Screening, Brief Intervention and Referral to Treatment (SBIRT): A Catalyst for Enhancing Interprofessional Addiction Education

Amy Saunders, MA, Director MU Center of Excellence for Recovery, PD MUSBIRT
Lyn O'Connell, PhD, IMFT, MU SBIRT Clinical Coordinator
Penny Koontz, PsyD, Associate Professor & Psychology Clinic Director
Gretchen Pfost, PT, DPT, Assistant Professor MU School of Physical Therapy
Rania Karim, PT, DPT, Associate Professor MU School of Physical Therapy
Brittany Riley, PharmD, MS, BCPS, Clinical Assistant Professor, MU School of Pharmacy
Marianna Linz, Ph.D., Chair, MU Psychology

Background

- WV has highest age-adjusted drug overdose death rate in the nation, 52.0 per 100,000 (CDC, 2016)
- WV has the highest rates of prenatal substance exposure, 143 per 1,000 or 14.3% and NOWS (NAS) 50.6 per 1,000 (WV DHHR, 2017)
- Cabell Co. over 2,000 overdoses in 2017
  (Cabell EMS, 2017)
We Are...Marshall

- 8 Departments/Schools: Counseling, Social Work, Psychology, Public Health, Nursing, Pharmacy School, Physical Therapy School, and Joan C. Edwards School of Medicine
- Monthly Meetings, Train the Trainers, Department Autonomy, Standardized Patients
- Health Sciences, School Psychology, Communication Disorders
- To date: 4,500 emerging students, field liaisons and community groups.
- Integrated training in multiple departments

Marshall’s Substance Use Recovery Coalition

- Established under the leadership of President Gilbert
- 50 faculty and staff
- Multiple community, City, State, and Federal partners
- Strategic Plan: Education, Prevention and Early Intervention, Treatment, Recovery/Reentry, Research
- Coordinating a System of Care: Addressing Gaps and Using Assets
- Since 2015 $7.1 million to Marshall and Marshall Health over 5 years. (Grants over 2015-2020)
Community Partnerships

- Faith Community United
  - 6 part training series
    - Understanding the Epidemic
    - Humanizing the Epidemic
    - SBIRT
    - Community Based Services
    - CRAFT
    - Resource Fair
- Words Matter
  - Person-first language
- Media Trainings
  - Say this and not that

SBIRT Course Development

- Multidisciplinary, Discipline-specific format

- Psychology doctoral (Psy.D.) and clinical M.A. students – 1st year cohort

- 8 – week, 90-minute seminar – didactic & experiential
  1. What is SBIRT & why should I use it in my practice?
  2. Screening for Substance Use & co-occurring Disorders
  3. Transtheoretical Model
  4. MI Basics & Core Interviewing Skills
  5. MI Change Strategies
  6. Brief Negotiated Interview
  7. Referral to Treatment
  8. Standardized Patient Interviews
SBIRT Course Development

- Each class included practice of the skills and feedback from the instructor

- Reflection Papers
  - One-page paper each week that prompts thoughtful consideration of the knowledge & skills learned
  - “Which interventions were difficult & why?” “Which interventions were easy & why?” What are 2 things I learned about substance use disorders during this session? “What barriers might I anticipate in implementing this intervention in practice?”

- Kognito patient simulation program
  - Features virtual humans; Simulates the interactions & behaviors of practicing health professionals & patients in real life situations. Students receive immediate feedback related to performance.

- Standardized Patient Interview
  - Group exercise during which a standardized patient is interviewed, utilizing the principles of SBIRT.
  - Students receive immediate feedback related to performance.

SBIRT Course Development

- Train health professions students in SBIRT, with the goal of implementation in community practicum sites.

- Implemented universal SBIRT screening in Psychology training clinic in fall 2017 semester (1st SBIRT cohort). During 1st year of implementation:
  - 139 AUDIT (Alcohol Use Disorders Identification Test)
  - 140 DAST (Drug Abuse Screening Test)
  - 26 CRAAFT (adolescents)

- Data will be used to examine population characteristics and to inform need for additional substance use interventions
School of Physical Therapy Efforts

- #Choose PT Campaign
- Creation of a 1 credit course – Patient Motivation and Behavior Change
- At cost CEU course provided to local clinicians
- Presentation at National Conference- “Screening for Substance Use Disorder When They #Choose PT”
- 3 research projects surrounding substance use disorders/SBIRT

Expanding SBIRT Through Discharge Education

- Implementing opioid discharge education that includes Screening and Brief Interventions for patients discharged on opioid medications

- Developed:
  - An online educational tool that patients can refer to that has specific West Virginia Information such as disposal locations and where naloxone can be obtained
  - Brochures on opioid safety and steps to take during overdose

- Currently testing intervention in a randomized controlled study
MUSBIRT Lessons Learned: It Takes A Village

- Mental health is relative
  - To place and situation
  - To time
  - To the beholder
- We are holistic functioning creatures and each of us as a profession has a part of the elephant
- Appalachia is a culture of relationships so everybody must be ready to talk the talk and walk the walk.
- In other words, there are no

We are one bag of chemicals....

- Integrated care models – Hand in glove for rural/underserved areas
- They are just not that into you...unless you are Ethel’s niece
- Cross-training paraprofessionals: Leveraging relationships when service is thin
- Next Frontier: PCORI Project: Home visiting recovery coaches supporting maternal mental health and healthy developmental outcomes
Questions

?