



# Massachusetts SBIRT News



Winter 2014, **SPECIAL ISSUE**

Screening, Brief Intervention, Referral and Treatment (SBIRT)

## In This Special Issue

CDC promotes SBI

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**NEW**  
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CRIT Program

## CDC Promotes SBI

January 7 — The Centers for Disease Control and Prevention (CDC) released several materials through its *Vital Signs* series on the importance of early identification of and intervention for unhealthy alcohol use. Its *Mortality and Morbidity Weekly Report* provides results of an analysis of national data on patient provider communication about alcohol use.

Only one in six adults -- and only one in four binge drinkers -- say a health professional has ever discussed their alcohol use with them even though drinking too much is harmful to health, according to a new PDF report from the CDC.

Even among adults who binge drink 10 or more times a month, only one in three have ever had a health professional talk with them about alcohol use. Binge drinking is defined as consuming four or more drinks for women and five or more drinks for men within 2-3 hours.

Talking with a patient about alcohol use is an important first step in screening and intervening, and has been proven effective in helping people who drink too much to drink less.

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## About 38 million adults in the US drink too much

Only 1 in 6 has talked about it with a health professional



For men, binge drinking is **5 or more drinks** consumed on one occasion\*



For women, binge drinking is **4 or more drinks** consumed on one occasion\*

\*One occasion = within 2 to 3 hours



For men – **15 or more drinks** on average per week



For women – **8 or more drinks** on average per week

One Drink = 5-ounces of wine, 12-ounces of beer, or 1 ½-ounces of 80-proof distilled spirits or liquor

### Drinking too much includes



**Any** alcohol use by pregnant women



**Any** alcohol use by those **under age 21**

## Resources & Meetings

### ***Vital Signs SBI*** **Town Hall Teleconference** **January 14 at 2pm (EDT)**



### **2014 SBIRT Webinar Series**

Register for each event now and earn 12 free CEs through this collaborative series

- ★ ACA and Addiction Treatment: Implications, Policy and Practice Issues
- ★ Overview of SBIRT: A Nursing Response to the Full Spectrum of Substance Use
- ★ SBIRT in the Criminal Justice System
- ★ Reducing Opioid Risk with SBIRT
- ★ Treatment of Tobacco Dependence in the Healthcare Setting: Current Best Practices
- ★ Applying SBIRT to Depression, Prescription Medication Abuse, Tobacco Use, Trauma & Other Concerns
- ★ Training Integrated Behavioral Health in Social Work
- ★ Why Integrative Care? ★

More information & registration:  
**[hospitalsbirt.webs.com](http://hospitalsbirt.webs.com)**  
Select Webinars

*All webinars are produced in partnership with The BIG Initiative, National SBIRT ATTC, NORC at the University of Chicago and NAADAC, The Association for Addiction Professionals*



### **13th Annual Chief Resident Immersion Training (CRIT) Program in Addiction Medicine: Improving Clinical and Teaching Skills for Generalists**

A NIDA-Sponsored Scholarship Program for Incoming Chief Residents and Faculty Mentors

**When:** April 27-30, 2014

**Where:** Cape Cod, Massachusetts

**Application deadline**  
**February 7, 2014**

## **CDC Promotes SBI** continued

Alcohol screening and brief counseling can reduce the amount of alcohol consumed on an occasion by 25 percent among those who drink too much and is recommended for all adults, including pregnant women. As with blood pressure, cholesterol and breast cancer screening, and flu vaccination, it has also been shown to improve health and save money. Through the Affordable Care Act, alcohol screening and brief counseling can be covered by most health insurance plans without copay.

"Drinking too much alcohol has many more health risks than most people realize," said CDC Director Tom Frieden, M.D., M.P.H. "Alcohol screening and brief counseling can help people set realistic goals for themselves and achieve those goals. Health care workers can provide this service to more patients and involve communities to help people avoid dangerous levels of drinking."

Health professionals who conduct alcohol screening and brief counseling use a set of questions to screen all patients to determine how much they drink and assess problems associated with drinking. This allows them to advise those who drink too much about the health dangers, and to refer those who need specialized treatment for alcohol dependence.

According to the report, no state or district had more than one in four adults report that a health professional talked with them about their drinking, and only 17 percent of pregnant women reported having this conversation. Drinking during pregnancy can seriously harm the developing fetus.

CDC used 2011 Behavioral Risk Factor Surveillance System data to analyze self-reports of ever being "talked with by a health provider" about alcohol use among U.S. adults aged 18 and older from 44 states and the District of Columbia.

- **Visit the Alcohol Screening and Counseling [Vital Signs Web page](#)** to find the *Vital Signs* MMWR article, fact sheet, media, graphics and other materials.
- **Distribute the Vital Signs Report**
  - Share broadly with your colleagues and partners.
  - Please let us know if you get coverage
- **For help implementing SBIRT in your Massachusetts practice**, check MASBIRT Training and Technical Assistance [www.masbirt.org](http://www.masbirt.org)



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**SUBSTANCE ABUSE INFORMATION  
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