dangerous situations (*a qualification of alcohol abuse*)

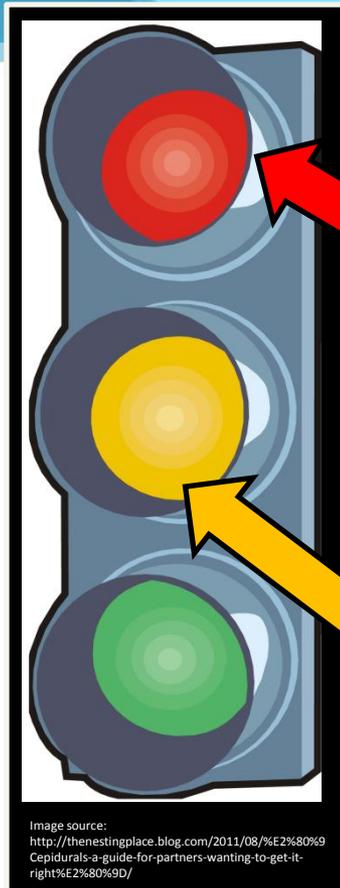
We use new vocabulary (“**risky**” and “**harmful**”) to address other levels of drinking.

# The Range View of Alcohol Use



Alcohol use viewed as a continuum based on level/frequency of use.

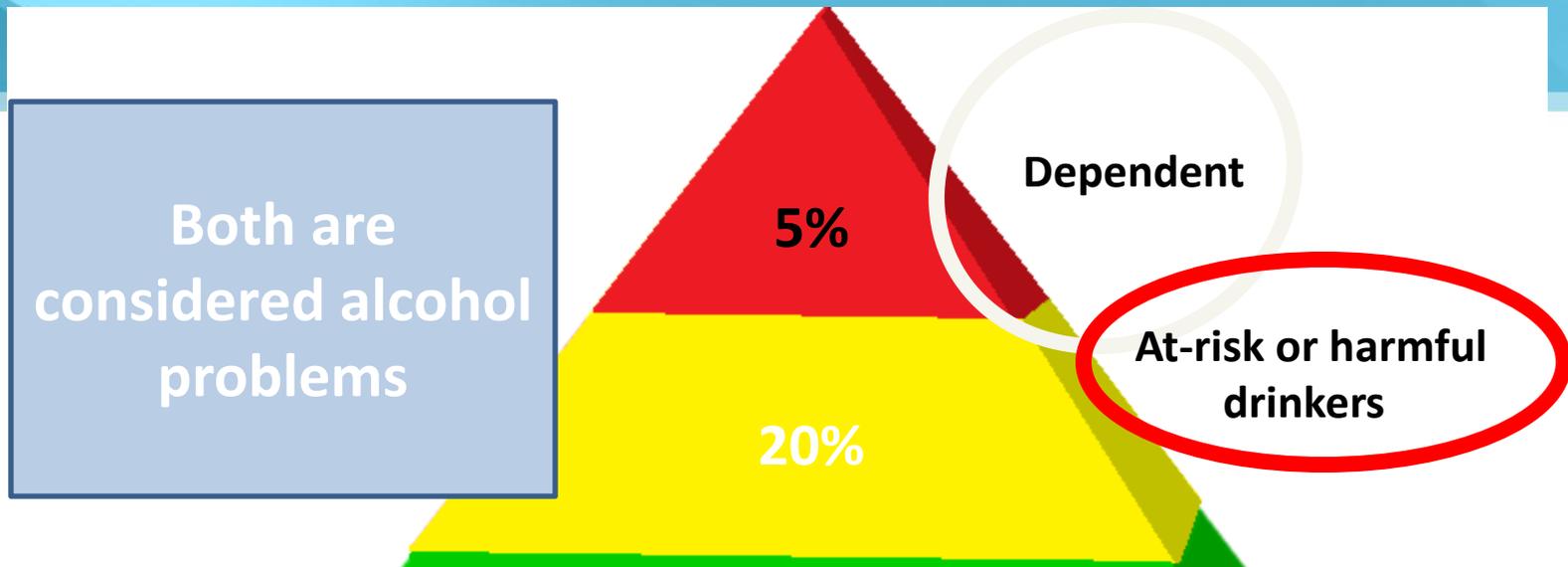
# The Range View of Alcohol Use



Most interventions **focus here**,  
at the end of the spectrum.

The range view emphasizes  
**risky and harmful** use as well.

# Drinking Levels in US Society



**At-risk drinkers haven't had any problems**

**Harmful drinkers have problems that are relatively small, maybe isolated and questionably related**

# Examples of “Small” Problems

Drug  
interactions

Sleep  
disturbance

Headaches

Minor injuries  
(bruises,  
scrapes)

Sexual  
dysfunction

Fender  
benders

Tardiness/  
absenteeism

Compromised  
performance

Loss of  
disposable  
finances

# Substance Misuse in Context



There is significant overlap between substance misuse – **including risky or harmful drinking** – and other problems.



Image source: <http://www.chcounselling.co.uk/reasons/substancemisuse.html>

# What is SBIRT?

- SBIRT stands for:
  - **S**creening
  - **B**rief **I**ntervention
  - **R**eferral to **T**reatment



# Locating Risky and Harmful Drinkers: The Beginning of SBIRT

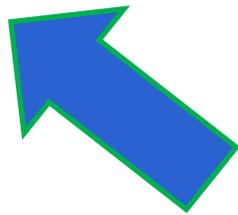
**S**creening

**B**rief

**I**ntervention

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It will not always be obvious who is a risky or harmful drinker!

It is important to **begin at the beginning**: locating risky and harmful drinkers.

# Locating Risky and Harmful Drinkers: The Beginning of SBIRT

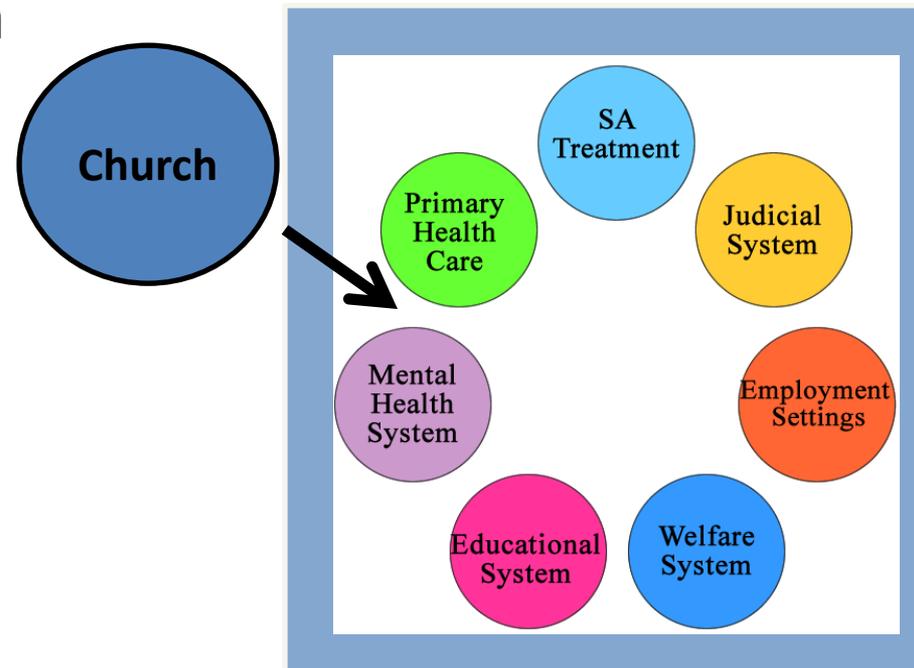
SBIRT is **opportunistic**. It can be integrated into existing systems.

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Contact with risky/harmful drinkers might occur in a variety of locations.

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These systems are ideal locations for screening.



# Locating Risky and Harmful Drinkers: The Beginning of SBIRT

While screening can identify those who are here...

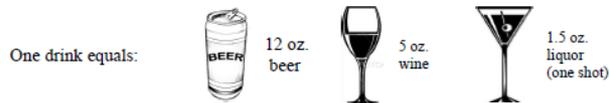


It is designed to identify *risky* behavior **before it causes serious harm.**

# Screening Tools

## Alcohol screening questionnaire (AUDIT)

Drinking alcohol can affect your health and some medications you may take. Please help us provide you with the best medical care by answering the questions below.



|  |             |                   |                               |                           |                           |
|--|-------------|-------------------|-------------------------------|---------------------------|---------------------------|
| 1. How often do you have a drink containing alcohol?   | Never       | Monthly or less   | Two to four times a month     | Two to three times a week | Four or more times a week |
| 2. How many drinks containing alcohol do you have on a typical day when you are drinking?  | Zero to two | Three or four     | Five or six                   | Seven to nine             | Ten or more               |
| 3. How often do you have six 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, in 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, in the last year     |

0      1      2      3      4

I   II   III   IV  
0   8   16   20

**AUDIT**

Patient's Name: \_\_\_\_\_ Date: \_\_\_\_\_

### Drug Abuse Screening Test—DAST-10

These Questions Refer to the Past 12 Months

|    |   |     |    |
|----|---|-----|----|
| 1  | Have you used drugs other than those required for medical reasons?  | Yes | No |
| 2  | Do you abuse more than one drug at a time?  | Yes | No |
| 3  | Are you unable to stop using drugs when you want to?  | Yes | No |
| 4  | Have you ever had blackouts or flashbacks as a result of drug use?  | Yes | No |
| 5  | Do you ever feel bad or guilty about your drug use?   | Yes | No |
| 6  | Does your spouse (or parents) ever complain about your involvement with drugs?                                  | Yes | No |
| 7  | Have you neglected your family because of your use of drugs?  | Yes | No |
| 8  | Have you engaged in illegal activities in order to obtain drugs?  | Yes | No |
| 9  | Have you ever experienced withdrawal symptoms (felt sick) when you stopped taking drugs?                        | Yes | No |
| 10 | Have you had medical problems as a result of your drug use (eg, memory loss, hepatitis, convulsions, bleeding)? | Yes | No |

### Guidelines for Interpretation of DAST-10

Interpretation (Each "Yes" response = 1)

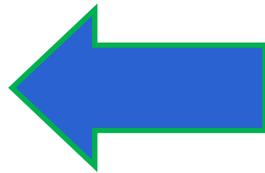
| Score | Degree of Problems Related to Drug Abuse | Suggested Action   |
|-------|--|--|
| 0     | No problems reported                     | Encouragement and education  |
| 1-2   | Low level                                | Risky behavior – feedback and advice   |
| 3-5   | Moderate level                           | Harmful behavior – feedback and counseling; possible referral for specialized assessment |
| 6-8   | Substantial level                        | Intensive assessment and referral  |

Skinner HA. The Drug Abuse Screening Test. *Addictive Behavior*. 1982;7(4):363-371.  
 Yudko E, Lozhkina O, Fouts A. A comprehensive review of the psychometric properties of the Drug Abuse Screening Test. *J Subst Abuse Treatment*. 2007;32:189-198.  
 Reprinted with permission from Harvey Skinner, PhD.

**DAST-10**

# Brief Interventions: The Next Step

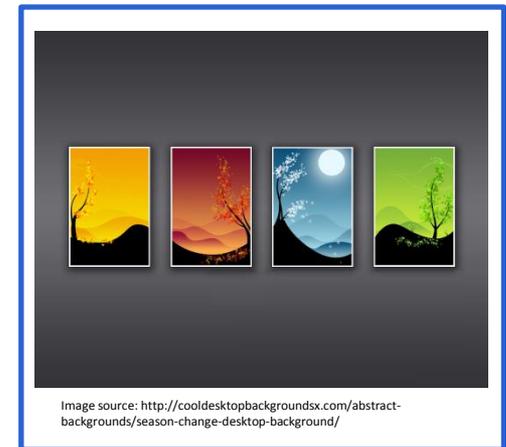
**S**creening  
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SBIRT is a package of services. If someone's screening suggests that they are an at-risk alcohol user, then they may receive a brief intervention.

# Brief Interventions: The Next Step

- Patient/client-centered.
- Short conversation or counseling session (5-10 minutes).
- Often focuses on barriers to changing behavior and benefits to changing.
- Assess readiness to change behavior.



# WHY MI ?

**Telling people what to do isn't  
"wrong"... it just doesn't work.**

**WHY?**

# What is MI?

A way of talking to people:



*...**a directive, client-centered** counseling style for eliciting behavior change by helping clients to explore and resolve **ambivalence**.*

- Grew out of substance abuse field  
William R. Miller (UNM) and Stephen Rollnick (UK)

# The GOAL of MI: Explore and Resolve AMBIVALENCE

Both sides of an argument are inside a person- Our job is to help the argument for change win.

HOW? Let the person argue for change, not YOU.

Client needs to see importance, have confidence and be ready.



# Brief Intervention

**IndianaSBIRT**

**WE ASK EVERYONE.**



**Alcohol**

**IPRC** Indiana Prevention Resource Center

## What is a considered one drink?

One drink, or a standard drink, is the same as a beer; a shot of liquor; or a glass of wine if the amount poured is 12 ounces of beer; 1.5 ounces of liquor or 5 ounces of wine.



Follow this chart to keep drinking at low risk. If you drink more than these amounts, you are at risk for developing problems due to alcohol use.

### Men

No more than 4 drinks on any day

No more than 14 drinks per week

### Women

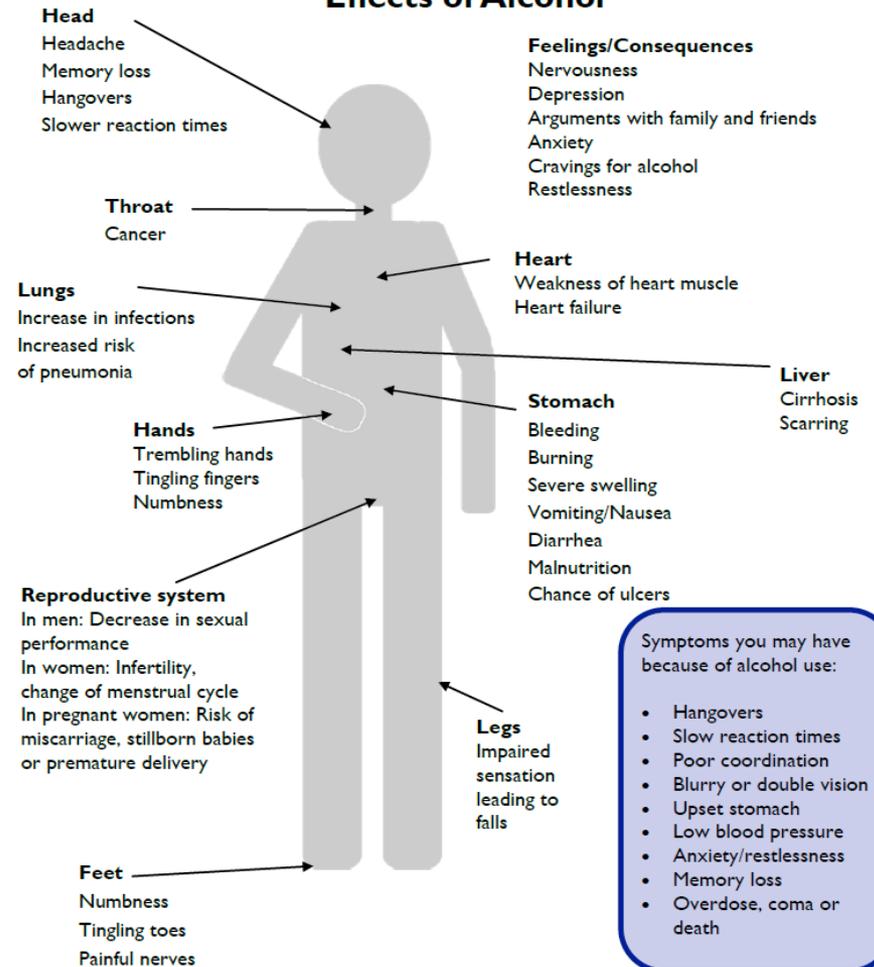
No more than 3 drinks on any day

No more than 7 drinks per week

### Who should not drink at all:

- Pregnant women
- People who plan to drive or engage in activities that require alertness and skill
- People taking certain medications
- People with medical conditions
- Recovering alcoholics
- Anyone under the age of 21

## Effects of Alcohol



- Symptoms you may have because of alcohol use:
- Hangovers
  - Slow reaction times
  - Poor coordination
  - Blurry or double vision
  - Upset stomach
  - Low blood pressure
  - Anxiety/restlessness
  - Memory loss
  - Overdose, coma or death

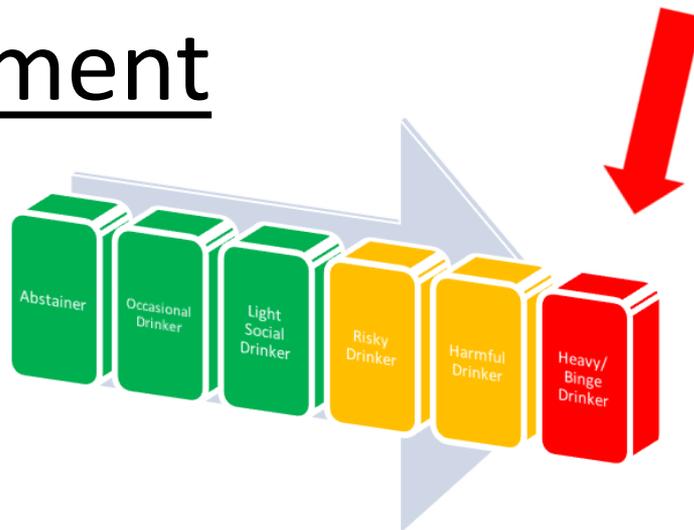
# Outcomes of Brief Interventions

## Screening and Brief Intervention **Reduce...**

- Drinking and illicit drug use;
- Emergency room costs;
- Injuries and emergency dept. visits;
- Length of hospital stays, sick days & mortality;
- Unnecessary risks (e.g. driving under the influence, legal consequences, physical injury).

# Referral To Treatment

**S**creening  
**B**rief  
**I**ntervention  
**R**eferral to  
**T**reatment



There are several times when a patient involved in SBIRT **might** receive a referral to treatment.

This treatment is referring a patient to “traditional” alcohol treatment.

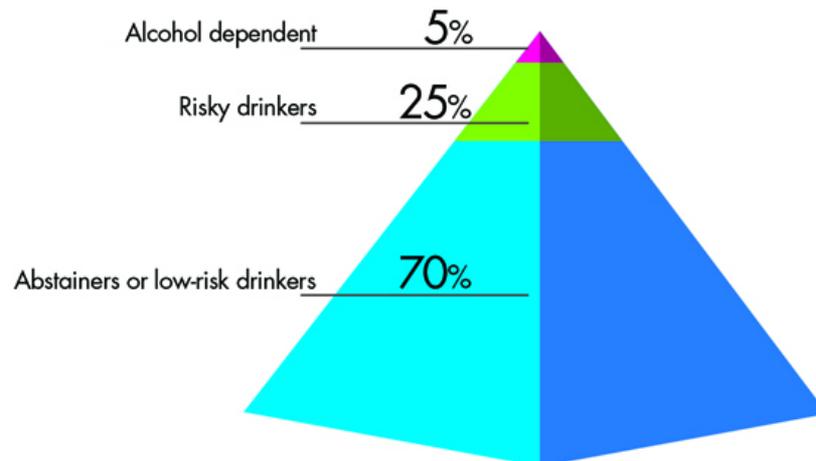
# Why perform SBIRT?

- The majority of interventions typically focus on the **heavy or dependent** end of the continuum
- Ideally, interventions should focus on **risky and harmful** use as well

*“If identified early and treated appropriately, substance use... can be successfully managed in the primary care setting without further progression” (McEwan, 2009).*

# Why perform SBIRT?

- For example, dependent/heavy alcohol users represent 5% of the national U.S. adult population. **Risky/harmful drinkers represent *another 20-25%***
- SBIRT uniquely serves this population



# Why perform SBIRT?

- Economic Cost of Alcohol & Drug Abuse
  - \$185 billion in costs to society for alcohol misuse and \$143 billion for drug related problems
  - \$19 billion in health care costs for alcohol; \$14 billion for drugs
  - 2,279,000 YPLL as a result of alcohol related injuries

# Says who?

- Campbell KP et al, eds. A Purchaser's Guide to Clinical Preventive Services: Moving Science into Coverage. Washington, DC: National Business Group on Health; 2006.
- Estee S et al. Medical Care 2010; 48:18-24.
- Fleming MF et al. Medical Care 2000; 26:36-43.
- Fleming MF et al. Alcoholism: Clinical and Experimental Research 2002; 26: 36-43.
- Gentilello LM et al. Annals of Surgery 2005, 241:541-550.
- Quanbeck A et al. Wisconsin Medical Journal 2010; 109:9-14.

# How to Learn More

- Additional information, news, and stories about Indiana SBIRT can be found at:  
<http://www.indianasbirt.org/>
- Alcohol and Marijuana Overview (Free online trainings)  
<http://www.drugs.indiana.edu/training/>
- SAMHSA SBIRT website:  
<http://www.samhsa.gov/prevention/sbirt/>

# Thank You!

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