



M E T A S T A R



Higher quality. Healthier lives.

Implementing SBIRT

HealthChoices PCMH
Learning Network

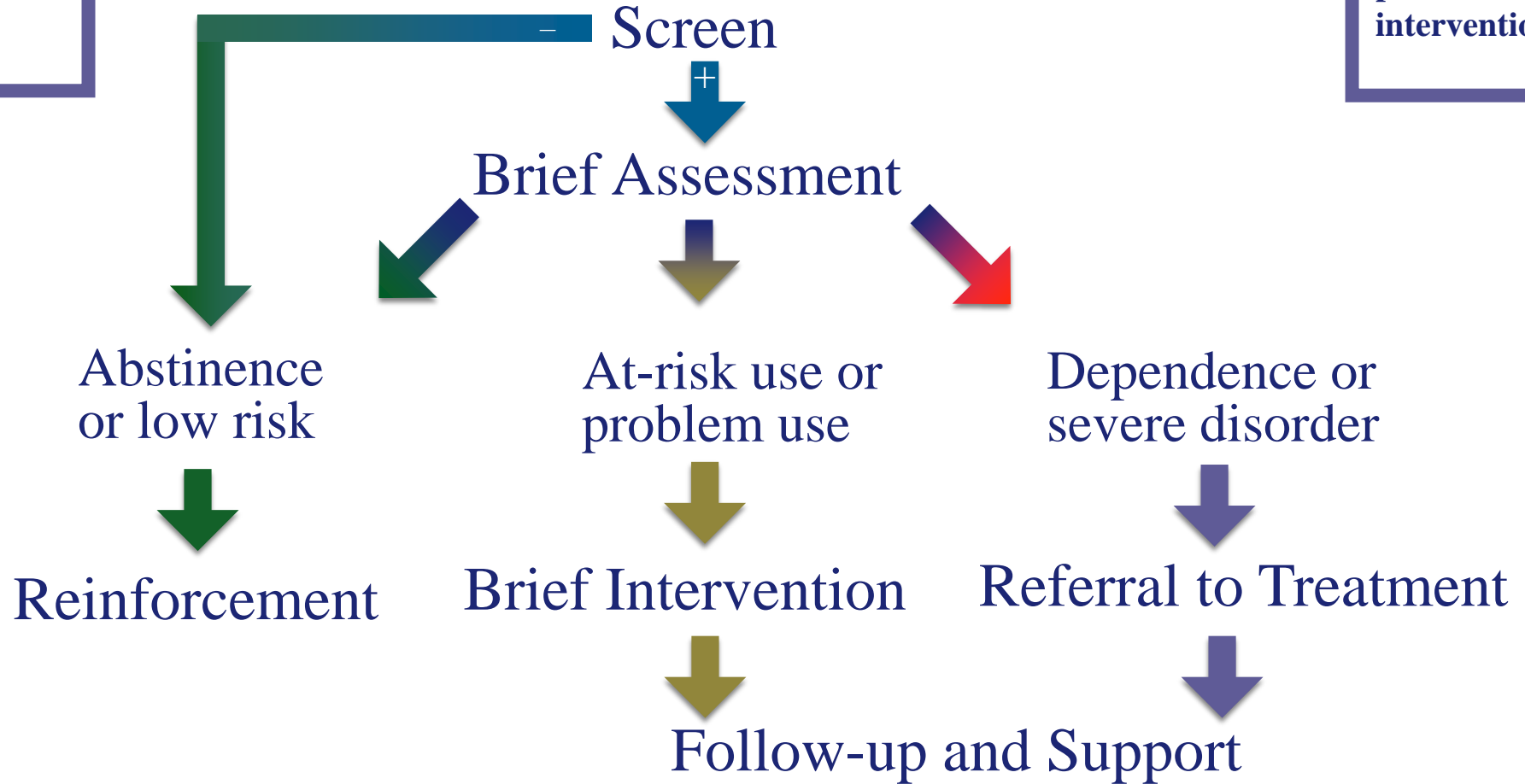
Mia Croyle, MA

August 10, 2021

A one-on-one
clinical
prevention
service

SBIRT Overview

When delivered
universally, a
population/
public health
intervention



WIPHL



School of Medicine
and Public Health
UNIVERSITY OF WISCONSIN-MADISON



Wisconsin Department
of Health Services

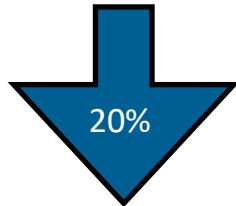


Wisconsin Medical Society
Your Doctor. Your Health.

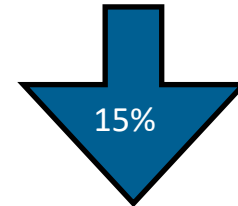
Between 2006 and 2011

- Helped 33 sites screen >110,000 patients and deliver >20,000 interventions
- Documented high patient satisfaction: 4.3 to 4.9 on a 5-point scale
- Attained substantial improvements in behavioral outcomes:

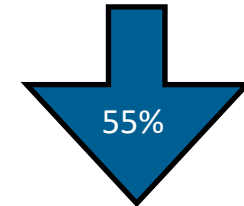
*Binge
drinking*



*Marijuana
use*



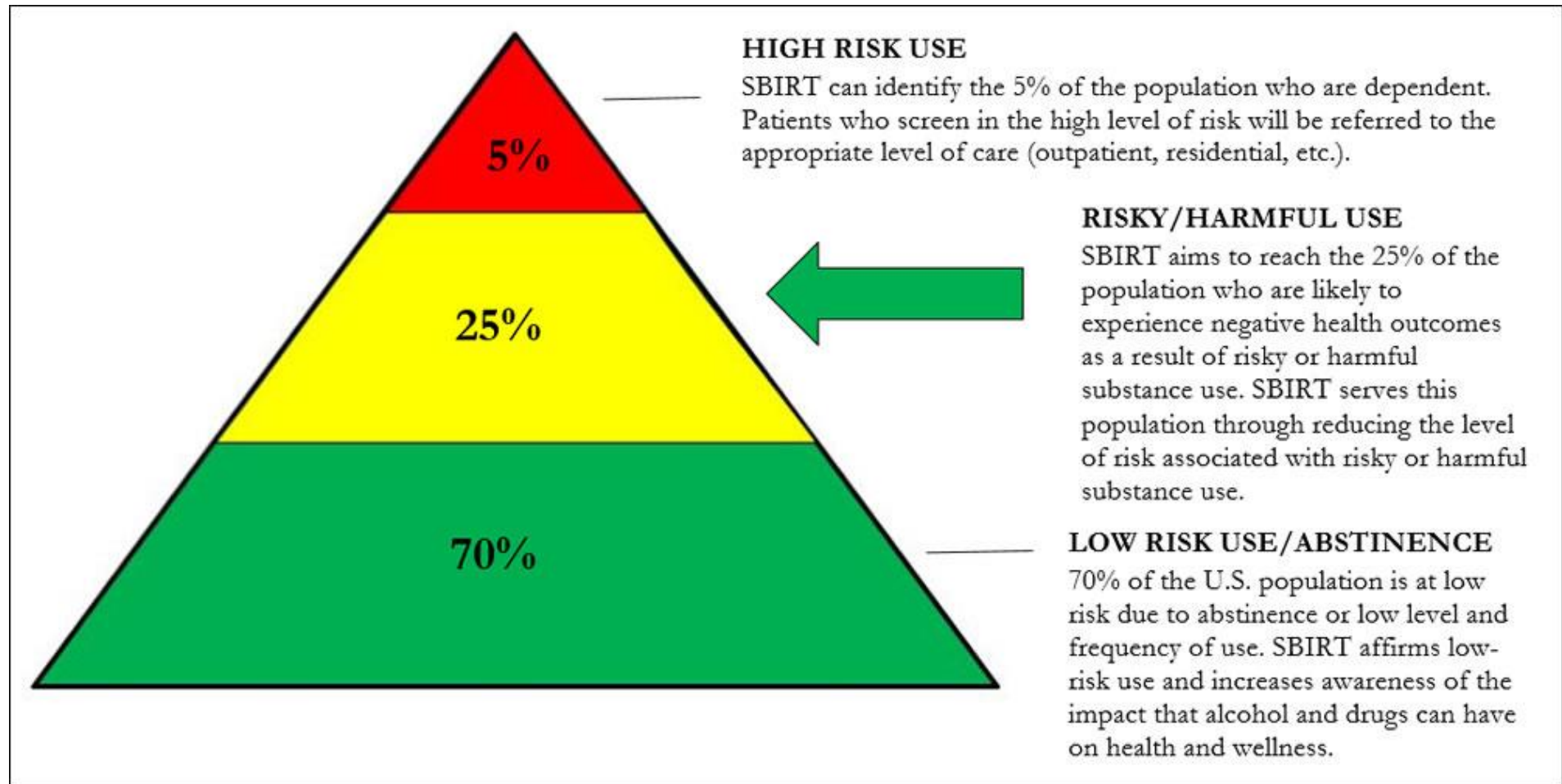
*Depression
symptoms*



- Reduced net two-year Medicaid costs by \$782 per patient screened

Brown, American Journal of Managed Care, 2014; Paltzer, Journal of Behavioral Health Services and Research, 2016

Alcohol Use Pyramid



Brief Intervention

- Activate motivation for change
- Focus on patients whose alcohol use is in the “Risky/Harmful” category
- Distinct from brief advice
- Should be brief
- Employ a **Motivational Interviewing** approach to maximize engagement and avoid defensive and dismissive response

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



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 do you like about drinking?*
- *What might be some of the downsides of drinking for you?*
- *If you were to decide to make a change, how might your life be different?*
- *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?*

Don't forget to use Reflective Listening

Option Exploration

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 might...

- Remind of the low risk drinking guidelines
- Express support and encouragement for any reduction (any movement closer to those guidelines is an improvement)
- Share resources
- Schedule a follow-up appointment or check-in call



Questions?



Contact Information:

Mia Croyle, MA

www.metastar.com

mcroyle@metastar.com