Northwest Addiction Technology Transfer Center (NWATTC) Offers SBIRT Training

Screening, Brief Intervention and Referral to Treatment

What is SBIRT?
Screening, Brief Intervention, and Referral to Treatment (SBIRT) is an evidence-based approach for identifying and responding to persons at risk for alcohol, tobacco and other substance use disorders. The SBIRT method identifies at risk individuals, provides a brief intervention and referral for specialty care when indicated.

SBIRT is an effective way to integrate behavioral health into primary care. Primary care clinics, emergency departments, mental health, corrections and college health programs are utilizing SBIRT to begin addressing the significant human, healthcare, and safety-related costs associated with the use of alcohol, tobacco and other drugs.

What SBIRT Training and Services Do We Offer?
The SBIRT model can be readily implemented and easily used in a broad range of medical and social service settings. NWATTC offers tailored SBIRT training and services that result in sustainable changes in clinical practice including:

Program and Staff Development
• Program development to help assess organizational readiness and develop a plan to assure adoption and implementation of the SBIRT model
• Customized SBIRT training and technical assistance for all staff playing a role in SBIRT implementation (i.e., medical assistants, administrators, behavioral health specialist, physicians, and nurses)

Training and Skill Development
• Introductory and Advanced SBIRT Workshops, combining discussion-based learning with experiential learning
• Role-based SBIRT Workshops providing individualized training

Maintenance and Sustainability
• SBIRT Learning Collaboratives that meet regularly over a number of months to reinforce skill building
• Feedback and coaching for SBIRT practitioners
• Supervisor training to create in-house capacity to sustain SBIRT skills and monitor fidelity to the model

Introductory SBIRT Training (4-6 hrs) to build awareness of the value and rationale for SBIRT and introduce participants to its key components. Audience members will learn and practice the key skills for screening and providing a brief intervention and explore the factors that promote successful implementations of SBIRT.

Clinician SBIRT Training (1-2 days) to provide in-depth exposure to effective screening protocols, providing brief interventions, and using motivational interviewing to promote behavior change. The training combines discussion-based learning with experiential learning. Participants will practice conducting screenings and delivering brief interventions through role-plays and interactive case scenarios.

Role Based SBIRT Workshops (1-3 hrs) a suite of role-based SBIRT workshops focused on individual roles including Medical Assistants, Clinic Implementation Teams (administrators and clinic staff), Residents and Physicians to address how these roles each can assist with implementation, and for SBIRT knowledge and skill development.
Benefits of Implementing SBIRT

SBIRT is effective in early intervention and helping individuals reduce behaviors that impair their health. Studies have revealed:

- Two-thirds of risky alcohol and tobacco users see their general practitioner each year
- Even a 5-minute intervention reduces risky substance use
- SBIRT in medical settings reduces health related diseases and consequences related to substance use
- Simple feedback based on a brief screening is an important factor in motivating change
- SBIRT does not have to be delivered by a physician, and any professional trained in SBIRT can be effective
- SBIRT reduces healthcare costs

Clinics and behavioral health specialists throughout the Pacific Northwest select NWATTC because we provide unique SBIRT trainings tailored to each individual’s role in the implementation of SBIRT. Our trainers have extensive experience with both SBIRT and Motivational Interviewing.

How Can I Get Started?

If you are interested in scheduling SBIRT training or services, please contact our training coordinator Jennifer Verbeck at (503) 494-9611 or email us at northwest@ATTCnetwork.org. We will start by setting up a no-cost consultation with an experienced SBIRT trainer. Our website has additional information.

“Through individual and group consultations, NWATTC provides ongoing support and training on the SBIRT brief intervention, as well as Motivational Interviewing skills. This training and consultation has enhanced my skills in effectively engaging patients in discussions about their substance abuse issues and enhancing patients’ motivation to address their substance use in order to improve their overall health.”

~Mary, Behavioral Health Specialist

Northwest Addiction Technology Transfer Center

Since 1993, the Northwest Addiction Technology Transfer Center has partnered with behavioral health and primary care organizations to help improve treatment and recovery services for patients with a variety of mental, substance use and behavioral disorders. Located at OHSU in the Public Health & Preventive Medicine department, our workforce development training and consulting services enhance knowledge, skill and service delivery. They feature:

- Cost effective, evidence-based training including SBIRT, Motivational Interviewing, Medication-Assisted Treatment (MAT), Clinical Supervision and others
- Integration of research to accelerate the diffusion of innovations and facilitate the reduction of health disparities
- Tailored services for implementing and maintaining new delivery service models, coordinated care, and effective clinical and business practices

NWATTC’s flexible and individualized programs support organizational change and lead to long-term positive outcomes.

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