



Massachusetts SBIRT News



Summer 2014, **Number 3**

Screening, Brief Intervention, Referral and Treatment (SBIRT)

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STEWARD HEALTH SYSTEM PUTS BEHAVIORAL HEALTH NAVIGATORS IN EDs



The Steward Health System began a new project to put behavioral health navigators into its Emergency Departments as a way to address unhealthy alcohol and drug use and work with patients presenting with mental health conditions.

Much like screening, brief intervention and referral to treatment (SBIRT), the model aims to identify patients who have complex behavioral health and substance use issues, intervene and link them to appropriate services to ensure that patients receive the right care at the right time. Navigators have been hired at St. Anne's Hospital in Fall River, Morton Hospital in Fall River, Quincy Medical Center, Norwood Hospital, Holy Family Hospital at Merrimack Valley in Haverhill, Good Samaritan Medical Center in Brockton, Holy Family Hospital in Methuen and St. Elizabeth's Medical Center in Brighton.

As part of their integration into the emergency department, the navigators went through a 3-day SBIRT training with the BNI ART Institute, part of MASBIRT Training and Technical Assistance. They learned options for screening patients for alcohol and drug use, brief motivational interviewing skills using the brief negotiated interview (BNI) and ways to maximize a brief ED encounter. Time was also allotted to practice their new skill sets under supervision.

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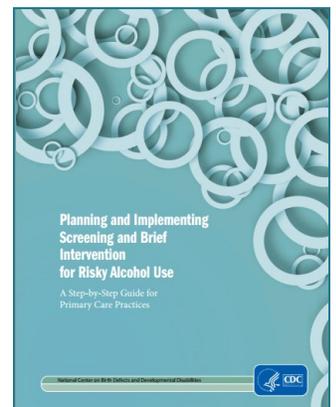
CDC RELEASES NEW SBI RESOURCE

Centers for Disease Control and Prevention just released [Planning and Implementing Screening and Brief Intervention for Risky Alcohol Use: A Step-by-Step Guide for Primary Care Practices](#).

This guide provides detailed steps and resources to help staff in any primary care practice implement alcohol screening and brief intervention (SBI). It includes information on risky alcohol use, its effects on health, and how it can be addressed through alcohol SBI.

Research shows that health professionals can use alcohol SBI to help people who are drinking too much to drink less. Alcohol SBI consists of a few questions asked in a doctor's office and a short conversation. It can reduce excessive drinking by up to 25%.

But a [recent study](#) showed that only 1 in 6 people reported ever talking with their doctor or other health professional about their alcohol use.



www.mass.gov/dph/bsas

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Certification Review Course for RNs Working in Addictions

For nurses who aim to sit for the
addictions certification exam

August 12, 2014

**Boston Medical Center
Boston, MA**

[Register Here](#)

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SBIRT Webinar Series

Earn free CEs

Why Integrative Care?: **8/6**

[Register Here](#)

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AAAP Online Module: Screening, Brief Intervention, and Referral to Treatment (SBIRT) for Substance Use Disorders in Primary Care

Jeanne Manubay, MD
New York State Psychiatric Institute
Columbia University

[Get more information here](#)
(1 AMA PRA Category 1 credit™)

The Center for Substance Abuse
Treatment/Substance Abuse and Mental
Health Services Administration has
awarded the American Academy of
Addiction Psychiatry (AAAP) a three-year
grant, **Providers' Clinical Support
System for Medication Assisted
Treatment (PCSS-MAT)**

The SBIRT model and skills seemed to fit into their daily work and they felt they could integrate components of it into their role. One of the navigators said that she has done more to get ED physicians to refer any patient they might think has a substance use issue and she now does "mini evals" and makes referrals as necessary.

"I think it is the approach that I find myself using. For instance, motivational interviewing is truly about meeting the person where they are and encouraging them to view the issues that they are having in a non-judgmental way. This approach often increases their ambivalence and promotes positive change," said one navigator.

The training also reframed the way they saw unhealthy drinking and the continuum to dependence. As a navigator put it, "The biggest thing I do (as a result of the training) is discussing the patient's overall readiness to make a change on a scale of 1 to 10. Also, we discuss how positive it is to cut back even the slightest amount, such as drinking one less beer a week."

Measuring the Burden of Alcohol

Alcohol has been part of human culture for all of recorded history, and for most of that history people have understood its potential to harm both the person imbibing and the greater society. But measuring the true burden posed by alcohol on a local, national, and global scale can be challenging.

Researchers have tackled that challenge by creating new techniques and combining old ones to develop a more comprehensive picture of alcohol's influence on health and economics. That picture shows a global increase in alcohol-related harms, not only from alcohol's ability to trigger abuse and alcoholism, but also from its short- and long-term health consequences, including intentional and unintentional injuries, chronic and acute illnesses, and even death.



[Alcohol Alert, Number 87](#) assesses alcohol's burden on morbidity and mortality, separate from its role in alcohol use disorders. It details alcohol's global, national, and local impact on health and the economy and its effect on different subpopulations, such as children and adolescents, college students, different ethnic groups, and women.

Massachusetts General Hospital to screen

According to the [Boston Globe](#), Massachusetts General Hospital will address 'substance abuse' as part of its strategic plan.

This plan involves screening every patient. The strategic effort focuses on finding those with substance use disorders, particularly in its affiliated Community Health Centers, and linking them with treatment resources.

National Conference
hosted in Boston
this year

October 15-17, 2014

Addiction Health Services Research Conference

sponsored by
**Boston University
Schools of Social Work,
Medicine, and Public Health**

Pre-conference on October 15

[Learn more & register here](#)

SAVE THE DATE!

Thursday, May 28, 2015

Wheelock College
Brookline Campus

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

Wednesday, October 08, 2014

**Partnering for Change:
Developments in Motivational
Interviewing**

*Emory University Conference Center
Atlanta, Georgia*

Morning Plenary:
MI Founder, William R. Miller, PhD

Afternoon Workshops:
MINT Members

[Learn more & register here](#)

Children with ADHD More Likely to Develop Substance Use Disorders

American Academy of Pediatrics Report

Attention-Deficit/Hyperactivity Disorder (ADHD), the most common neurobehavioral disorder of childhood, affects approximately eight percent of children and adolescents. For school-age children with ADHD, treatment with both behavioral interventions and stimulant medications is recommended. However, stimulant medications have the potential for misuse, diversion and addiction.

Because few clinical guidelines support physicians in managing the intersection of these disorders, the American Academy of Pediatrics, issued a new clinical report, [Attention-Deficit/Hyperactivity Disorder and Substance Abuse](#), in the July 2014 issue of *Pediatrics*.

Children with ADHD are at high risk of both trying drugs and developing a substance use disorder.

Stimulant medication may reduce this risk and there is no evidence that stimulants increase the likelihood of developing a substance use disorder, despite the potential for misuse.

Prescribers are cautioned that up to 23% of school-aged children are approached to sell, buy or trade their medication. These findings underscore the need for careful diagnosis, anticipatory guidance for children prescribed stimulant medications, and careful monitoring to ensure appropriate use of stimulant medications. This new clinical report provides guidance on these clinical activities.



A [complementary article](#) for parents and children is available at the American Academy of Pediatrics' HealthyChildren.org site.

The American Academy of Pediatrics is an organization of 62,000 primary care pediatricians, pediatric medical subspecialists and pediatric surgical specialists dedicated to the health, safety and well-being of infants, children, adolescents and young adults.

American Academy
of Pediatrics



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To learn more contact:

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Prevent • Treat • Recover • For Life

TEN PERCENT OF WORKING AGE DEATHS LINKED TO EXCESSIVE ALCOHOL USE

A [study](#) published in *Preventing Chronic Disease* found that excessive alcohol use accounted for approximately 88,000 deaths per year from 2006 – 2010, and accounted for 1 in 10 of all deaths among working age adults ages 20–64.

These deaths were due to health effects from drinking too much over time, such as breast cancer, liver disease, and heart disease, and health effects from consuming a large amount of alcohol in a short period of time, such as violence, alcohol poisoning, and motor vehicle crashes. In total, excessive alcohol use led to 2.5 million years of potential life lost each year, and shortened the lives of those who died by about 30 years.

CDC scientists analyzed data from the [Alcohol-Related Disease Impact \(ARDI\) application](#) for 2006-2010. The study also found that nearly 70% of deaths due to excessive drinking involved working-age adults, and about 70% of the deaths involved males. About 5% of the deaths involved people under age 21.

Excessive drinking includes:

- Binge drinking (4 or more drinks on an occasion for women; 5 or more drinks on an occasion for men), and
- Heavy drinking (8 or more drinks a week for women, 15 or more drinks a week for men).

Any amount of alcohol is considered excessive for women who are pregnant and for anyone who is under age 21.

[Excessive drinking cost the U.S. about \\$224 billion](#), or \$1.90 per drink, in 2006, and about 40% of these costs were paid by government. Most of these costs were due to lost productivity, including reduced earnings among excessive drinkers as well as deaths due to excessive drinking among working age adults.

CAREERS OF SUBSTANCE

Supporting the Massachusetts Substance Use and Addictions Workforce

A Massachusetts resource for anyone involved in preventing, intervening, treating, and supporting recovery from addictions.

Look for career information, upcoming trainings, links to professional organizations and more.

<http://maworkforce.adcare-educational.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**

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