

Screening, Brief Intervention, and Referral to Treatment (SBIRT)

Screening, Brief Intervention, and Referral to Treatment (SBIRT) is an integrated, public health approach to the delivery of early intervention and treatment services for persons with substance use disorders and those at risk of developing these disorders. Overall, substance use contributes to over 70 conditions that require medical care. Screening can be easily used in primary care settings and enables healthcare professionals to systematically identify and assist people whose drinking or substance use may cause or complicate medical and mental health functioning.

This 4-hour training is relevant for both primary care and behavioral health providers. Our training provides a brief overview of the prevalence of substance use, criteria for risky use, and the effects of substance use on health and mental health functioning. We review the two approved screening tools (AUDIT and AUDIT-C), and teach providers how to conduct a three-step Brief Intervention utilizing motivational interviewing techniques focused on motivating people toward positive behavioral change. For individuals identified to be at high risk for an alcohol use disorder, we teach providers how to motivate patients to accept a referral to specialty substance abuse treatment services.

At the conclusion of the training, participants will be able to:

- Describe the background and rationale for conducting SBIRT with patients in primary care settings.
- Utilize the AUDIT or AUDIT-C to screen and identify patients engaged in moderate or high-risk alcohol consumption.
- Demonstrate, through role-play and group discussion, the effective use of brief intervention strategies and techniques to motivate patients to change their at-risk substance use behavior and/or seek treatment.

You will find access to the Screening, Brief Intervention, and Referral to Treatment (SBIRT) training on Learning Partnership's Training website (homepage) at sccLearn: <https://www.sccgov.org/sites/bhd-p/>

You can also find it on our Behavioral Health website - www.sccbhsd.org/Training

This is a free online training. CEUs are also free. When you click on the SBIRT link, you will go directly to the Pacific Southwest Addiction Technology Online Learning Center. The training will take about 4 hours to complete.

CEUs—As soon as you complete the course, you will receive a basic certificate of completion that documents the name of the course, the date, and the number of hours for the course (4). You are also given instructions to click a follow-up link for people who need continuing education credits. There are three different choices depending on what type of license you have since each has different course evaluation requirements. There are three link options that will take you to the corresponding course evaluation for:

- LMFTs, LCSWs, LPCCs, LEPs, RNs, and certified SUD counselors
- Continuing Medical Education for Physicians
- Psychologists (APA)

After completing the corresponding course evaluation, you will receive a continuing education certificate (except for psychologists who will receive it by mail).

