



MASBIRT TTA Four Module Training for Health Care Providers The What, Why and How of SBIRT

Training Overview

The MASBIRT TTA training for Primary Care Providers consists of four 50 minute modules. Each module can be presented separately or combined into one extended 4 hour session. An outline of each module is included. Participants have the opportunity to observe and practice various brief intervention models with peers and training staff.

Overall Goals of MASBIRT TTA Training for Health Care Providers

Participants of the training will be able to:

- recall the importance of SBIRT in primary care practices
- recall the current evidence base for screening and brief intervention
- perform screening for unhealthy substance use using validated screening tools
- determine level of severity of unhealthy substance use (i.e., risky use versus substance use disorder)
- perform brief feedback and advice using Motivational Interviewing (MI) to address a patient's unhealthy substance use
- Perform a Brief Negotiated Interview as a brief intervention for people with unhealthy substance use
- Understand Motivational Interviewing principles and apply at least three MI strategies in their clinical work
- use state referral resources for patients requesting services beyond a brief intervention and how to refer a patient to these services

Module I presents an overview of basic SBIRT concepts. Participants will learn

- the rationale and evidence for SBIRT in general healthcare settings
- how to screen for unhealthy substance (alcohol and other drug) use using validated screening tools
- how to assess for severity of unhealthy substance use
- how to effectively provide brief feedback and advice for patients with unhealthy substance use.

Module II builds on Module I. Participants gain additional skill in using Motivational Interviewing strategies when counseling patients and are introduced to brief intervention strategies.

Participants will learn

- “Spirit of Motivational Interviewing” and MI principles
- brief intervention strategies

Module III continues to build on previous modules. Participants will deepen skills in Motivational Interviewing and be introduced to the Brief Negotiated Interview (BNI), a specific type of brief intervention. Participants have the opportunity observe and practice this type of intervention.

Participants will learn to use

- OARS mini skills
- pro’s and con’s
- readiness /confidence rulers
- negotiating a plan for change
- referral strategies

Module IV builds on Modules I and II. Participants will deepen Motivational Interviewing through didactic training, observation and practice.

Participants will learn how to

- use complex reflections
- identify, evoke and respond to change talk

