

SBIRT Colorado: Building the future on a decade of progress

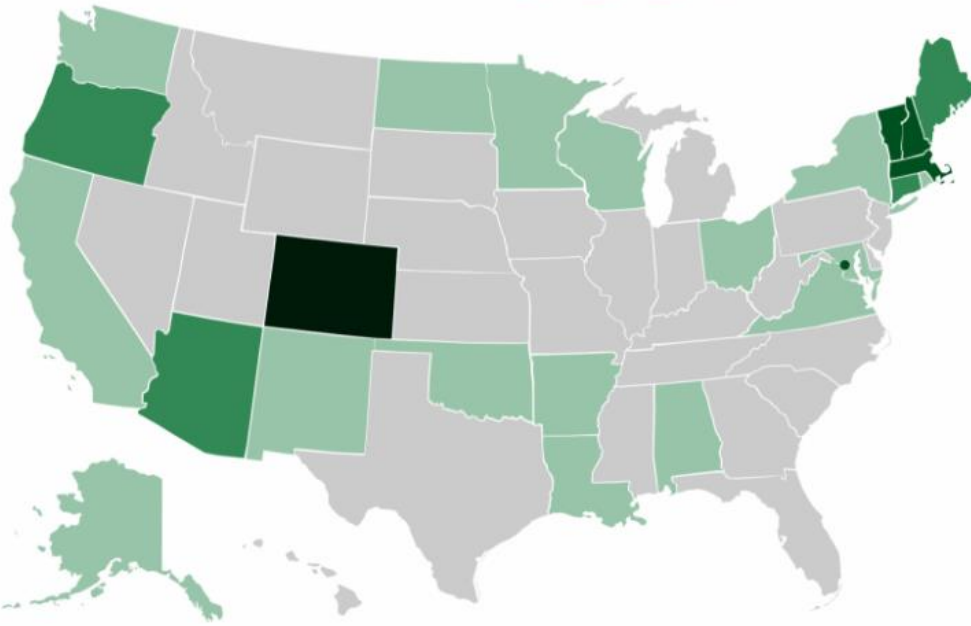
June 7, 2016



Colorado Stands Out

Heavy drug use, state by state

Number of substances (marijuana, cocaine, non-medical opioids, alcohol) for which the state's population is a heavy consumer: 0 1 2 3 4



WAPO.ST/WONKBLOG

Source: National Survey on Drug Use and Health



NEARLY
224,000
COLORADANS MISUSE
PRESCRIPTION DRUGS EACH YEAR!

Focusing Upstream



What is SBIRT?

Screening: Screen using validated questions.

Brief Intervention: A brief conversation to enhance motivation to change.

Referral to Treatment: Arrange additional assessment and services for the person with more severe alcohol or drug use.

Unhealthy (Risky) Alcohol Use

Alcohol:

- Binge drinking (acute effects)
- High weekly use (chronic effects)
- Any alcohol during pregnancy
- Any alcohol under age 21

Other Substance Use

- Marijuana
- Prescription drugs
- Illegal drugs and other substances

The Evidence

Alcohol SBI in adults:

- Grade B recommendation
- Offer routinely

Drug SBI in adults:

- Insufficient evidence
- “I” statement

Drug use is more likely to require more intensive and multiple types of interventions

Adolescent alcohol and drug SBI:

- Insufficient evidence
- “I” statement

Adolescent SBI considered a promising practice and recommended by American Academy of Pediatrics

<http://www.uspreventiveservicestaskforce.org/>

Partnership for Prevention

Rankings of Preventive Services for the U.S. Population^f

Rank	Clinical Preventive Services	CPB	CE	Total Score
1	Discuss daily aspirin use—men 40+, women 50+	5	5	10
2	Childhood immunizations	5	5	
3	Smoking cessation advice and help to quit—adults	5	5	
4	Alcohol screening and brief counseling—adults	4	5	9
5	Colorectal cancer screening—adults 50+	4	4	8
6	Hypertension screening and treatment—adults 18+	5	3	
7	Influenza immunization—adults 50+	4	4	
8	Vision screening—adults 65+	3	5	
9	Cervical cancer screening—women	4	3	7
10	Cholesterol screening and treatment—men 35+, women 45+	5	2	
11	Pneumococcal immunizations—adults 65+	3	4	
12	Breast cancer screening—women 40+	4	2	6

CPB (clinically preventable burden): disease, injury and premature death prevented if delivered to full target population

CE (cost effectiveness): a standard measure for comparing services' return on investment

Services with the same total score tied in the rankings:

10 = highest impact, most cost effective among these evidence-based preventive services

2 = lowest impact, least cost effective among these evidence-based preventive services

^f Rankings for all 25 available at <http://www.prevent.org/National-Commission-on-Prevention-Priorities/Rankings-of-Preventive-Services-for-the-US-Population.aspx>

Only **1 in 6 adults** ever talk with a doctor or other health professional about their alcohol use.

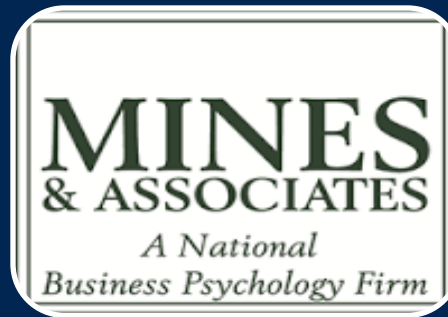


Source: CDC Vital Signs report 2014

SBIRT Colorado Core Activities



SBIRT sites



Wellness coaching



Peer support



Training & TA for health professionals



Promote prevention & early intervention



Program evaluation

Looking Ahead

1. Promote SBIRT as routine prevention service
2. Use inter-professional team approach
3. Focus more on adolescents
4. Ensure effective referral to treatment options
5. Clarify reimbursement for SBI

Learn More

- In-person training
- Online simulations
- Technical assistance
- Clinical tools



www.improvinghealthcolorado.org

SBIRT is an Important Piece

Have a conversation.
Change a life.

