

What is BI, BT and RT?

Brief Intervention

BI

The goal of a Brief Intervention (which can take as little as 5 minutes) is to engage individuals and increase their knowledge about substances and to motivate patients to reduce risky behavior. Using Motivational Interviewing Techniques individuals are provided information specific to their alcohol or drug use. Substance use/misuse occurs on a continuum and services are prescribed based upon where the individual screened resides on that continuum. With that being said, the majority of individuals Pre-screened using the SBIRT process will score negatively and not require a Brief Intervention. However, if the SBIRT staff decides for any reason that the patient would benefit from a Brief Intervention, he/she can do so even if the patient did not score for such.

Brief intervention consists of having a brief motivational conversation with an individual through the standard drink sizes and safe drinking levels (recommended limits)—INFORMATION THAT CAN BE FOUND IN THE “RETHINKING DRINKING” BOOKLET. The medical staff gauges the individual’s readiness to change and motivation for change and provides feedback about the results, discusses their AUDIT/DAST-10 score(s), discusses the area(s) of concern, provides encouragement to reduce risks and discusses the risks of continued drug and/or alcohol use. The SBIRT staff person assists the individual in setting a goal to reduce his/her use and ends the session with praise and encouragement.

Score on AUDIT is 8-15; DAST 1-2

Brief Treatment

BT

The goal of Brief Treatment (which can vary in the number of sessions) is to change not only the immediate behavior or thoughts about a risky behavior, but also to address long-standing problems with harmful drinking and drug misuse and help individuals who may score for Referral to Treatment but are not ready to enter treatment to better understand what treatment entails.

Individuals who score positive and voluntarily consent for Brief Treatment interventions must sign a Brief Treatment Consent. A copy of the consent should be provided to the individual so that he/she is clear about returning for another session and clear about the goal he/she has set for reduction of use.

Brief Treatment consists of sessions matched to the individual's motivational level. Discussions in sessions are focused on the substance the individual is using and setting goals with the individual who has indicated he/she is ready to at reduce his/her consumption or alcohol or use of other drugs. The SBIRT staff is able to provide information to the individual about drugs/alcohol and follow up with progress or challenges in reaching the goals. Goals that are repeatedly set but the individual is unable to successfully reach, may mean the individual would best be served by going into treatment and the SBIRT staff can facilitate this transition

Score on AUDIT is 16-19; DAST 3-5

Referral to Treatment

A dark blue circular icon with a white border, containing the letters "RT" in a bold, white, sans-serif font.

RT

Referral to Treatment service is recommended by the score on the AUDIT or DAST. Referral to Treatment consists of discussions with the individual to support him or her in getting substance abuse treatment. The SBIRT staff uses motivational interviewing and provides feedback about results (use exceeds limits, current problems that exist, dependence symptoms, dangers to health - medical, psychiatric, social), and the SBIRT staff provides clear messages about continued risk of use. The SBIRT staff provides resources and referrals and may obtain assistance from the SBIRT Project Coordinator, if needed. The SBIRT staff coordinates medical, psychiatric and or substance abuse referrals and provides support to the patient.

Score on AUDIT is 20 & up; DAST 6 & up