



Humana – CareSource®

Screening, Brief Intervention and Referral to Treatment (SBIRT) Provider Orientation

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About SBIRT

Screening, Brief Intervention and Referral to Treatment (SBIRT) is used to:

- Screen and perform early intervention for patients at risk of developing or who currently suffer from substance use disorders.
- Emphasize a combined effort of screening and treatment services as part of a cooperative system of early intervention.

Research findings

More people in the United States die from drug overdoses than car accidents.

People use alcohol and drugs to cope with:

- Environmental norms — work place, family, home, friends
- Peer pressure
- Stress
- Personal health issues (i.e., self-medicating)
- Life trauma/adverse childhood events
(e.g., emotional, physical, sexual abuse; neglect; household dysfunction)

SBIRT benefits

As a health care provider, you are an important figure in your patients' lives. With a very short conversation, you have an opportunity to let your patients know how their drug use may put their health at risk.

SBIRT provides clinicians with:

- Opportunities to intervene early
- Potential opportunities to enhance medical care
- Opportunities to increase a patient's awareness of the impact of substance use on his/her overall health

Three major components of SBIRT

- **Screening** — A health care professional assesses a patient for risky substance use behaviors using standardized screening tools. Screening can occur in all types of health care settings.
- **Brief Intervention** — A health care professional engages a patient showing risky substance use behaviors in a short conversation, providing feedback and advice.
- **Referral to Treatment** — A health care professional provides a referral to brief therapy or additional treatment to patients who screen in need of additional services.

SBIRT types of health care providers

- Physicians
- Physician assistants
- Nurse practitioners
- Clinical social workers
- Clinical psychologists

Screening

The goal of substance use screening is to identify individuals who have or are at risk for developing alcohol- and/or drug-related problems and, within that group, identify patients who need further assessment to diagnose their substance use disorders and develop plans to treat them.

Brief intervention

Brief intervention is a pretreatment tool or secondary prevention technique that primary care clinicians can easily incorporate into their medical practice settings.

Referral to treatment

Primary care clinicians should be familiar with treatment resources available for patients diagnosed with substance use or dependence disorders. Primary care clinicians also may work with our case management team to help coordinate further treatment, if needed.

Utilize resources on our website www.caresource.com/providers/kentucky/medicaid to:

- Locate behavioral health providers with our “Find a Doctor/Provider” tool to refer Humana – CareSource-covered patients.
- Make referrals to care management via the provider portal or by calling 1-866-206-0272.

Primary care role

When the patient enters formal treatment, the provider can be a collaborative part of the treatment team. Minimally, the provider can continue to treat the patient's medical conditions during the specialized treatment, encourage continuing participation in the program and schedule follow-up visits after treatment termination to monitor progress and help prevent relapse.

Available resources and links

National Center for Biotechnology Information

<https://www.ncbi.nlm.nih.gov/pubmed/?term=SBIRT>

Substance Abuse and Mental Health Services Administration

www.samhsa.gov/sbirt

Institute for Research, Education & Training in Addictions

<https://ireta.org/?s=SBIRT>