

MASBIRT TTA Training for Primary Care Providers The What, Why and How of SBIRT

Training Overview

The MASBIRT TTA training for Primary Care Providers consists of three 50 minute modules. Each module can be presented separately or combined into one extended 3 hour session. An outline of each module is included.

Overall Goals of MASBIRT TTA Training for Primary 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 and brief intervention using Motivational Interviewing (MI) to address a patient's unhealthy substance use
- 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 and covers

- 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.

Participants have the opportunity to observe this type of provider-patient interaction and practice it with peers and training staff, time permitting.

Module II builds on Module I. Participants gain more skill in counseling patients using a brief negotiated interview. This module covers

- how to provide a more in-depth brief negotiated interview , such as
 - pro's and con's
 - readiness /confidence rulers

- negotiating a plan for change.

Participants have the opportunity observe this type of provider-patient interaction and practice it with peers and training staff.

Module III builds on Modules I and II. Participants will gain skills in Motivational Interviewing to be used to enhance their brief interventions.



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Module I: SBIRT for Patients with Unhealthy Substance Use

Training Outline

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|------|---|----------------|
| I. | Why SBIRT? | 10 mins |
| | a. Why screen for unhealthy substance use? Impact of substance use on health and healthcare costs | |
| | b. Spectrum of substance use – the new paradigm | |
| | c. US Preventative Services Task Force recommendation: top preventable health issue | |
| | d. SBIRT is brief: | |
| | - negatives (75-85% of patients) can take 2-3 minutes | |
| | - positives can take 5-15 minutes | |
| II. | What is SBIRT? | 10 mins |
| | a. <u>Definitions</u> | |
| | ▪ <u>S</u>creening | |
| | • Universal | |
| | • Annual | |
| | ▪ <u>B</u>rief <u>I</u>ntervention | |
| | • Giving feedback and advice | |
| | ▪ <u>R</u>eferral to <u>T</u>reatment | |
| | • MA Helpline | |
| | • Local resources | |
| | b. Evidence supporting SBIRT | |
| III. | How to do SBIRT? (video demonstration – 10 mins) | 20 mins |
| | a. Screening and assessing for severity of substance use | |
| | Single Item questions | |
| | CAGE AID, as needed | |
| | b. Brief Feedback and Advice | |
| | Materials review | |
| IV | Next Steps – Follow-Up and questions | <u>10 mins</u> |
| | | 50 mins |



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Module II: Brief Negotiated Interview for Patients with Unhealthy Substance Use

Training Outline

I.	Brief Review of Module I: <ul style="list-style-type: none">▪ Report Back of participant experience since Module I▪ Screening, assessment and giving feedback and advice	10 mins
II.	Brief Negotiated Interview <ul style="list-style-type: none">▪ Pro's and Con's▪ Importance / Confidence Rulers▪ Developing a plan for change	15 mins
III.	Observation and Practice of SBI using BNI	20 mins
IV.	Next Steps / Questions <ul style="list-style-type: none">▪ Action Plans▪ Commitment to change	<u>5 mins</u>
		50 mins



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Module III: Refining SBIRT Skills using Motivational Interviewing

Training Outline

I.	Brief Review of Modules I and II	5 mins
II.	What is “the spirit” of MI? The FRAMES model	10 mins
III.	MI Essentials: OARS – Four Basic Skills	20 mins
IV.	Practice MI	10 mins
V.	Next Steps / Questions	<u>5 mins</u> 50 mins