



Massachusetts SBIRT News



Spring 2017 **Number 2**

Screening, Brief Intervention, Referral and Treatment

In This Issue

Report from Simmons College on SBIRT Professional Training

Alcohol & the Immune System

Teen Drinking Update

Upcoming Meetings

Training & Other Resources

This is the first in a series of articles highlighting the four SAMHSA-funded SBIRT Professional Training Grantees in Massachusetts.

Simmons College SBIRT A comprehensive approach

Adele Levine, MPH

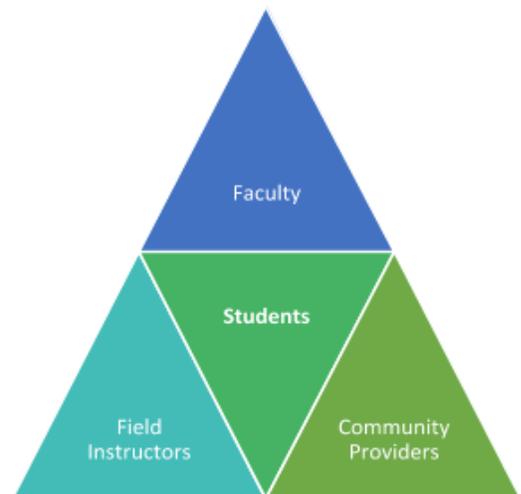
As a recipient of a three-year training grant from SAMHSA, the Simmons School of Social Work seeks to address the national shortage of adequately trained behavioral health care professionals by training the Simmons social work and nursing community in SBIRT for alcohol and substance use.

As a foundation, all Bachelor's- and Master's-level social work and nursing students receive training in introductory SBIRT methods. In addition, Simmons faculty and Field Instructors learn techniques to support students' use of SBIRT in the classroom and in clinical internships. Lastly, through a partnership with Beth-Israel Deaconess Medical Center and Bowdoin Street Health Center, primary care teams hosting Simmons clinical interns receive SBIRT training and technical assistance.

As of the Spring 2017 semester, 511 social work and nursing students have received introductory SBIRT training. Simmons used a flipped-classroom model to deliver one hour of online didactic SBIRT instruction followed by 1.5 hours of skills-based SBIRT role-play practice. This model was integrated into the foundation-level Assessment and Diagnosis course for MSW students and the Psychiatric Nursing course for nursing students.

An additional 79 students received in-depth training in three advanced electives:

- Alcohol, Drugs, and Social Work Practice;
- Motivational Interviewing; and
- Social Work Practice in Healthcare.



Tailored to each class, these trainings focused on the use of SBIRT in various healthcare settings, brief motivational interventions, and the intersection of substance use, alcohol use, and chronic and acute disease.

Continued on page 3

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www.mass.gov/dph/bsas

New for 2017

The BIG SBIRT Webinar series



National SBIRT ATTC
Monthly Webinars



Registration is open

Wednesday, June 7, 2017

Aging with Dignity

A Conference on Preventing and Responding to
Substance Use and Related Problems in Older Adults



College of the Holy Cross
Worcester, MA

SAVE THE DATE

Thursday- Friday, September 14-15, 2017

Convening in the US for the 3rd time

INEBRIA 2017
in New York

INEBRIA

International Network on
Brief Interventions for
Alcohol & Other Drugs



**Screening and Brief Intervention at the Intersection
of Research, Policy and Practice:
Advancing Knowledge and Meeting New Challenges**

*Jointly provided by the
NYU Post-Graduate Medical School
and*

*International Network on Brief Interventions for
Alcohol and Other Drugs (INEBRIA)*

Kimmel Center

60 Washington Square South, New York, NY 10010

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;
- ◆ Help with administrative aspects, such as data collection strategies, documentation protocols; and
- ◆ Identification and development of resources for patients who need specialty care, including medication assisted treatment for alcohol and opioids.



617-414-3749

www.masbirt.org



MASSACHUSETTS
**SUBSTANCE ABUSE INFORMATION
AND EDUCATION HELPLINE**

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To learn more contact:

Carol Girard
Coordinator SBIRT Programs
Bureau of Substance Abuse Services
MA Department of Public Health

Carol.D.Girard@state.ma.us

To date, 14 faculty, 57 Field Instructors, and 51 community providers have been trained in SBIRT implementation. Given the positive feedback from participants, we have expanded the trainee population to include Bachelor's-level students, health care teams at additional clinical internship sites, and Field Education faculty.

Innovations in SBIRT Education

Online Patient Simulation

To determine what modality and amount of SBIRT training is most effective, we offered student trainees the opportunity to participate in a Randomized Controlled Trial in which half of the participants would be randomized to receive an additional skills-based practice in SBIRT.

Students randomized to the additional training group were given access to web-based, interactive patient simulation technology through SIMmersion™. The simulation gave participants the opportunity to practice building rapport, assessing motivation to change substance use behaviors, and conducting a brief motivational intervention with a simulated patient presenting with cocaine use and chest pain in a primary care setting.



We assessed pre-post changes in both groups in SBIRT knowledge, self-confidence in using SBIRT, and use of SBIRT in the field.

Results will be analyzed and prepared for publication during the final year of the grant period

Seminar in Field Instruction (SIFI) Training

As part of Simmons' Seminar in Field Instruction (SIFI) training series, our team trained Field Instructors to use SBIRT skills and to supervise clinical interns in using SBIRT.

After introducing SBIRT and highlighting classroom content, Field Instructors learned methods for supervising and supporting students' use of SBIRT, including process recordings and live observations. Field Instructors reported significant increases in self-confidence in using SBIRT skills and in supervising students' use of SBIRT as a result of the training.

Most recently, we extended our work with Field Instructors to train teams of supervisors and interdisciplinary students (e.g., art and music therapists).

Continued on page 4

NIAAA

Alcohol's Effects on Immunity: Increasing the Risks for Infection and Injury

Many people are aware that excessive drinking can be harmful to the liver and other vital organs; however, there is another, less obvious, body system that is vulnerable to the negative effects of alcohol: the immune system.

People who drink to excess are at increased risk of contracting infectious diseases, may have more complications after surgery, and often take longer to recover from illness, compared with those who drink at lower levels. Disruptions in immune system function also contribute to organ damage associated with alcohol consumption.

[This Alcohol Alert article](#) reviews the normal workings of the immune system and explores how alcohol interferes.

SCHOOL NURSES & SCHOOL HEALTH TEAMS

Check out fall SBIRT Trainings

at
[SHIELD](#) (School Health Institute for Education and Leadership Development)



Check out *SBIRT in Schools* Resources

at
[MASBIRT Training and
Technical Assistance](#)



Don't forget to order **FREE** materials
on alcohol and drugs for
parents and students from:
[Massachusetts Health
Promotion Clearinghouse](#)



Workflow Trainings for the Bowdoin Street Health Center

Serving the Dorchester community, Bowdoin Street Health Center providers received discipline-specific SBIRT training in fall 2016. Medical assistants received instruction and materials related to their role in universal screening of primary care patients. Training focused on clinical workflow as well as frequently asked questions and fears about screening patients for alcohol and drug use. Providers were also trained in the use of motivational interviewing and integrated behavioral health for referrals to treatment with a population- and setting-specific focus.

Looking Forward

This summer, we will adapt curricula for Bachelor’s-level Nutrition & Dietetics students and an additional advanced MSW elective: Social Work Practice with Older Adults.

In fall 2017, social work and nursing faculty will integrate the introductory training into their curricula with technical assistance from our Director of Clinical Training. Our team looks forward to continuing to disseminate program evaluation results at regional and national substance and alcohol use research and education conferences.

For further information on this program contact: putney@simmons.edu

Editor’s Note:

Check out the recent journal article on Simmons’ SBIRT efforts:

[‘Evaluation of Alcohol Screening, Brief Intervention, and Referral to Treatment \(SBIRT\) Training for Social Workers’](#) in the *Journal of Social Work Practice in Addictions*.

A Substance Use Cost Calculator for Employers

A new resource to show the real costs of substance use to employers!



Teen drinking down but...

The overall prevalence of drinking among U.S. high school students declined significantly from 50.8% in 1991 to 44.7% in 2007, then further declined to 32.8% in 2015. The prevalence of binge drinking increased from 31.3% in 1991 to 31.5% in 1999, then declined significantly to 17.7% in 2015.

However, in 2015, approximately one in three high school students drank alcohol during the past 30 days and one in six were binge drinkers. Most high school students who drank (57.8%) were also binge drinkers, and more than two in five binge drinkers consumed eight or more drinks in a row.

Despite progress, current and binge drinking remain common among high school students, and many students who binge drink do so at high intensity (i.e., eight or more drinks in a row). Widespread use of evidence-based prevention strategies for excessive drinking could help reduce underage drinking and related harms.

Esser MB, et al. Current and Binge Drinking Among High School Students – United States, 1991–2015. MMWR: May 12, 2017 / 66 (18):474–478.

CAREERS OF SUBSTANCE

Supporting the Massachusetts Substance Use and Addictions Workforce

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