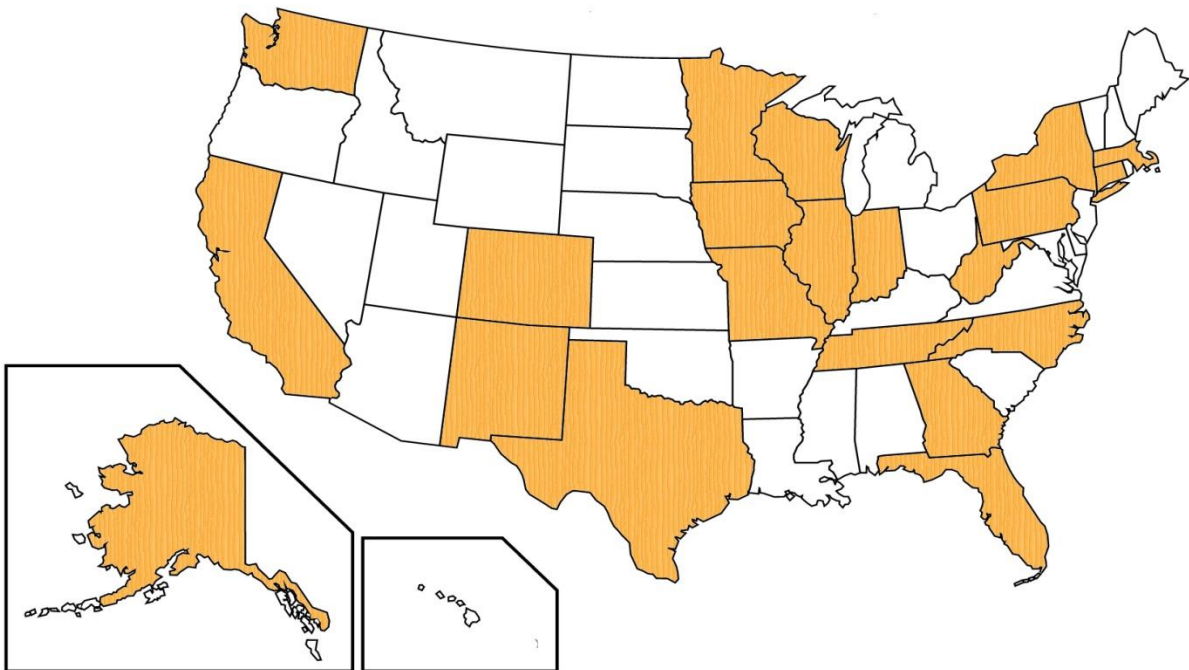


SBIRT

Alcohol Screening, Brief Intervention,
and Referral to Treatment



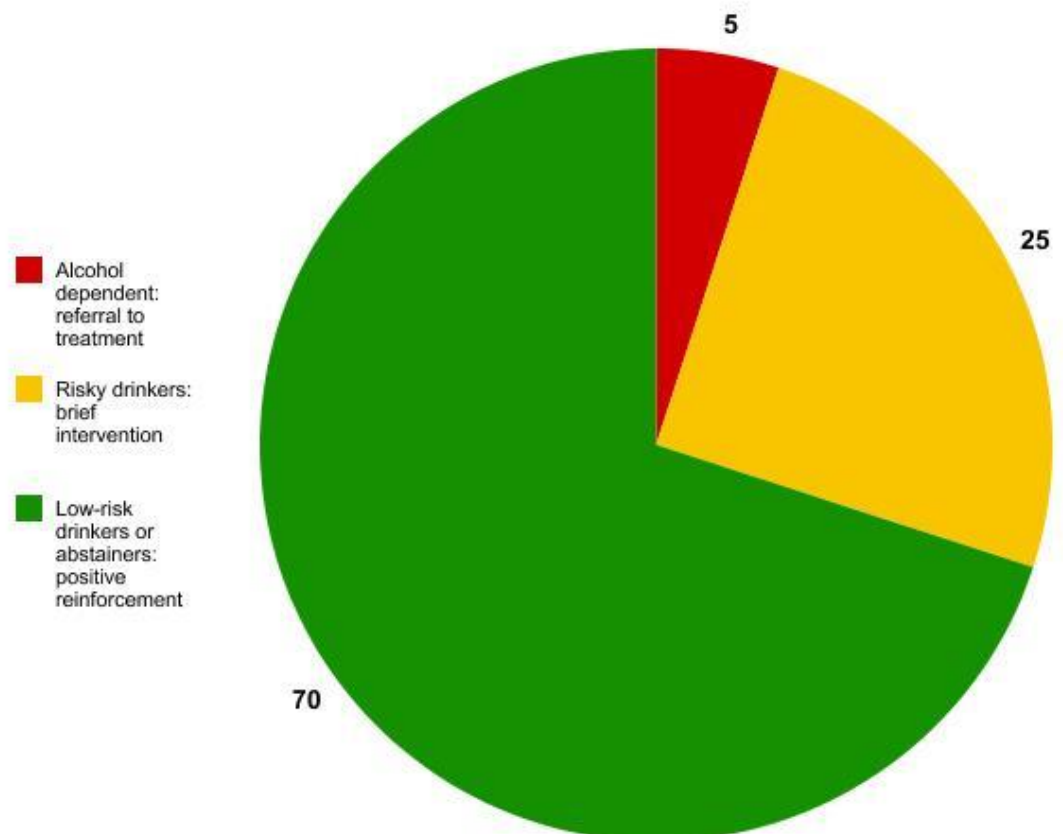
Overview

What is SBIRT?

The SBIRT program (Alcohol **S**creening, **B**rief **I**ntervention, and **R**eferral to **T**reatment) provides **standardized screening** to assess a patient's level of alcohol/substance-use associated risk, and provides an **evidence-based intervention** based on the patient's level of risk.

Who uses SBIRT?

Approximately **5% of patients are dependent** drug/alcohol users. Traditional care, which focuses on dependent, misses a large category of **at-risk users – nearly 25%** of the patients, who experience many of the health and social consequences of substance misuse. In SBIRT, these patients are identified and are provided with **brief intervention**.

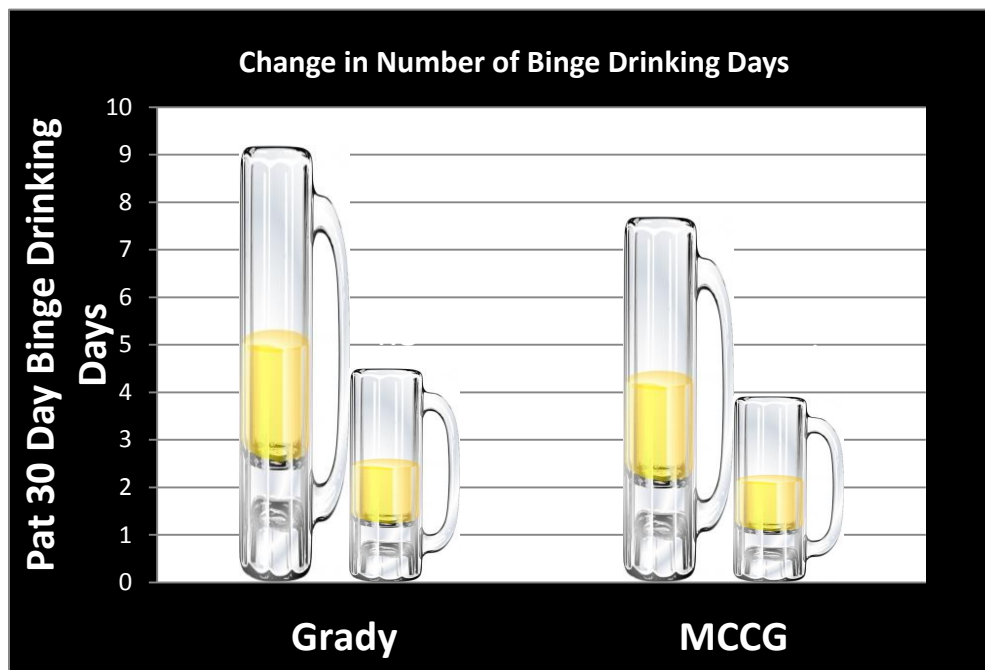


SBIRT by the numbers

- **The ONLY Grady service tasked primarily with addressing substance abuse and misuse.**
- The team saw patients in the Emergency Department, the Marcus Trauma Center, the inpatient floors, and the Primary Care Center.
- **89,000** patients screened since the beginning of the program.
- **9,500** patients have received a structured Brief Intervention for their alcohol/substance use problems. **Brief Interventions** are 20-minute long structured discussions, which take place immediately after screening, focusing on helping the patient identify and overcome barriers to change.
- **1,350** patients have received Brief Therapy, targeted at alcohol/substance use reduction, by a member of our team. **Brief Therapy** consists of up to 12 outpatient follow up appointments with an SBIRT staff member.
- **1,500** patients referred for treatment of dependence
- **Approximately 1/3 of patients presenting to the Grady ECC with a mental health complaint are diagnosed as having a problem primarily related to substance abuse.**
- The team screened an average of **130 patients per week** in the ECC, of whom **25%** are trauma patients.
- In addition, **22 patients per week** were seen based on consultations by the inpatient care teams.

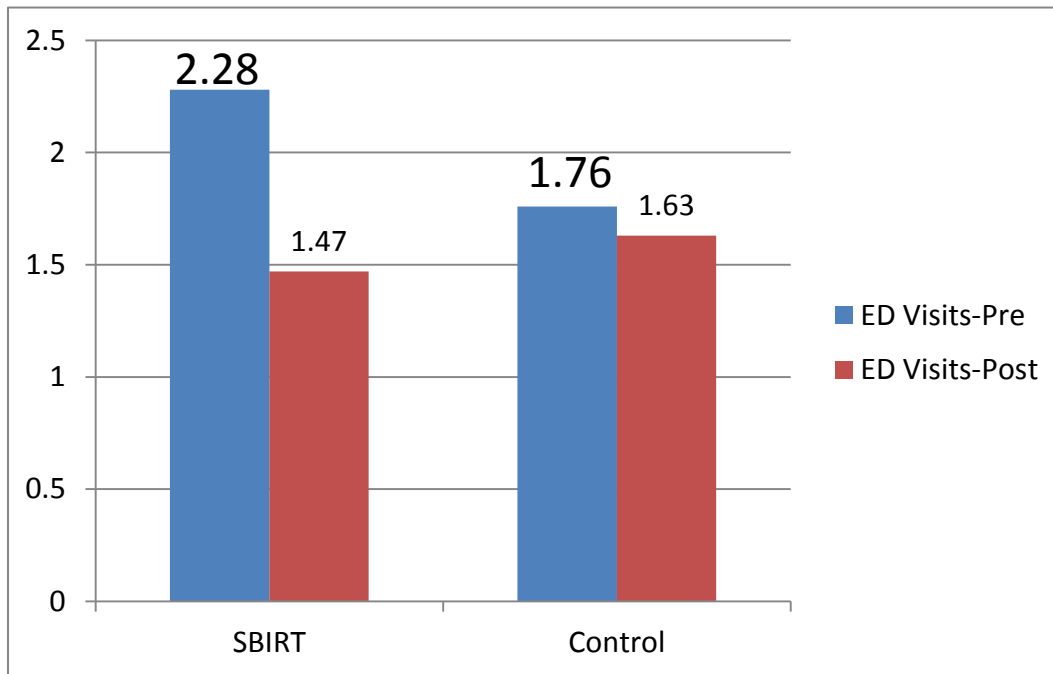
SBIRT works for patients!

Our findings show that patients who receive an SBIRT intervention show a significant reduction in drinking and bingeing habits.

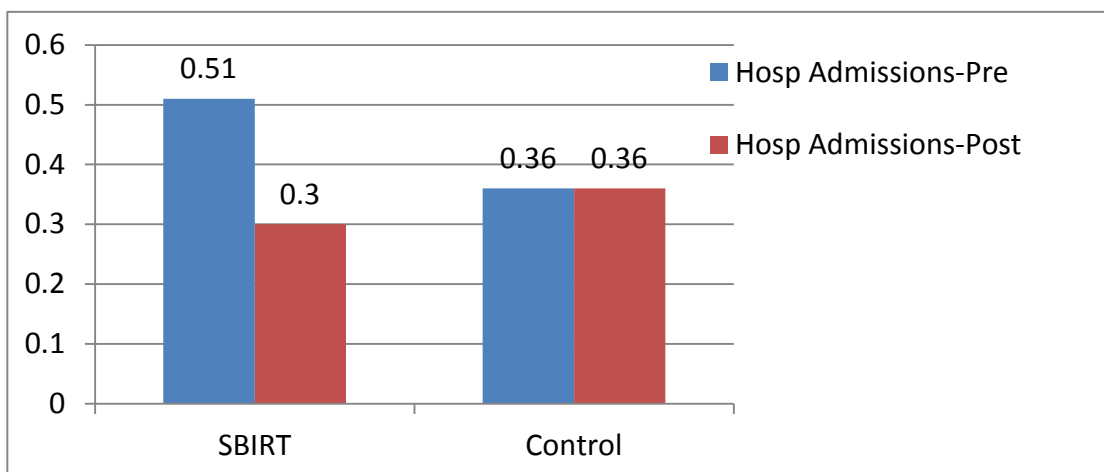


SBIRT works for Grady!

Patients who receive SBIRT services visit the ED less often: patients visited the ED significantly fewer times 6 months after receiving SBIRT services, compared to patients who did not receive SBIRT.

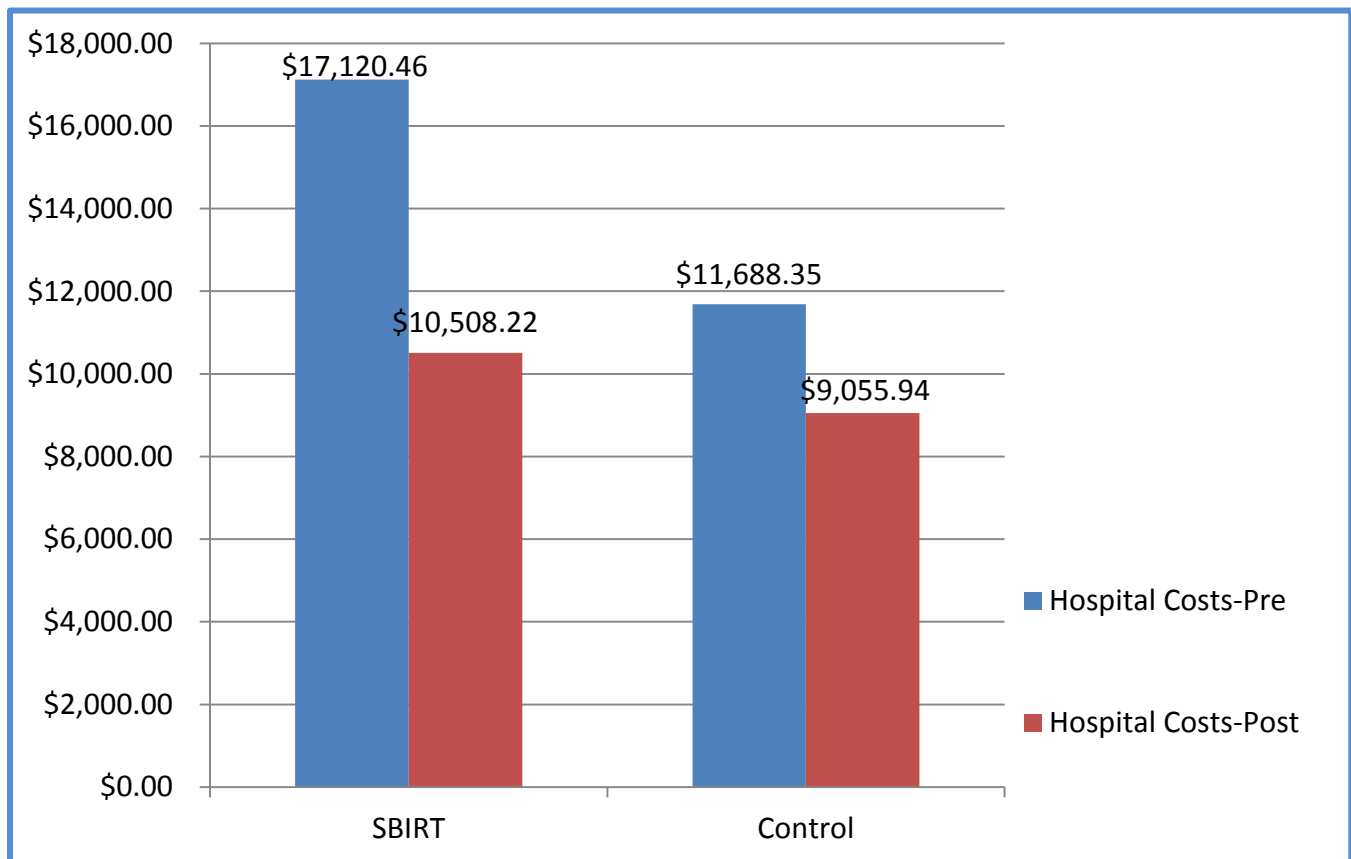


Patients who receive SBIRT services are admitted less often: SBIRT patients had significantly fewer hospital admissions in the 6 months after receiving SBIRT services, compared to patients that did not receive SBIRT services.



SBIRT works to reduce the cost of care!

SBIRT patients experienced a **sharp decrease in costs from 6 months before receiving SBIRT services to 6 months after**, but there was no significant difference in costs 6 months after the target among matched controls who did not receive SBIRT services.



“When controlled for age, gender, and comorbidities... the sum of SBIRT patients’ hospital charges were about **\$936.39 less** than the summed charges of control patients.”

- Gabe Kuperminc, PhD, GSU Department of Psychology

References

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