**Why screen for alcohol and drug use?**

Brief motivational conversations with patients can promote significant, lasting reduction in risky use of alcohol and other drugs. Nearly 30% of adult Americans engage in unhealthy use of alcohol and/or other drugs, yet very few are identified or participate in a conversation that could prevent injury, disease or more severe use disorders.*

**Brief Screening**

**Frequency:**
- Tobacco: Every visit.
- Alcohol and Drugs: At least yearly; consider screening at every visit.† Consider more frequent screening for women who are pregnant or who are contemplating pregnancy; adolescents; and those with high levels of psychosocial stressors.

**Youth (ages 11-17 years)**

See CRAFFT Toolkit for youth information, talking points, tools and more at http://healthteamworks-media.precis5.com/sbirt-crafft-toolkit

**Adults (18+ years old)**

<table>
<thead>
<tr>
<th>Substance</th>
<th>Questions</th>
<th>Positive Screen</th>
<th>Negative Screen</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>2. When was the last time you had 4 or more (for men &gt;65 years and all women) or 5 or more (for men ≤65 years) drinks in one day?</td>
<td>2. In the past 3 months.</td>
<td>See “For all patients, consider:”</td>
</tr>
<tr>
<td>Drugs‡</td>
<td>In the past year, have you used or experimented with an illegal drug or a prescription drug for nonmedical reasons?</td>
<td>Yes</td>
<td></td>
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<tr>
<td>Tobacco</td>
<td>Do you currently smoke or use any form of tobacco?</td>
<td>Yes</td>
<td></td>
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</tbody>
</table>

For all patients, consider:

- Any alcohol use is a positive screen for patients under 21 yrs. or pregnant women.§
- Potential for alcohol-exposed pregnancy in women of childbearing age; assess for effective contraception use.§
- Alcohol/medication interactions.
- Chronic disease/alcohol precautions.
- Role of substance use in depression and other mental health conditions.¶
- Medical marijuana use.

Positive on alcohol and/or drug brief screen: proceed to Step 2. Tobacco use only: see page 2 for Tobacco Advise and Refer.

**Further Screening**

Patients with a positive brief screen should receive further screening/assessment using a validated screening tool. Scoring instructions are on each tool. Screening tools in English and Spanish available at www.healthteamworks.org/guidelines/sbirt.html

<table>
<thead>
<tr>
<th>Screening tools:</th>
<th>Low risk: Provide positive reinforcement</th>
<th>Moderate risk: Provide brief intervention</th>
<th>Moderate-high risk: Provide referral to brief therapy</th>
<th>High risk: Refer to treatment</th>
</tr>
</thead>
<tbody>
<tr>
<td>• AUDIT (adult alcohol use)</td>
<td><a href="http://healthteamworks-media.precis5.com/sbirt-audit">http://healthteamworks-media.precis5.com/sbirt-audit</a></td>
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<tr>
<td>• DAST-10© (adult drug use)</td>
<td><a href="http://healthteamworks-media.precis5.com/sbirt-dast-10">http://healthteamworks-media.precis5.com/sbirt-dast-10</a></td>
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<td>• ASSIST (adult poly-substance use)</td>
<td><a href="http://healthteamworks-media.precis5.com/sbirt-assist">http://healthteamworks-media.precis5.com/sbirt-assist</a></td>
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<tr>
<td>• CRAFFT (adolescent alcohol and drug use)</td>
<td><a href="http://healthteamworks-media.precis5.com/sbirt-crafft">http://healthteamworks-media.precis5.com/sbirt-crafft</a></td>
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</table>

‡ See Prescription Drug Misuse supplement at www.healthteamworks.org/guidelines/sbirt.html.
§ See Fetal Alcohol Spectrum Disorder (FASD) supplement, Preconception and Interconception Care Guideline, and Contraception Guideline at www.healthteamworks.org.
¶ See Depression in Adults: Diagnosis and Treatment Guideline at: www.healthteamworks.org/guidelines/depression.html.
A Brief Intervention is a short motivational conversation to educate and promote health behavior change. Important: Recognize a person’s readiness to change and respond accordingly.

**Brief Intervention** (Brief Negotiated Interview model): This model may also be used to address other substance use.

1. **Raise the subject.**
   - “Would you mind if we talked for a few minutes about your alcohol use?”
   - Ask permission.
   - Avoid arguing or confrontation.

2. **Provide feedback.**
   - “We know that drinking above certain levels can cause problems such as...”
   - Review reported substance use amounts and patterns.
   - Provide information about substance use and health.
   - Advise to cut down or abstain.
   - Compare the person’s alcohol use to general adult population (see drinking pyramid below).
   - “What do you think about this information?”
   - Elicit patient’s response.

3. **Enhance motivation.**
   - “What do you like about your current level of drinking? What do you not like about your current level of drinking?”
   - “On a scale from 0-10, how important is it for you to decrease your drinking?”
   - “What makes you a 5 and not a lower number?”
   - “On a scale from 0-10, how ready are you to decrease your drinking?”
   - “What would make you more ready to make a change?”
   - Assess readiness to change.
   - Discuss pros and cons.
   - Explore ambivalence.

4. **Negotiate and advise.**
   - “What’s the next step?”
   - “What are the barriers you anticipate in meeting this goal? How do you plan to overcome these barriers?”
   - “On a scale from 0-10, how confident are you that you will be able to make this change?”
   - “What might help you feel more confident?”
   - Negotiate goal.
   - Provide advice and information.
   - Summarize next steps and thank the patient.

**U.S. Adult Alcohol Use Estimate**
Potential consequences of risky drinking: multiple health, work and family issues

**Alcohol dependent**
Referral to Treatment
5%

**Risky drinkers**
Brief Intervention
25%

**Abstainers or low-risk drinkers**
Positive reinforcement
70%

**Referral to treatment**
Spectrum:
Screening
Brief Intervention
Brief Therapy
Specialty Treatment

**Tobacco Advise and Refer:**
Ask permission, then advise every tobacco user to quit with a personalized health message.

**Colorado QuitLine and Other Programs**
Refer individuals age 15+ to the Colorado QuitLine (1-800-QUIT-NOW [1-800-784-8669] or www.coquitline.org):
- Personally tailored quit program
- Five scheduled, telephone-based coaching sessions
- May include free nicotine replacement therapy (age 18+ and medically eligible)

Information on programs for specific populations and ages: www.myquitpath.com
Order free tools and materials: www.cohealthresources.com
Pharmacotherapy options: HealthTeamWorks Tobacco Cessation and Secondhand Smoke Exposure Guideline at www.healthteamworks.org/guidelines/tobacco.html

**Referral in Colorado:** http://linkingcare.org

**SBIRT is reimbursable if:**
- A validated screening tool is used
- It is properly documented
- Time requirement is met

See www.healthteamworks.org for up-to-date information.

**SBIRT is reimbursable if:**

**Documentation: Key points**
- SBIRT should be documented like any other healthcare service.
- These records may require special permission for release. Consult your organization’s privacy policy.
- Documented use of a validated screening tool (e.g., AUDIT, DAST, CRAFFT, ASSIST) required for reimbursement.

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Use OARS:
- Open-ended questions
- Affirmations
- Reflections
- Summaries

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