

# SBIRT COLORADO

Screening, Brief Intervention and Referral to Treatment

At least 38 million adults drink too much, and most do not have an alcohol use disorder (CDC, 2014). Drinking above moderate levels, and other drug misuse, contributes to cardiovascular disease, cancers, unintended pregnancy, sexually transmitted infections, depression, anxiety, suicide, injury, birth defects, and violence. Alcohol screening and brief intervention can reduce drinking on occasion by 25%, but only 1 in 6 people has ever talked with a health professional about alcohol.

**SBIRT Colorado offers customized training and consultation to healthcare, school, and community-based providers and organizations to:**

- Address how alcohol, marijuana, prescription medication misuse, illicit drugs, and tobacco affect health and well-being.
- Integrate substance use and mental health screening, prevention, and intervention into workflow.
- Enhance prescription drug abuse prevention.
- Successfully refer for substance use and mental health disorders.
- Implement effective brief interventions to address substance use and mental health in adolescents and adults.
- Improve motivational interviewing skills.

**Services offered:**

- Educational presentations
- Skills-based training on screening and brief intervention: 2 to 8 hour sessions
- Training-of-trainers: 1-1½ days
- Consultation and technical assistance

**Contact Us**

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Peer Assistance Services

