

An Overview of the InSight Screening Brief Intervention and Referral to Treatment (SBIRT) Program

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Collaborators:

Baylor College of Medicine

Harris County Hospital District (HCHD)

The Council on Alcohol and Drugs Houston

The University of Texas Health Science Center
at Houston

The UT Austin Addiction Research Institute

InSight Objectives

- Screen all patients for problematic use of alcohol and drugs
- Provide all patients with brief advice on healthy choices about alcohol and drugs
- Refer patients who screen positive to SBIRT specialists
- Provide a team of SBIRT specialists for intervention, follow-up, and if necessary, treatment placement

Screening Principles

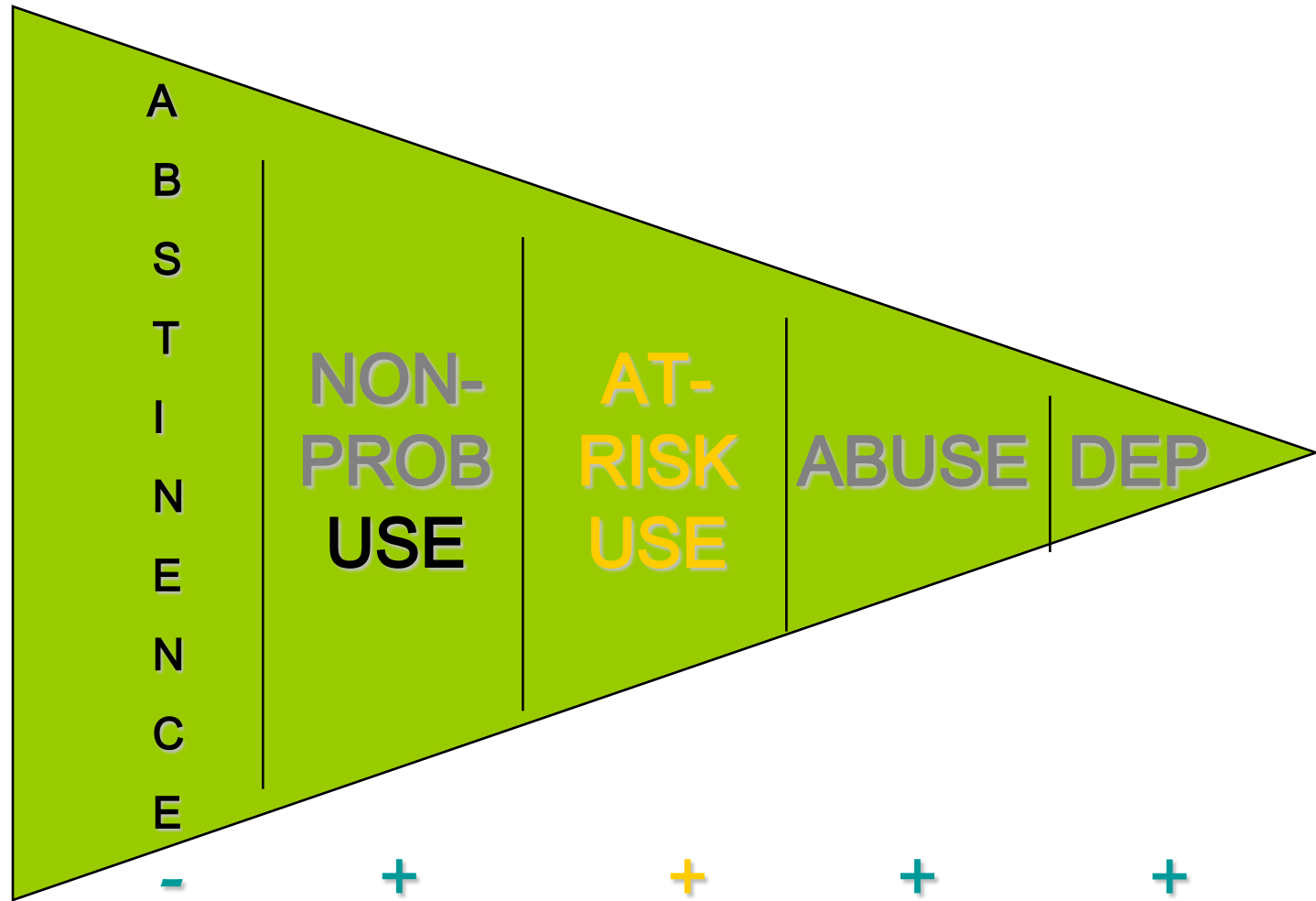
- Condition Common
- Good Screening Tool
- Condition is Treatable

Who Recommends Screening?

- World Health Organization
- United States Preventive Services Task Force
- National Institute on Alcohol Abuse and Alcoholism
- Veteran's Administration
- American Medical Association

What Does Screening Do?

- Communicates a level of caring and comfort with the issue
- Emphasizes that problems related to alcohol and drug use are important medical issues
- May prevent initiation of use



	NON-PROB USE	AT-RISK USE	ABUSE	DEP
Use	-	+	+	+
Consequences	-	-	-/+	++
Repetition	-	-	-	+
Loss of control	-	-	-	+

preoccupation, compulsivity, physical dependence

Slide Courtesy of Association for Medical Education and Research in Substance Abuse

InSight Basics

- Grant funded through 9/30/2008 then funded through HCHD operating budget
- Specialists are LVNs and licensed mental health professionals trained in Motivational Interviewing
- On site services at two county hospital pavilions, 13 community health centers and several school based clinics
- Services provided for patients age 10 and up
- Patients can receive 15-30 minute brief intervention sessions, 1 hour brief treatment sessions as well as referral to community treatment services
- InSight Clinic held one afternoon weekly: addiction medicine and brief treatment integrated services
- Referrals made via EMR or toll free hotline 1-877-668-6627 through grant end 9/30/2008

InSight SBIRT starts with the Generalist Screen

- When was the last time you had more than four drinks in one day?
- Do you use marijuana, cocaine, or other drugs?

Screen = Ask + Advise ± Refer

For Abstinence

The health care professional should provide a reinforcing prevention message

“Based on your screening results you do not use drugs and if you drink, you do so within healthy limits.”

and

ASK WHY

Previous substance use disorder

Family history of substance use disorder

For Low-Risk Substance Use

The health care professional should provide a reinforcing prevention message

“Based on your screening results you do not use drugs and if you drink, you do so within healthy limits.”

Brief

Relevant

Culturally appropriate

InSight Generalist Positive Screen

- When was the last time you had more than four drinks in one day? **Less than 3 months ago**
- Do you use marijuana, cocaine, or other drugs? **Yes**
- **One or BOTH questions answered as above is a Positive Screen and identifies patients in the at-risk, abuse and dependent categories of the substance use spectrum and should trigger and InSight referral**

Screen = Ask + Advise ± Refer

Brief Feedback

- 1 to 5 minute statement or discussion between generalist and the patient
- Express concern about unsafe use
- Risks of continued use
- Benefits of cessation and/or cutting back
- Recommend referral to SBIRT specialist
- Normalize ongoing dialog about substance use in the patient-physician relationship

InSight Specialist Role

- Assess all referred patients
 - AUDIT (for alcohol use)
 - DAST (for drug use)
 - Clinical Interview
 - CRAFFT for patients under age 21
- Offer patients the highest level of services needed
- Provide patients the highest level of services agreed to
- Motivate patients to cut-down, stop, and make healthy choices about substance use
- Document services and provide feedback to primary care team

For At-Risk Substance Use

The InSight specialist provides
brief intervention:

15-30 minutes

Up to 6 sessions

Motivational Interviewing

Brief Intervention

- **Feedback** to the patient about the **effects** of substance use
- **Recommendations** for **change** in behavior
- List of **options** to achieve behavioral **change**
- Discussion of **patient's reactions** to above
- **Follow-up** to monitor and reinforce

NIAAA Physicians Guide 1995

For Substance Abuse

The InSight specialist provides
brief treatment:

45-60 minutes

Up to 12 sessions

Motivation Interviewing

For Substance Dependence

The InSight specialist provides referral to more intensive level of care:

InSight Clinic

InSight Referral Specialists or OSAR at the
Council on Alcohol and Drugs

Houston

Outside Resource List

What has InSight done?

From 03/2004 through 09/2007:

- 76,106 patients screened in total
- 54,296 patients screened negative
- 21,810 patients screened positive
- 14,812 patients received services
(68% of those screening positive)

6 Months After First InSight Contact:

	Decrease	NC	Increase
Drinking days:	74%	11%	15%
5+ drinks:	81%	8%	11%
Drugging days:	83%	3%	14%

	Abstinent	Using
AUDIT>19:	55%	45%
Tobacco:	39%	61%

	Better	NC	Worse
General Health:	43%	29%	28%
Mental Health:	39%	22%	39%

Cost Savings of InSight SBIRT

Analysis of 853 InSight patients:

- \$4,104,656 net cost savings to HCHD
- Increase of 1308 visits to HCHD
- Emergency Center and Inpatient utilization decreased
- Outpatient and Community Health Center visits increased

Rationale

- Risky and problematic alcohol use is common in ambulatory, inpatient and emergency room settings
- Most affected people receive no intervention or treatment
- **Early identification and intervention can prevent adverse effects, improve other health outcomes and save money.**