

**Screening, Brief Intervention and Referral to Treatment (SBIRT)  
 Frequently Asked Questions (FAQ)  
 FOR PATIENTS AND CLIENTS**

<b>What is Screening, Brief Intervention, and Referral to Treatment (SBIRT)?</b>
<p><b>WHAT &amp; WHY?</b>          An evidence-based public health approach to:</p> <ul style="list-style-type: none"> <li>• Identify, reduce, and prevent problematic use, abuse, and dependence on alcohol and illicit drugs</li> <li>• Provide early intervention to people at risk of developing substance use disorders</li> <li>• Provide treatment services to people with substance use disorders</li> <li>• SBIRT can be implemented by medical assistants, behavioral health technicians, medical providers, or doctors</li> </ul> <p><b>WHO?</b></p> <ul style="list-style-type: none"> <li>• Screening should be universally applied to all patients/clients (18 years and older)</li> <li>• SBIRT can be implemented by medical assistants, behavioral health technicians, medical providers, or doctors</li> </ul> <p><b>WHERE?</b></p> <ul style="list-style-type: none"> <li>• Screening can occur in any healthcare setting. Many different types of community settings provide opportunities for early intervention with at-risk substance users before more severe consequences occur, such as emergency departments, community healthcare centers, pain management provider offices, and university healthcare facilities.</li> </ul> <p><b>HOW?</b>  <b>Screening</b> — The healthcare professional assesses all patients (18 years and older) for at-risk substance use behaviors using standardized screening tools.  <b>Brief Intervention</b> — If a positive screen: the healthcare professional engages a patient showing at-risk substance use behaviors in a short conversation, providing feedback and advice, utilizing motivational interviewing techniques.  <b>Referral to Treatment</b> — If additional services are indicated: the healthcare professional provides the patient with a referral to brief therapy or for additional treatment.</p>
<b>How long does it take?</b>
<p><b>5 - 10 minutes for screening while waiting to see the provider:</b></p> <ul style="list-style-type: none"> <li>• Two pre-screen questions</li> <li>• Alcohol Use Disorders Identification Test (AUDIT)</li> <li>• Drug Abuse Screening Test (DAST)</li> </ul>
<b>What is Brief Therapy?</b>
<p><b>Brief Therapy (BT) is more in-depth than Brief Intervention (BI) and consists of a combination of education, goal setting, and support.</b></p> <ul style="list-style-type: none"> <li>• The provider asks questions about the patient’s use and personal history.</li> <li>• The provider aids the patient in setting goals over the period of a few appointments.</li> </ul>
<b>Where can I get more information about finding a treatment provider for myself or</b>

**someone I know?**

**You can find treatment services by searching for providers at:**  
<http://findtreatment.samhsa.gov/>.

- To learn how to access behavioral health treatment services in Arizona, please visit:  
<http://www.azdhs.gov/bhs/pdf/AccessingBHsystem.pdf>.
- You may also call **1-800-662-HELP**, which offers 24-hour free and confidential information (in English and Spanish) on substance use disorder issues and referral to treatment.

**Where can I get more information about SBIRT?**

**There are a number of sites where you can get more information about SBIRT, including the Arizona SBIRT Facebook page, and a site specific to the Arizona SBIRT grant is under development:**

<http://www.integration.samhsa.gov/clinical-practice/SBIRT>

<http://beta.samhsa.gov/sbirt>

<https://www.facebook.com/SBIRTArizona>