

SCREEN AND INTERVENE

An Introduction to S·BI·RT

Participants must attend entire training in order to receive credit.

This activity has been approved for 2.0 Continuing Nursing Education credits.

Planners, faculty, presenters, authors and content reviewers disclose no conflict of interest relative to this educational activity.



What is S·BI·RT?

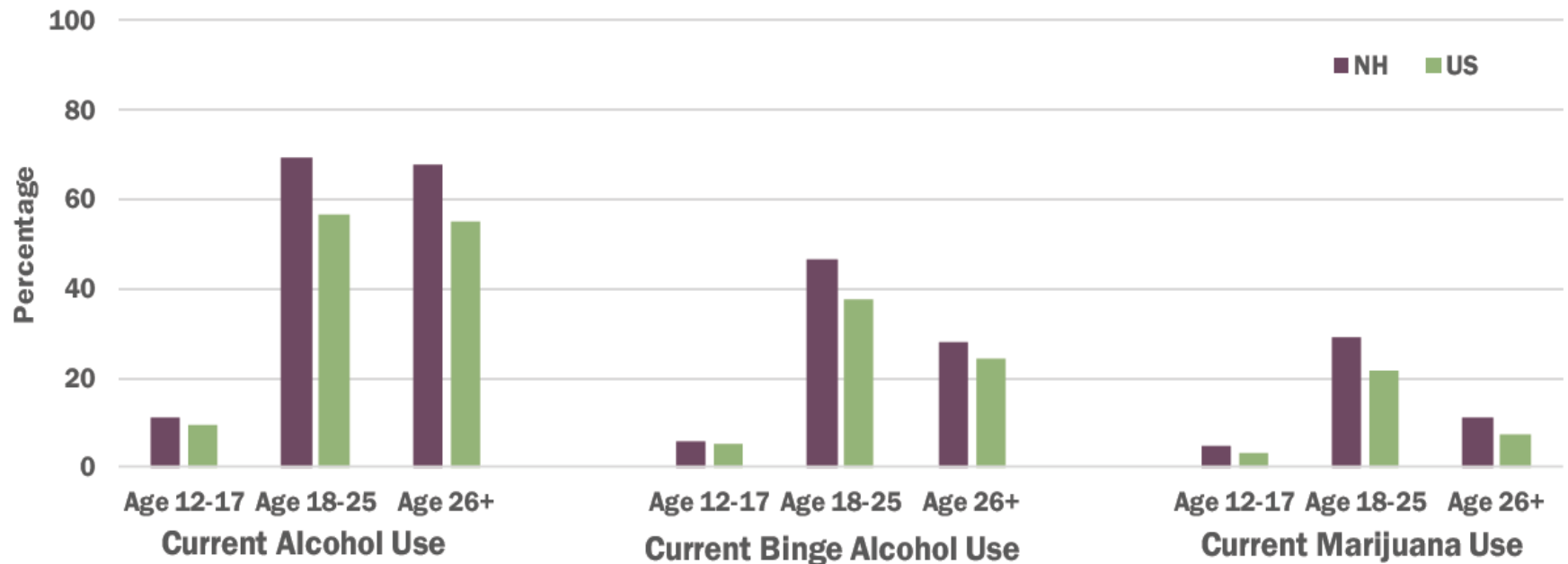
- ...a standardized public health approach to early identification and intervention for persons with substance use disorders, as well as those who are at risk of developing them
- ...a simple and cost effective evidence-based practice that can be utilized in any setting

Workshop Objectives

- Build awareness about the prevalence of problematic substance use with patients.
- Build awareness about the process of addiction.
- Discuss effectiveness of fully implementing S•BI•RT as a routine approach with all patients.
- Overcome **COMMON** implementation barriers.
- Identify how S•BI•RT fits into your current workflow.
- Develop a plan to fully implement S•BI•RT and follow ADA Statement on Opioid Use in Dental Pain Treatment.

Why are we talking about unhealthy substance use?

**Current Alcohol Use, Binge Alcohol Use, and Current Marijuana Use
by Age Group: NH - US³**



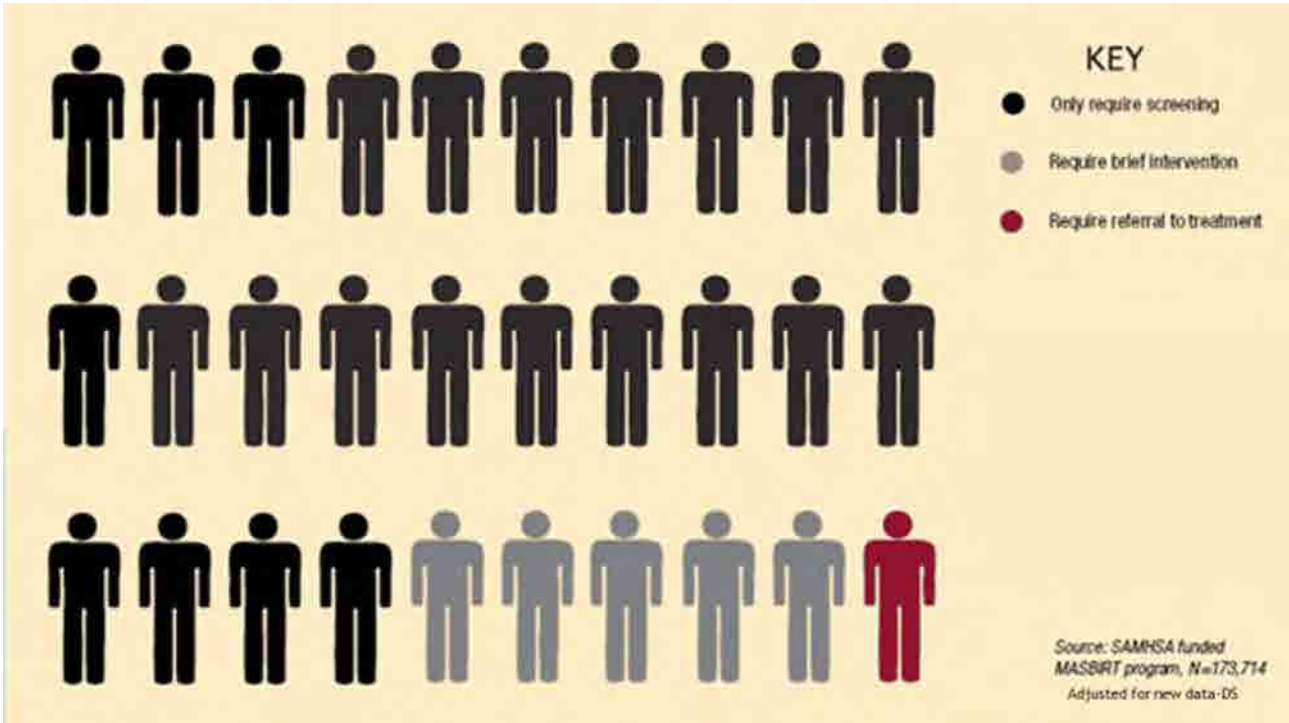
Substances Damage Oral Health

- Dry mouth - increases acid and leads to rotting enamel
- Acid reflux - rots enamel and hurts soft tissue
- Grinding teeth or jaw damage
- Loss of blood flow to roots and gums
- Ulcers or sores that can become infected
- Poor oral hygiene
- Nutritional deficiencies – harm to teeth & gums
- High intake of high-sugar food or beverages
- Increased risk of cavities and some oral cancer

Substance Use Explained...

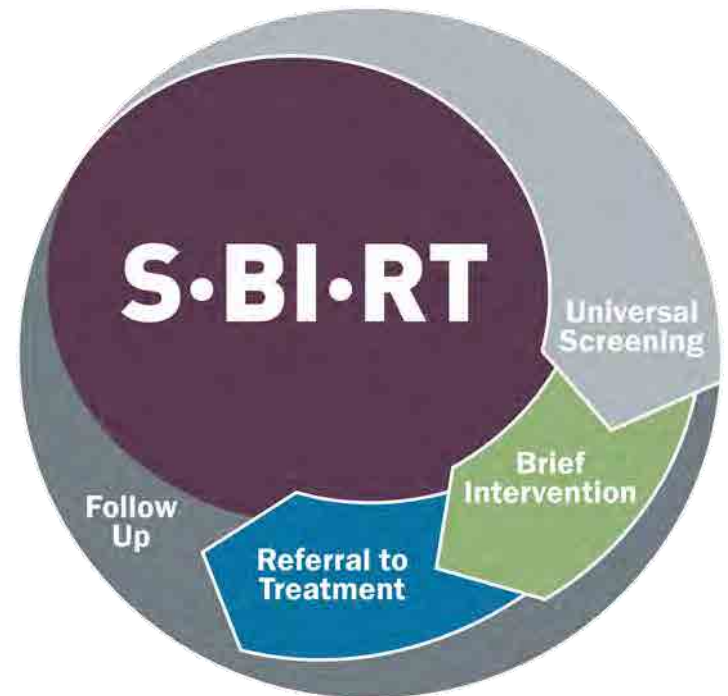


S · BI · RT



S·BI·RT: A Process Over Time

- S·BI·RT processes include discrete components:
 - S (screening)
 - BI (Brief intervention)
 - RT (referral to treatment)
- Each component builds on the previous process
- Includes Follow-up
- Continuous process over time

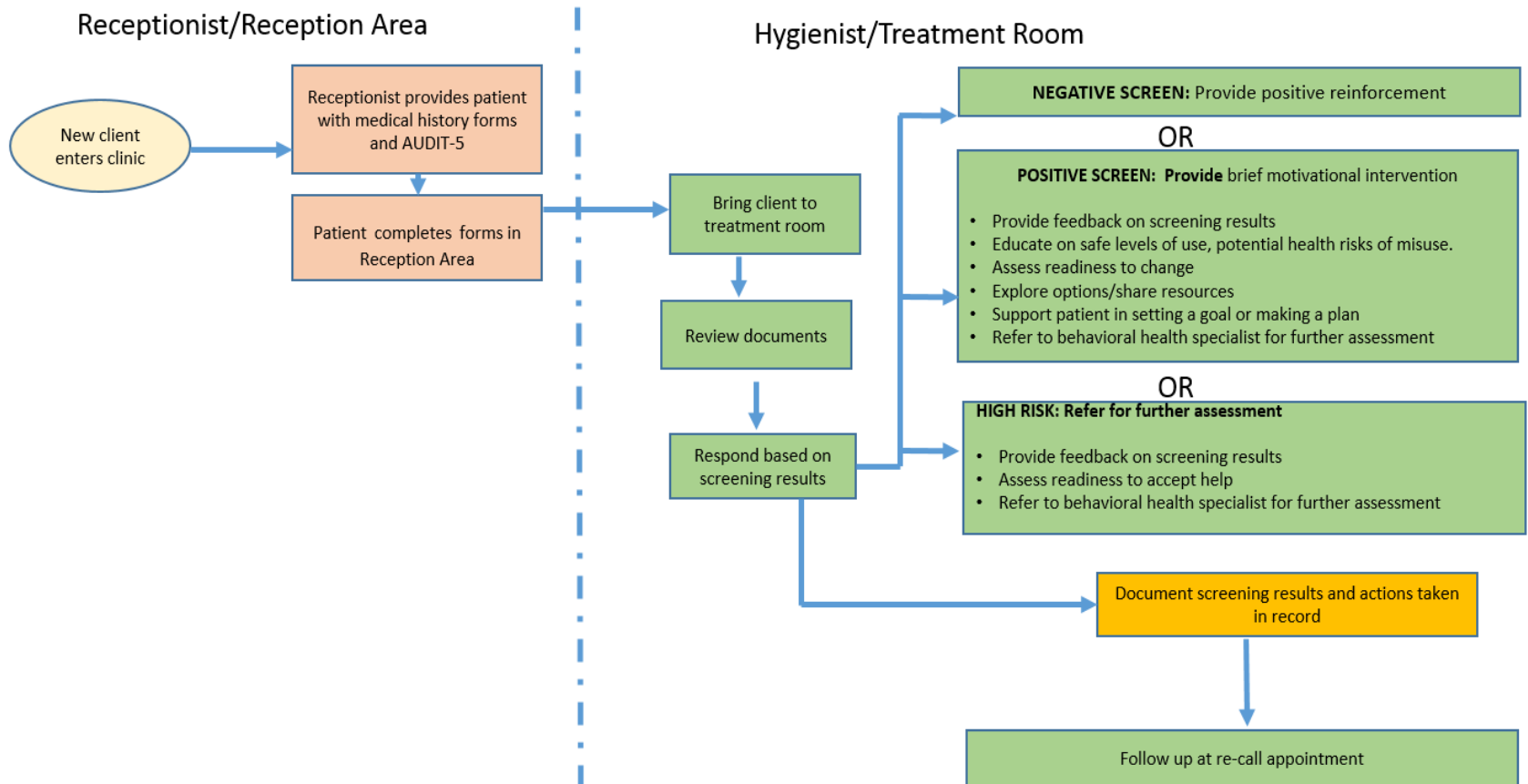


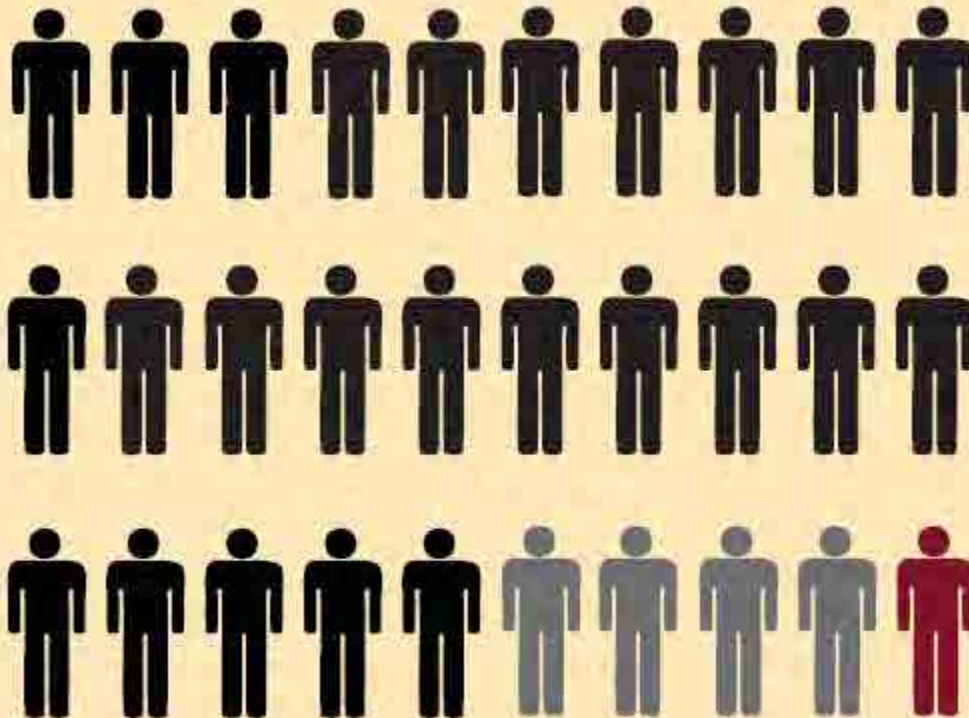
S • BI • RT

- Screening: Very brief set of questions that identified risk of substance use related problems.
- Brief Intervention: Brief conversation *educating* about risks and *motivating* towards change.
- Referral to Treatment: Steps for those who acknowledge their risks for specialized care.

SBIRT Workflow

SBIRT Workflow Diagram: Easter Seals Oral Health Center





KEY

- Only require screening
- Require brief intervention
- Require referral to treatment

Source: SAMHSA funded
 MASBIRT program, N=173,714

SBIRT Resources

HOW MUCH IS TOO MUCH ALCOHOL?

Talk with your provider to understand what's right for you.

Any amount of alcohol use can have risks. To avoid health and other problems, follow these guidelines to lower your risks¹.



Times in your life to avoid all alcohol:

- driving a vehicle or using machinery and tools
- taking medication or other drugs that interact with alcohol
- doing any kind of dangerous physical activity where injury can occur
- dealing with mental or physical health problems
- pregnant or planning to become pregnant
- responsible for the safety of others
- making important decisions
- under the age of 21 years

How much is 1 drink?



Need Help?

You are not alone. The Doorway can connect you or a loved one to the level of care that's right for you – anywhere in NH. Call 211 now. No insurance needed. Services are free and available 24 hours/7 day/week.

¹CDC Moderate Drinking Guidelines, 2019



SBIRT: BRIEF INTERVENTION

Provider Pocket Guide

Visit SBIRTNH.org for training videos and additional resources.

DRINKING LIMITS FOR HEALTHY ADULTS

Low risk drinking for healthy men up to age 65



Low risk drinking for healthy women*



WHAT'S YOUR LEVEL OF RISK?



Referral Resources



NH Alcohol and Drug
TREATMENT LOCATOR

nhtreatment.org

Ready to Sign Up?

- Distant or in person presentations
- Chat us now if you are interested
- Respond to email
- Visit SBIRTNH.org



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