SBIRT for Adolescent Substance Use

TiPS Educational Conference
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SBIRT
Screening
Brief
Intervention
Referral to Treatment

ASSESS
NONE
MODERATE
HIGH

ADVISE
AFFIRM decision to not use
ENGAGE in conversation to motivate positive change
REFER to treatment
Screening

- Identifies unhealthy substance use
- Most patients will screen negative
- Positive screens need further assessment to determine risk level
Brief Intervention

- Provides feedback about unhealthy substance use
- Increases patient’s insight and awareness about risks
- Enhances motivation toward healthy behavior change
Referral to Treatment

- Helps facilitate access to addiction assessment and treatment
- Usually indicated for only a small amount of people screened
Why is SBIRT effective?

- Non-confrontational
- Non-judgmental
- Patient centered
Non-SBIRT Example

Bad Doctor Video
Do you have any friends that use alcohol, tobacco, weed/marijuana, other illegal drugs or prescription drugs?  YES  NO

Over the past year, how many days have you had more than a few sips of beer, wine, or any drink containing alcohol? Write a number_____
Over the past year, how often have you used the following?

Tobacco Products (cigarettes, e-cigarettes, smokeless tobacco, other)

- I did not use tobacco products
- Less than daily for 2 weeks
- Daily for 2 or more weeks
Over the past year, how often have you used the following?

Weed (cannabis, marijuana, pot, grass, hash, etc.)

- Never
- Less than monthly
- Monthly
- Weekly
Over the past year, how often have you used the following?

Pills or medication prescribed for someone else

- I did not use anything prescribed for someone else
- Once
- Two or more times
Over the past year, how often have you used the following?

Illegal drugs other than weed (cocaine, ecstasy, heroin, poppers, etc.)

- I did not use illegal drugs
- Once
- Two or more times
<table>
<thead>
<tr>
<th>Category</th>
<th>Response</th>
</tr>
</thead>
<tbody>
<tr>
<td>Friends Use</td>
<td>No</td>
</tr>
<tr>
<td>Alcohol Age 11</td>
<td>0</td>
</tr>
<tr>
<td>Alcohol Ages 12-15</td>
<td>0</td>
</tr>
<tr>
<td>Alcohol Age 16</td>
<td>0</td>
</tr>
<tr>
<td>Alcohol Age 17</td>
<td>0</td>
</tr>
<tr>
<td>Alcohol Age 18</td>
<td>0-5</td>
</tr>
<tr>
<td>Tobacco Products</td>
<td>I did not use tobacco products</td>
</tr>
<tr>
<td>Weed</td>
<td>Never</td>
</tr>
<tr>
<td>Pills or medication prescribed for someone else</td>
<td>I did not use pills or medication prescribed for someone else</td>
</tr>
<tr>
<td>Illegal drugs other than weed</td>
<td>I did not use illegal drugs</td>
</tr>
<tr>
<td>Item</td>
<td>Response</td>
</tr>
<tr>
<td>-------------------------------------------</td>
<td>----------</td>
</tr>
<tr>
<td>Friends Use</td>
<td>Yes</td>
</tr>
<tr>
<td>Alcohol Age 11</td>
<td>N/A</td>
</tr>
<tr>
<td>Alcohol Ages 12-15</td>
<td>N/A</td>
</tr>
<tr>
<td>Alcohol Age 16</td>
<td>1-5</td>
</tr>
<tr>
<td>Alcohol Age 17</td>
<td>1-5</td>
</tr>
<tr>
<td>Alcohol Age 18</td>
<td>6-11</td>
</tr>
<tr>
<td>Tobacco Products</td>
<td>N/A</td>
</tr>
<tr>
<td>Weed</td>
<td>Less than monthly</td>
</tr>
<tr>
<td>Pills or medication prescribed for someone else</td>
<td>N/A</td>
</tr>
<tr>
<td>Illegal drugs other than weed</td>
<td>N/A</td>
</tr>
<tr>
<td>Activity</td>
<td>Frequency</td>
</tr>
<tr>
<td>----------------------------------------------</td>
<td>----------------------</td>
</tr>
<tr>
<td>Friends Use</td>
<td>N/A</td>
</tr>
<tr>
<td>Alcohol Age 11</td>
<td>N/A</td>
</tr>
<tr>
<td>Alcohol Ages 12-15</td>
<td>1-5</td>
</tr>
<tr>
<td>Alcohol Age 16</td>
<td>6-11</td>
</tr>
<tr>
<td>Alcohol Age 17</td>
<td>6-23</td>
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<tr>
<td>Alcohol Age 18</td>
<td>12-51</td>
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<tr>
<td>Tobacco Products</td>
<td>Less than daily for 2 weeks</td>
</tr>
<tr>
<td>Weed</td>
<td>Monthly</td>
</tr>
<tr>
<td>Pills or medication prescribed for someone else</td>
<td>Once</td>
</tr>
<tr>
<td>Illegal drugs other than weed</td>
<td>Once</td>
</tr>
<tr>
<td>Activity</td>
<td>Frequency</td>
</tr>
<tr>
<td>----------------------------------------------</td>
<td>-----------</td>
</tr>
<tr>
<td>Friends Use</td>
<td>N/A</td>
</tr>
<tr>
<td>Alcohol Age 11</td>
<td>≥ 1</td>
</tr>
<tr>
<td>Alcohol Ages 12-15</td>
<td>≥ 6</td>
</tr>
<tr>
<td>Alcohol Age 16</td>
<td>≥ 12</td>
</tr>
<tr>
<td>Alcohol Age 17</td>
<td>≥ 24</td>
</tr>
<tr>
<td>Alcohol Age 18</td>
<td>≥ 52</td>
</tr>
<tr>
<td>Tobacco Products</td>
<td>Daily for 2 or more weeks</td>
</tr>
<tr>
<td>Weed</td>
<td>Weekly</td>
</tr>
<tr>
<td>Pills or medication prescribed for someone else</td>
<td>Two or more times</td>
</tr>
<tr>
<td>Illegal drugs other than weed</td>
<td>Two or more times</td>
</tr>
</tbody>
</table>
Other Screens

Under Age 18
CRAFFT
Alcohol Use Disorders Identification Test (AUDIT)
S2BI

Age 18 & Over
NIDA Drug Use Screening Tool
CAGE
CAGE-AID
Drug Abuse Screen Test (DAST-10)
Have you ever ridden in a **CAR** driven by someone (including yourself) who was “high” or had been using alcohol or drugs?

Do you ever use alcohol or drugs to **RELAX**, feel better about yourself, or fit in?

Do you ever use alcohol or drugs while you are by yourself, **ALONE**?

Do you ever **FORGET** things you did while using alcohol or drugs?

Do your family or **FRIENDS** ever tell you that you should cut down on your drinking or drug use?

Have you ever gotten into **TROUBLE** while you were using alcohol or drugs?
Standard Drink

12 fl oz of regular beer = 8–9 fl oz of malt liquor (shown in a 12 oz glass) = 5 fl oz of table wine = 1.5 fl oz shot of 80-proof spirits ("hard liquor"—whiskey, gin, rum, vodka, tequila, etc.)

about 5% alcohol

about 7% alcohol

about 12% alcohol

about 40% alcohol

The percent of "pure" alcohol, expressed here as alcohol by volume (alc/vol), varies by beverage.
WHAT'S A STANDARD DRINK?

12 OZ BOTTLE OF REGULAR BEER (5% ALCOHOL) = 5 OZ GLASS OF WINE (12% ALCOHOL) = 3 OZ GLASS OF FORTIFIED WINE, SUCH AS SHERRY OR PORT (18% ALCOHOL) = 1.5 OZ LIQUOR, SUCH AS RUM, RYE OR VODKA (40% ALCOHOL)

Note: some beers and coolers have more alcohol than one standard drink.

WHAT'S MORE THAN A STANDARD DRINK?

A PINT OF DRAUGHT BEER
A COOLER
A COCKTAIL, SUCH AS A MARTINI OR BELLINI
A RED SOLO CUP FILLED TO THE TOP
A CUP OF JUNGLE JUICE
A BIG GULP CUP
## "Teen-Sized" Binge

### Estimated Binge Drinking Levels for Youth

<table>
<thead>
<tr>
<th>Boys</th>
<th>Girls</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ages 9-13</td>
<td>3 drinks</td>
</tr>
<tr>
<td>Ages 14-15</td>
<td>4 drinks</td>
</tr>
<tr>
<td>Ages 16+</td>
<td>5 drinks</td>
</tr>
<tr>
<td>Ages 9-17</td>
<td>3 drinks</td>
</tr>
</tbody>
</table>

Resistant Parents

“I understand that some topics are uncomfortable to talk about. The well-being of your child is our number one priority. If we didn’t ask these questions, we might miss information that is very important to your child’s health.”
“Every child is different. We don’t know which kids are using drugs and alcohol, unless we ask them. We ask all the kids within a certain age range these questions. We do this because we want to help the kids that are using substances.”
To the parent: “What your child says to me is confidential, but you are free to discuss any topics between yourselves at any time. If your child is in immediate danger or needs further treatment, I will certainly inform you and include you in any decisions.”
To the child: “Everything we talk about will stay between you and me, but within certain limits. The exception is if you tell me someone is hurting you, or you are thinking about hurting yourself or someone else. Then we would have to tell others and get them involved to help keep you safe.”
Informing Parents

Presence of co-morbid conditions
- Depression
- Risk of suicide
- Poorly controlled medical conditions

Risk for significant injury
- Driving under the influence
- Blackouts
- Combining multiple drugs
- Use of IV drugs

Dependence or probable dependence
- Using drugs daily or almost daily
- Withdrawal symptoms
## Informing Parents

<table>
<thead>
<tr>
<th></th>
<th>Any substance use</th>
<th>Some mild problems</th>
<th>Significant problems or probable dependence</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Elementary School</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Ages 9 - 11</td>
<td><strong>YES</strong></td>
<td><strong>YES</strong></td>
<td><strong>YES</strong></td>
</tr>
<tr>
<td><strong>Middle School</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Ages 11 - 14</td>
<td><strong>MAYBE</strong></td>
<td><strong>YES</strong></td>
<td><strong>YES</strong></td>
</tr>
<tr>
<td><strong>High School</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Ages 14-18</td>
<td><strong>MAYBE</strong></td>
<td><strong>MAYBE</strong></td>
<td><strong>YES</strong></td>
</tr>
</tbody>
</table>
Motivational Interviewing (MI)
- Friendly, collaborative “spirit”
- Explore natural ambivalence
- Elicit motivation from within

5 Basic Principles of MI
- Express and Show Empathy Toward Clients
- Support and Develop Discrepancy
- Deal with Resistance
- Support Self-Efficacy
- Autonomy
Motivational Interviewing

- Express empathy through reflective listening.
- Develop discrepancy between clients' goals or values and their current behavior.
- Avoid argument and direct confrontation.
- Adjust to client resistance rather than opposing it directly.
- Support self-efficacy and optimism.
My current goals are: improve my grades, get accepted to college, get along with my parents.

My goals will be affected...

<table>
<thead>
<tr>
<th>If I continue using</th>
<th>If I quit using</th>
</tr>
</thead>
<tbody>
<tr>
<td>My grades might not get better</td>
<td>My grades should improve</td>
</tr>
<tr>
<td>I might not get into college</td>
<td>I am more likely to get accepted to colleges</td>
</tr>
<tr>
<td>My parents will be worried about me</td>
<td>My parents will be happy that I am safe</td>
</tr>
</tbody>
</table>
Assess Readiness

Thinking About Change

<table>
<thead>
<tr>
<th>Question</th>
<th>Rating</th>
</tr>
</thead>
<tbody>
<tr>
<td>What change(s) are you considering?</td>
<td></td>
</tr>
<tr>
<td>How important is it that you make this change?</td>
<td></td>
</tr>
<tr>
<td>How confident are you that you are able to make this change?</td>
<td></td>
</tr>
<tr>
<td>How ready are you to make this change?</td>
<td></td>
</tr>
</tbody>
</table>

Readiness Ruler

- Not at all
- 0
- 1
- 2
- 3
- 4
- 5
- 6
- 7
- 8
- 9
- Very
- 10
Assess Readiness

1. Low Readiness
   - I don’t want to quit.
   - Tobacco is not a problem for me.
   - Trying to quit would be a waste of my time.

2. Moderate Readiness
   - I am thinking about quitting.
   - I know that quitting would be good for my health.
   - I am interested in hearing about ways to quit.

3. High Readiness
   - I am ready to quit using tobacco.
   - I would like to get help to quit using tobacco.
Creating an Action Plan

Abstinence Challenge
- Ideal choice
- Encourage 4 - 8 weeks of abstinence
- Allows time to determine severity of the problem

Cut Back and Reduce Harm
- No using on weeknights
- Reducing quantity
- No using substances and driving

Contingency
- For patients who refuse to stop or cut back
- Create a list of contingencies that would indicate a problem
- Ask patient to come back if these occur
- Accept any progress as a success
Referral to Treatment

- For high risk patients that need specialized drug and alcohol treatment
- Outpatient, Intensive Outpatient, Partial Hospitalization, Ambulatory Detox
- Rehabilitation Center, Inpatient Hospitalization (when medically monitored detox is needed)
Finding Treatment

https://findtreatment.samhsa.gov/
SBIRT Example

Good Doctor Video
SBIRT Example

- What is Jacob’s risk level?
- Why is Jacob at this risk level?
- What feedback did the doctor provide?
- How did the doctor elicit motivation?
- Did they create an action plan?