



# Massachusetts SBIRT News



Prevent • Treat • Recover • For Life

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

Spring 2015, Number 2

Screening, Brief Intervention, Referral and Treatment (SBIRT)

## In This Issue

Hearth, Inc.

Health Advisory

Upcoming meetings  
& Webinars

EHR Help with SBIRT

## SBIRT at Hearth, Inc.

Hearth, Inc., which provides housing to formerly homeless elders and outreach to homeless and at-risk elders, implemented the evidence-based SBIRT program in 2014. SBIRT has been used in health care settings, but never before targeted to elders in affordable housing communities.

Hearth staff continue to note an increase in the number of elders with drug and alcohol issues as the baby boomers age. The need for more intensive and proactive training support, and intervention for substance use problems, is increasingly evident.

Drug and alcohol usage not only affects the health and well-being of the elders struggling with it, but affects the safety and wellness of other residents. Hearth currently offers 188 units of service enriched housing at seven sites in the Greater Boston area.



Through philanthropic support, Hearth was able to execute a service contract with MASBIRT Training and Technical Assistance for the training component of the SBIRT program. All 24 Hearth staff (nurses, social workers, and outreach case managers) attended 9.5 hours of SBIRT training including one 1.5-hour introductory SBIRT training and four 2-hour Brief Intervention/Motivational Interviewing trainings. They were also provided with *SBIRT: A Step-By-Step Guide* published by the Massachusetts Department of Public Health Bureau of Substance Abuse Services.

Continued on p. 2



## MDPH Health Advisory

### No alcohol during pregnancy is the safest choice

Massachusetts ranks among the top 5 states in terms of the proportion of women aged 18–44 who drink alcohol. Recent data indicate that 64.1% of women of childbearing age reported they'd used alcohol in the last month. Almost 1 in 5 had engaged in binge drinking.

According to the American Congress of Obstetricians and Gynecologists (ACOG), no amount of alcohol is safe in pregnancy. Because many pregnancies are unplanned, and because critical aspects of fetal development occur before women know they are pregnant, health care providers can help avoid the devastating effects of Fetal Alcohol Spectrum Disorders (FASD) through direct communication with all women of child-bearing age.

**[READ THE FULL ADVISORY](#)**



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**Doc 2 Doc**  
**Dial-in**  
**Discussion Series:**  
 Addressing Substance Use Disorders in Primary Care

*A free CME training program for primary care clinicians*

**REGISTER NOW**

**Friday, April 10 7:30 - 8 am**

*Universal Screening for Unhealthy Alcohol and other Drug (AOD) Use*

**Christopher Shanahan, MD, MPH**

**Jointly sponsored by**

- Department of Public Health Bureau of Substance Abuse Services
- MBHP — Massachusetts Behavioral Health Partnership
- MassHealth PCC Plans, and
- University of Massachusetts Medical School

1) To register go to:

<https://www2.gotomeeting.com/register/733301050>

2) You will then be prompted to enter registration information.

3) A confirmation e-mail will be sent with both the call-in number and webinar instructions after you successfully register.

Participants who want Category 1 CME Credits must join GoToWebinar live.

Participants who call in using a phone without obtaining the PIN (provided after joining GoToWebinar) will be in listen-only mode.

The series will be recorded and posted on MBHP's website to allow participants to listen to previous sessions.

**Hearth, Inc.**

Continued from p.1

Overall, staff found that the Brief Intervention/Motivational Interviewing trainings were helpful. They report that their new skills enable them to have more effective conversations with residents/clients about their unhealthy substance use behaviors, and they feel equipped to increase the motivation of individuals to change those behaviors.

Staff report that clients/residents are more receptive to discussing their substance misuse and that they have been able to connect clients/residents with supports to reduce the risk of negative consequences related to unhealthy use.

With guidance of MASBIRT TTA, Hearth reviewed current substance abuse assessment tools and made some revisions to simplify the questions asked. Single item screening questions and the CAGE-AID were added to existing assessment forms to allow staff to better assess tenant/client risk for unhealthy substance use.

Cultural and linguistic barriers pose a challenge with some clients/residents especially because of a dearth of appropriate referral services. A lack of age-appropriate referral options is also a huge barrier in Massachusetts.

Hearth is launching an electronic data base called Efforts to Outcome. This system will enable us to more effectively monitor the SBIRT outcomes moving forward, particularly fewer instances of emergency detox/hospital visits/overdose; improved health of our seniors which leads to financial savings to Medicare and Medicaid; and fewer instances of eviction/tenancy loss/homelessness.

**The BIG Hospital SBIRT Initiative**

Learn More and Register for one or more free webinars at:

<http://hospitalsbirt.webs.com/webinars.htm>



All webinars are held on Wednesdays at 3-4:40 pm ET

Free 24/7 on-demand viewing

Expert Presenters

Produced in partnership with

- The BIG Initiative,
- National SBIRT ATTC,
- NORC at the University of Chicago,
- NAADAC the Association for Addiction Professionals and
- SAMHSA

- 4/15/15** - All About SBIRT for Teens
- 4/29/15** - Understanding the Affordable Care Act (ACA) and SBIRT
- 5/13/15** - BI in Primary Care and Senior Care Facilities for Older Adults at Risk for Possible Substance Use Disorders and/or Depression
- 6/10/15** - A Military Culture Approach to SBIRT for Veterans & Active Duty Personnel
- 7/22/15** - Drugs are a Local Phenomenon for LGBTQ Populations: Implications for SBIRT
- 8/19/15** - Integrating SBI for Alcohol and Other Drugs in Behavioral Health Settings Serving College Students

## Resources & Meetings



### SAVE THE DATE

Wednesday, May 13, 2015  
Four Points by Sheraton Norwood

#### Substance Use Disorders, Pregnancy, and the Post-Partum Period:

Toward a Coordinated,  
Comprehensive System of Care  
for Women and Their Families

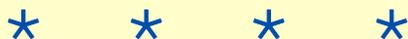


### SAVE THE DATE

Tuesday, May 19, 2015  
Four Points Sheraton Norwood

#### Telling Our Stories

6th Annual Patient Navigator/  
Community Health Worker  
Conference



### SAVE THE DATE

Wednesday, JUNE 3

College of the Holy Cross  
Worcester, MA

#### 20th Annual Aging with Dignity Conference

Preventing and Responding to  
Substance Use and Related  
Problems in Older Adults

## Healthcare Symposium

### Current Realities and Future Vision: Developing an Inter-Professional, Integrated Healthcare Workforce

May 28, 2015

Wheelock College

This one-day symposium will explore methods to better  
integrate healthcare delivery across professions.

Social workers, educators, administrators, and medical  
practitioners will have opportunities during the conference  
to share effective models currently used in Massachusetts  
and to identify future partnerships and resources.

**FOR MORE INFORMATION AND REGISTRATION**



### **Register Now!**

## Integrating Care: From Evidence to Operations

Second Annual Statewide Forum on Integration

Presented by:



May 12, 2015

DCU Center Worcester, MA

**Keynote address:** Marylou Sudders, Secretary of the  
Executive Office of Health and Human Services (EOHHS)

For All MassHealth providers, including:

- Physicians and behavioral health clinicians of all specialties and licensures
- Community health centers, community mental health centers, hospitals, group practices, private practices, substance use disorder treatment providers, residential providers
- Executive leaders, financial, quality, operational/technology, practice and clinical managers
- Nurse practitioners, RNs, care managers, care coordinators, community service providers, and peer navigators



MASSACHUSETTS  
**SUBSTANCE ABUSE INFORMATION  
AND EDUCATION HELPLINE**

800-327-5050 • HELPLINE-ONLINE.COM

#### To learn more contact:

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Bureau of Substance Abuse Services  
MA Department of Public Health

[Carol.D.Girard@state.ma.us](mailto:Carol.D.Girard@state.ma.us)



## Drunk Driving in Massachusetts



The Centers for Disease Control and Prevention has developed fact sheets for each state, including [Massachusetts](#), as a useful tool to highlight current data and strategies proven effective for reducing or preventing drunk driving and increasing the use of seat belts, car seats, and booster seats. In addition SBI is one of the recommended approaches to reducing this problem.

## MASBIRT TTA Can Help with EHRs

Most healthcare organizations now employ an EHR in their clinical practices. Incorporating screening and brief intervention efforts into an existing EHR in an efficient manner, while permitting capture of data for monitoring and reporting, can be difficult.

MASBIRT TTA can assess, analyze and advise on development of local EHR-based workflow solutions in collaboration with your clinicians and operations staff.

For example:

*A clinic wants to record SBIRT activities in its EHR and devise and implement an efficient mechanism to document that information. Additionally, the clinic must ensure that a monthly report of SBIRT activities is available for reporting to the leadership group and various funders. MASBIRT TTA will work with your clinical and operational staff to analyze current workflow and identify optimal mechanisms for capturing screening and brief intervention data, while ensuring the smallest impact on productivity and protecting patient privacy.*

MASBIRT TTA can help your practice rapidly adapt and adopt standardized screening and brief intervention processes to your EHR. In doing so, the MASBIRT TTA team will ensure that your data remains valid, accessible, and reportable within your EHR and associated enterprise system.

## 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.

[www.careersofsubstance.org](http://www.careersofsubstance.org)

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

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