



# Massachusetts SBIRT News

Spring 2014, **Number 2**

Screening, Brief Intervention, Referral and Treatment (SBIRT)

## MASSACHUSETTS PUBLIC HEALTH CRISIS

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In late March, Massachusetts Governor Patrick declared non-medical opiate use a [public health emergency](#), described steps being taken to address it and pledged additional funds to increase prevention and treatment resources.

Information about these and other resources is available at the Massachusetts Department of Public Health [website](#). The Public Health Advisory explains the problem and provides information for the general public and many concerned professionals. The Circular Letter provides specific information for prescribers, along with an explanation of requirements for use of the Prescription Monitoring Program.

A recent national webinar focused on SBIRT as a “proactive risk reduction strategy” that can help healthcare providers balance the risks and benefits of prescribing opiate medications for pain.

Providers were encouraged to adopt a Universal Precaution approach:

- Evaluate through history, physical and screening for current alcohol and drug use;
- Establish a Plan to manage pain, improve functional goals, and reduce risk; and
- Monitor for aberrant/risk indicators

The presenters emphasized the importance of learning how to have conversations about alcohol and drug use, and the need to build skills to discuss risk and monitor patterns of use. [Click here](#) to access the free Hospital SBIRT webinar.



[www.mass.gov/dph/bsas](http://www.mass.gov/dph/bsas)

## *SAMHSA-HRSA Center for Integrated Health Solutions*

The [SAMHSA-HRSA Center for Integrated Health Solutions](#) promotes the development of integrated primary and behavioral health services to better address the needs of individuals with mental health and substance use conditions, whether seen in specialty behavioral health or primary care provider settings. CIHS is the first “national home” for information, experts, and other resources dedicated to bi-directional integration of behavioral health and primary care.

Its [website](#), which provides a wealth of information and resources, is jointly-funded by the Substance Abuse and Mental Health Services Administration and the Health Resources Services Administration, and run by the National Council for Community Behavioral Healthcare.

[SBIRT](#) is considered one of the site’s hot topics. Along with basic introductory information the site provides national resources and links to webinars on implementation, with some focus on specific sites and populations.

## CHECK IT OUT

### Regularly



### The National Screening, Brief Intervention and Referral to Treatment Addiction Technology Transfer Center

... provides a wide variety of resources for providers across the country

... hosts webinars

... provides access to digital tools

... includes toolkits developed by sites implementing SBIRT

... provides a national newsletter

... and much more.

### CAREERS OF SUBSTANCE

Supporting the Massachusetts Substance Use and Addictions Workforce

Central resource for anyone involved in preventing, intervening, treating, and supporting recovery from addictions in Massachusetts. Look for career information, upcoming trainings around the state, links to professional organizations and more.

<http://maworkforce.adcare-educational.org/>

## SBIRT in School-Based Health Centers

In July 2012, the Massachusetts Department of Public Health School-Based Health Center (SBHC) Program procured services for the operation of school-based health centers across the state.

As part of the contract, each SBHC medical provider was required to incorporate SBIRT into routine adolescent visits and meet the following performance measure targets:

- 75% of SBHC clients age 12 to 18 years seen by the medical provider will be assessed at least once during the school year for substance use using the CRAFFT tool; and
- 100% of students screened will receive a brief intervention\* and, if appropriate, referral to treatment according to the CRAFFT algorithm in the Provider Guide: [\*Adolescent Screening, Brief Intervention, and Referral to Treatment Using the CRAFFT Screening Tool.\*](#)

The Bureau of Substance Abuse Services sponsored regional SBIRT 'refresher' trainings with an Institute for Health and Recovery Trainer for the SBHC medical providers. The goal was to increase provider self-efficacy and strengthen motivational interviewing skills.

#### FY 2013 Performance Across 31 Sites

- 64.3% of all clients were screened with the CRAFFT tool
- 78.0% of clients screened received a brief intervention

#### Total clients who received a CRAFFT screen: 4,893

- 28% of clients screened were screened more than once

#### Total CRAFFT screens administered: 7,474

- 5,940 (79.5% of all screens) resulted in a brief intervention
- 497 (6.6%) resulted in a positive score ( $\geq 2$ )
  - 493 (99.2%) of those with a positive screen resulted in an intervention or referral to additional services

CRAFFT Score	Number of Screens	Percent of Screens
0	6530	87
1	447	6
2	203	3
3	136	2
4	99	1
5	41	.55
6	18	.24

**Table: Number and Percent of CRAFFT screens by score.** Note: Clients were provided interventions and referrals based on clinical judgment. If a client is already in treatment at the time of a positive screen, further interventions/referrals may not be clinically indicated.

**CRAFFT SCORE:** The higher the score (positive response to specific screening questions) indicates a greater level of risk.

\* For this population 'Brief Intervention' includes conversations with the adolescent that reinforce no use and no risk, as well as those that engage youth who screen positive for a level of risk.

For more information, please contact Renee Aird, Director, School-Based Health Center Program at [Renee.Aird@state.ma.us](mailto:Renee.Aird@state.ma.us).

## Meetings & Webinars

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### Diagnosing Fetal Alcohol Spectrum Disorders in the Era of DSM-5

**Tuesday, June 17**

8am-4pm

**Best Western Royal Plaza  
Marlborough, MA**

FOR

Psychologists, Neuropsychologists, Psychiatrists, Primary Care Physicians and staff, Behavioral Health Specialists, Nurses, Social Workers (LICSW, LCSW), Licensed Mental Health Counselors, Couples and Family Therapists, State Agency Clinical Staff, CBHI staff, Early Intervention Specialists, Substance Use Disorder clinicians, Educational Consultants, School Administrators (Principals, Guidance Counselors), Early Childhood Educators and Special Education professionals.

**REGISTER HERE**

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### 2014 SBIRT Webinar Series

Applying SBIRT to Depression, Prescription Medication Abuse, Tobacco Use, Trauma & Other Concerns: **6/11** ★ Training Integrated Behavioral Health in Social Work: **7/9** ★ Why Integrative Care?: **8/6**

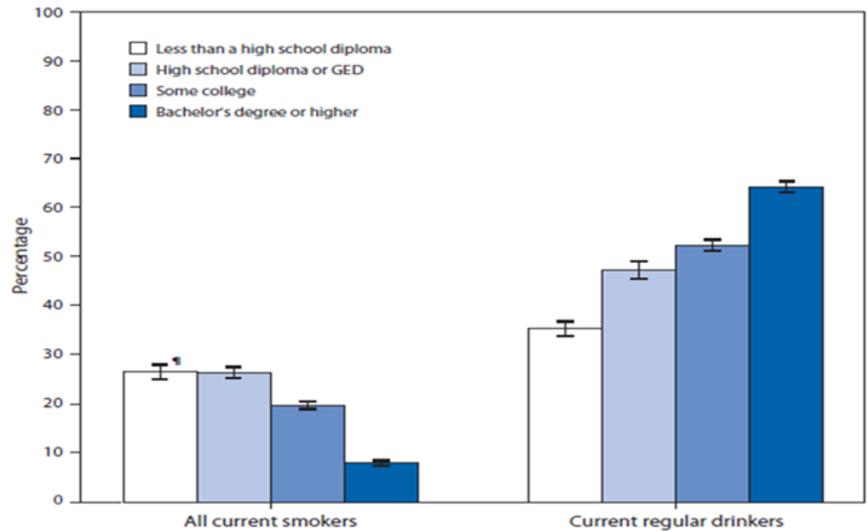
**REGISTER HERE**

These 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.

## FROM CDC QuickStats:

### Percentage of Adults Aged ≥25 Years Who Were Current Smokers or Current Regular Drinkers,\* by Education Level†

National Health Interview Survey, United States, 2012§



Abbreviation: GED = general equivalency diploma.

The figure above shows the percentage of adults 25 and older, by education level, who were current smokers or current regular drinkers in the US during 2012.

Among adults 25 and older in 2012, 26.5% of those who did not graduate from high school and 26.4% who had a high school diploma or general equivalency diploma were current smokers, compared with 19.7% who had attended some college and 7.9% with a college degree.

In contrast, 64.2% of college graduates were current regular drinkers, compared with 52.3% of adults with some college, 47.3% of high school graduates or general equivalency diploma recipients, and 35.3% of adults who did not finish high school.

† Highest education completed consists of four categories: 1) adults with less than a high school diploma, 2) adults with a high school diploma or GED, 3) adults who attended some college including those receiving associate's degrees ("some college"), and 4) adults who completed a bachelor's degree or higher.

§ Estimates are based on household interviews of a sample of the non-institutionalized U.S. civilian population. Unknowns were not included in the denominators when calculating percentages. Percentages are age adjusted to the projected 2000 U.S. population as the standard population using four age groups: 18-44, 45-64, 65-74, and ≥75 years.

¶ 95% confidence interval.

Blackwell DL, Lucas JW, Clarke TC. [Summary health statistics for U.S. adults:](#) National Health Interview Survey, 2012 (provisional report). Vital Health Stat 2014;10 (260).



MASSACHUSETTS  
**SUBSTANCE ABUSE INFORMATION  
AND EDUCATION HELPLINE**

800-327-5050 • HELPLINE-ONLINE.COM

#### To learn more contact:

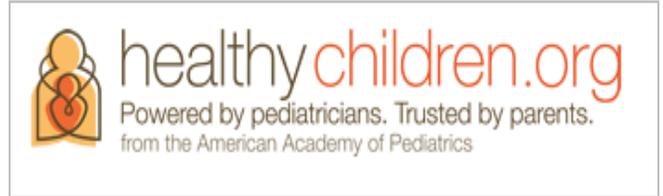
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## ALCOHOL AND PREGNANCY: IT'S JUST NOT WORTH THE RISK

The American Academy of Pediatrics (AAP) has produced a **2 minute video** and a **30 second PSA** (Public Service Announcement) aimed at women who are pregnant or considering pregnancy.

The longer video, at the AAP's [healthychildren.org](http://healthychildren.org) site, emphasizes that, though there is no guarantee of a problem free delivery, women can completely prevent FASD — Fetal Alcohol Spectrum Disorders — by avoiding alcohol.



Both videos were produced and made available during April as part of Alcohol Awareness Month.

## SPREAD THE WORD

### Helpline available for patients and healthcare providers

The Massachusetts Substance Abuse Information and Education Helpline provides free and confidential information and referrals for alcohol and other drug abuse problems and related concerns.

The Helpline is committed to linking consumers with comprehensive, accurate, and current information about treatment, recovery and prevention services throughout Massachusetts.

Services are available by phone: **1-800-327-5050** and **TTY: 800-439-2370**

Monday through Friday from 8:00 am to 10:00 pm and  
Saturday and Sunday from 9:00 am to 5:00 pm.

Language interpreters are always available during those times.

Its rich website provides information 24/7.

<http://www.helpline-online.com/>



## MASBIRT Training and Technical Assistance



**MASBIRT TTA** can provide your site with:

- ◆ Training and on-going skills coaching for all staff levels: professional and administrative; train-the-trainer;
- ◆ Guidance with clinical protocol development; screening instruments and methods, brief intervention strategies;
- ◆ Grand Rounds on the intersection of alcohol, drugs and health, and importance of early identification;
- ◆ Help with administrative aspects, such as data collection strategies, documentation protocols;
- ◆ Identification and development of resources for patients who need specialty care, including medication assisted treatment for alcohol and opioids; and
- ◆ Expert guidance for work with special populations.

**[MASBIRT TTA](http://www.masbirt.org)** • 617-414-3749 • **[www.masbirt.org](http://www.masbirt.org)**

**Prevent • Treat • Recover • For Life**