



Improving Substance Use Disorder Treatment Training Series: **SBIRT Brief Intervention**

Mia Croyle, MA

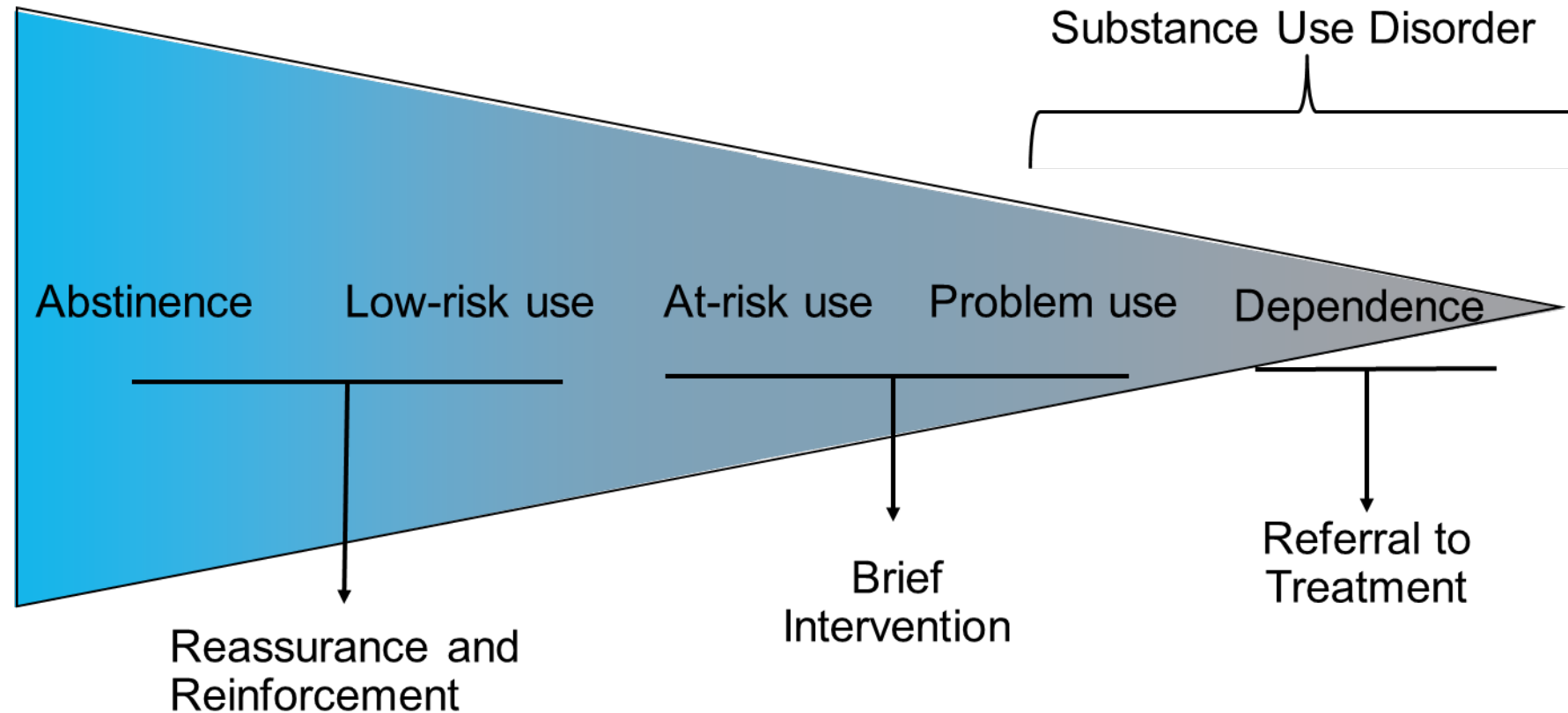
2/18/2022

Objectives

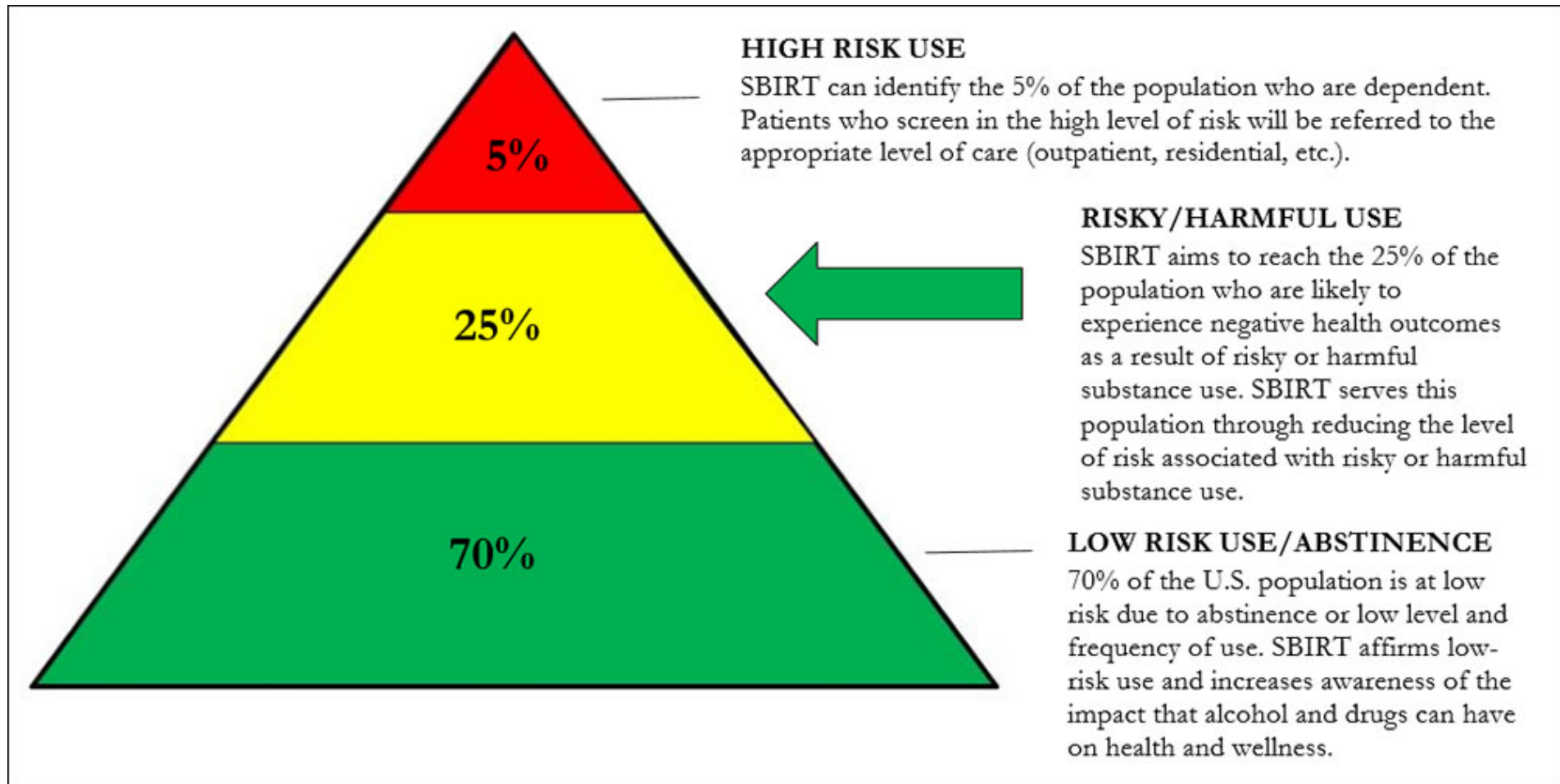
After this workshop, participants will be better able to:

- Utilize a simple framework for delivering an SBIRT brief intervention
- Incorporate basic Motivational interviewing into brief interventions with patients

Review: The Substance Use Continuum



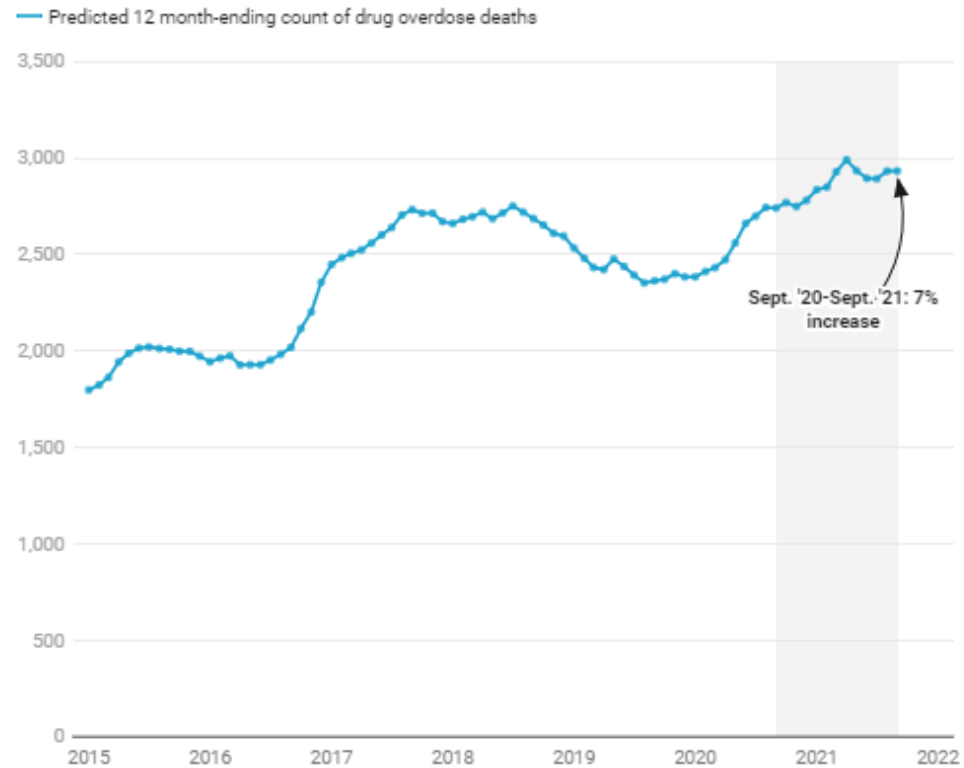
Alcohol Use Pyramid



Overdose Deaths

Michigan drug overdose deaths on the rise

In Michigan, 2,933 people died of drug overdoses during the 12 months ending in September 2021, compared with 2,741 during the 12 months ending in September 2020 -- an increase of 7%.

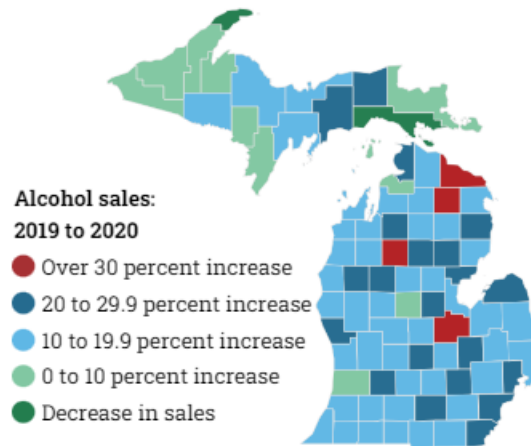


Source: U.S. Centers for Disease Control and Prevention • [Get the data](#) • Created with [Datawrapper](#)

Alcohol Use

Alcohol sales by county

Alcohol sales in 2020 surged by over 30 percent in some counties, while two others had small decreases. Overall, alcohol sales were up 20 percent across the state.



Source: Michigan Liquor Control Commission

Bridge

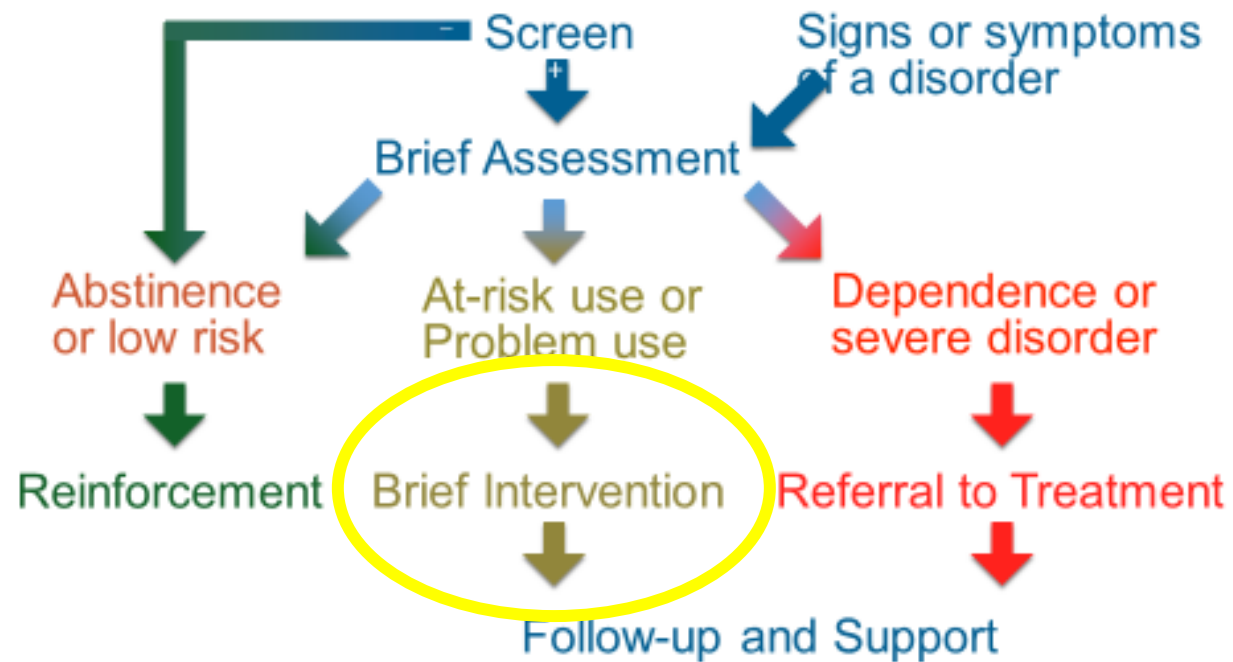
— Mike Wilkinson

- Studies have found between 20-40% of individuals surveyed report consuming more alcohol during the pandemic
- Increases in alcohol-related emergencies: alcohol withdrawal, withdrawal-related suicides, methanol toxicity, and alcohol-related motor vehicle crashes

Rubin R. Alcohol-Related Diseases Increased as Some People Drank More During the COVID-19 Pandemic. *JAMA*. 2021;326(3):209–211. doi:10.1001/jama.2021.10626

Review: SBIRT Process

SBIRT Overview



Purpose of Brief Intervention

Activate motivation for change to substance use

- Utilize Motivational Interviewing approach to avoid defensive and dismissive response
- Share personalized information and feedback with patient about (potential) impact of their substance use
- Make evidence-based recommendation regarding substance use
- Explore options for change or referral, if appropriate

Brief Advice

- Medically-based feedback and advice about health consequences and possible other impacts of substance use
- Provider does most of the talking
- This is the type of intervention which providers are most accustomed

Brief Intervention

- Focused conversation that combines brief advice with a motivational interviewing approach to enhance patient's motivation to make changes in substance use
- Provider aims to get the patient talking
- This represents a departure from the style of communication most providers use

Research says...

- Brief interventions that incorporate motivational interviewing are more effective at reducing alcohol intake than those that rely on simple advice and information
- Brief motivational interventions are more effective if they include a follow-up contact to reinforce changes in alcohol intake

Field, C., Walters, S., Marti, C. N., Jun, J., Foreman, M., & Brown, C. (2014). A multisite randomized controlled trial of brief intervention to reduce drinking in the trauma care setting: how brief is brief?. *Annals of surgery*, 259(5), 873.

Motivational Interviewing

- Definition:
 - Motivational Interviewing is “a collaborative, goal-oriented style of communication with particular attention to the language of change. It is designed to strengthen personal motivation for and commitment to a specific goal by eliciting and exploring a person’s own reasons for change within an atmosphere of acceptance and compassion.” (Miller & Rollnick, 2012)
- Studied and applied for over 30 years.
- Robust evidence base; over 1,200 publications; more than 200 RCT

Spirit of MI

P

- **Partnership**
- Companion
- Collaborate with other person's expertise

A

- **Acceptance**
- Communicate absolute worth, accurate empathy, affirmation, and autonomy support

C

- **Compassion**
- Promote other person's welfare
- Prioritize other person's needs

E

- **Evocation**
- Draw out
- Elicit other person's perspectives and motivation

Delivering Brief Intervention: FLO

- **Feedback**
 - Setting the stage
 - Share feedback & recommendation
- **Listen to understand**
 - Explore current situation
 - Evoke change talk
- **Options to explore**
 - Discuss options for change
 - Follow up



Personalized Feedback

Consider:

- What does their screening suggest?
- How does their use compare with national or state norms?
- How might drinking/use be impacting chronic health conditions?
- How might drinking/use be impacting the efficacy of their medications?
- How might drinking/use be in opposition to some of the things you know this person values?

Feedback

Feedback Sandwich

- Ask permission
 - *Would it be OK if we discussed the results of the questionnaire about alcohol use that you completed?*
- Offer feedback
 - *Based on the way you answered these questions your alcohol use is falling into the category [name]. That generally means...*
- Ask for response
 - *What are your thoughts about this?*

Listen to Understand

Open Questions

- How do alcohol (drugs) fit into your day to day life?
- What might be some of the downsides of drinking (using) for you?
- If you were to make a change, how might your life be different?

Listen to Understand

Open Questions

- If you were to decide to make a change, how might you go about doing that?
- If things continue as they are what might be the worst thing that could happen?
- How will you know when it is time to think about making a change?

Reflective **L**istening

- Goal is to understand
- Goal here is NOT to educate, correct, persuade
- Attempt to grasp the meaning of what the other person is saying, and offer that meaning back to the other person

Reflective Listening

- Statement
- Mirrors what was said or meant
- Demonstrates **empathy**
- Shapes direction
- You choose what to reflect



Reflective **L**istening



- Simple
- Paraphrase

Reflect This

*“I don’t know what I’m going to do.
Alcohol seems to have been a big issue
lately, but I really like drinking.”*

Reflective **L**istening



- Simple
- Paraphrase
- Unspoken emotion
- Double-sided
- Continuing the paragraph
- Amplification
- Metaphor

Reflect This

*“I don’t know what I’m going to do.
Alcohol seems to have been a big issue
lately, but I really like drinking.”*

Options Explored

Transition with a key question:

- “I wonder what you’re thinking at this point?”
- “Where does all this leave you?”
- “What would be most helpful for us to do now?”

Let the other person take the lead – you are in a supportive role

Options

- Remind of the low risk drinking guidelines
- Express support and encouragement for any change
- Share resources
- Help them create a change plan:
 - What are they going to add/remove to help them reduce use?
 - Who will support them?
 - How will they hold themselves accountable?

Options

- Encourage social support (peer recovery coach, AA, NA)
- Make a referral to a treatment program
- Prescribe a medication (MAUD, MOUD aka MAT)
- Schedule a follow-up appointment or check-in call

Questions?



Contact Information:

MetaStar, Inc.

2909 Landmark Place

Madison, WI 53713

mcroyle@metastar.com