

***An Introduction to  
Motivational Interviewing  
with SBIRT Overview***  
*Prepared for TA Ranch, MHSA 2011 Training*



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**Workshop Objectives**

- The basic principles of motivational interviewing
- The basic premise of the SBIRT program
- Pioneering SBIRT in Wyoming
- How health care facilities can generate revenue using SBIRT
- Using the ASISST Tool
- Why SBIRT?
- How medical personal around the state of Wyoming can be trained



**What is Motivational Interviewing?**

Motivational Interviewing is a

- client-centered
- goal-oriented
- guiding method of communication and counseling to elicit and strengthen motivation for change.



**The Spirit of MI**

- Empathic
- Warm and friendly
- Non-judgmental
- Collaborative
- Respectful
- Evocative and eliciting
- Hopeful
- Supports Autonomy
- Individualized



### A Brief Demonstration of MI

- ▶ Face your partner and put your hand flat against theirs
- ▶ The person closest to the right side of the room push against your partner's hand

What happened?



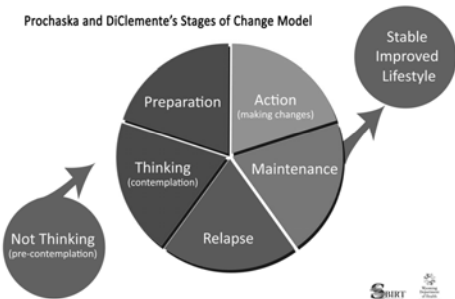
### The primary goals of MI are to:

- ▶ Minimize resistance
- ▶ Elicit change talk
- ▶ Explore and resolve ambivalence
- ▶ From the client's perspective, create and amplify a discrepancy between current behavior and his or her broader goals and values
- ▶ Nurture hope and confidence



### Stages of Change

Prochaska and DiClemente's Stages of Change Model



### The Michelangelo Belief The capacity and potential for change and adherence is within every person.



### Simply put....What is MI?

Making known what is already known

Or

A conversation in which the client makes their own arguments for change.



### "Motivation Is not linked to education"

Steven Berg-Smith, MI trainer

Education gives advice and tools AFTER the motivation is found.

MI is mining for the motivation so the education is accepted.



### O. A. R. S.

The basics of Motivational Interviewing



- ▶ Open ended questions
- ▶ Affirmation
- ▶ Reflective listening
- ▶ Summarize



## Listening

Listening is a magnetic and a strange thing, a creative force. The ones who listen to us are the ones we move toward. When we are listened to, it creates us and makes us unfold, expand, change and grow. When we are listened to, we can maybe for the first time, hear ourselves.

Karl Meninger



## What is SBIRT?

- ▶ SBIRT is a program developed by WHO as a public health approach to deliver early intervention for persons with substance use disorders as well as those who are at risk of developing these disorders. SBIRT targets individuals with non-dependant use and provides effective strategies for intervention prior to the need for more extensive treatment.
- ▶ The goal of SBIRT is to make screening for risky substance use a routine part of health care.



## What Does SBIRT Mean?

- ▶ **Screen** – quick and simple assessment to identify patients who may be at risk for dependence.
- ▶ **Brief intervention** – a short motivational interview which helps increase awareness and insight into risky use of substances and motivates patients toward positive behavioral change
- ▶ **Referral to treatment** – identifying individuals in high risk categories needing more extensive treatment and specialty care, and referring them to such care



## How Can SBIRT Help?

- ▶ Early and brief intervention is more clinically effective and cost efficient than traditional treatment.
- ▶ Heightens awareness of health risks associated with tobacco, alcohol and other drugs
- ▶ Relieves some of the burden from health care facilities, legal and judiciary systems and mental health and substance use treatment centers
- ▶ Individuals at risk for developing substance dependency are identified before they become a burden on the health care system
- ▶ Helps give the provider a more comprehensive medical picture of the patient
- ▶ Emphasis is on harms reduction instead of total abstinence



## What is Harms Reduction?

The optimal outcome following a brief intervention is abstinence. This is clearly the best way to reduce and eliminate negative consequences from substance use.

However, harm reduction acknowledges that any step toward reducing risk is a step in the right direction.



**SAMHSA, the federal agency for substance abuse and mental health, reported these findings in Sept. 2009 on a six month follow-up after a brief intervention:**

- › Illicit drug use was reduced by 67.7%
- › Heavy alcohol use dropped by 38.6%
- › Among illicit drug users, post-intervention patients reported feeling healthier while experiencing fewer emotional problems and increased employment status. They also reported 64.3% fewer arrests and 45.8% who were homeless had found a place to live.



## Cost Effectiveness

- › Various research studies have shown that SBI can cut hospitalization costs by \$1,000 per person screened
- › Saves about \$4 for every \$1 invested in trauma-center and ED settings.
- › A study from the Washington State SBIRT program found that SBI reduced Medicaid costs by \$185 per patient per month (Sept., 2007)

These studies showed that the savings occurred over the first 12 months of SBIRT implementation

according to [www.jointogether.org](http://www.jointogether.org), March 2009, Bob Curley



## Quotes

**"The data from SBIRT is not merely impressive; within the framework of most medical interventions, the impact of SBIRT is astounding, knock-your-socks-off, nearly too good to be true . . ."**

Timmen Cermak, M.D., California Society of Addiction Medicine

**"Promoting services like SBIRT to all parts of the nation is a crucial part of SAMHSA's mission to reach everyone struggling with substance abuse issues."**

Dr. H. Westley Clark, the director for SAMHSA, CSAT



## What are we doing with SBIRT in Wyoming?

SBIRT Wyoming is being launched as an initiative of the Wyoming Department of Health – Mental Health and Substance Abuse Division. Initial funding for education and training for SBIRT is provided by the Division to help medical institutions implement, develop and sustain effective SBIRT programs.



## Pioneering SBIRT in Wyoming

- ▶ Financial support provided by the Wyoming Dept. of Health
- ▶ SBIRT Wyoming is initiating implementation using current medical staff
- ▶ Joining forces with the Tobacco QuitLine to synergize both programs
- ▶ Capture tobacco cessation data
- ▶ Collaborative implementation involving a spectrum of healthcare entities
- ▶ State supported Medicaid reimbursement codes have been established
- ▶ Implementation during an economic downturn
- ▶ SBIRT program is being implemented knowing the high success rates of other federally funded programs



## Professional endorsements

- ▶ Wyoming Department of Health
  - Mental Health and Substance Abuse Division
  - Maternal and Family Health Division
- ▶ SAMHSA
- ▶ American Medical Association
- ▶ Emergency Nurses Association
- ▶ Centers for Medicare and Medicaid Services
- ▶ American College of Surgeons
- ▶ Centers for Disease Control and Prevention
- ▶ Office of National Drug Control Policy
- ▶ National Institutes on Drug and Alcohol Abuse



## Medicaid and Insurance info

As of January 1, 2009, SBIRT screenings and brief interventions are being reimbursed through Medicaid in Wyoming. Blue Cross/Blue Shield of Wyoming has also recently announced reimbursement for SBIRT screenings for those patients carrying coverage including preventative services.

Payer	Code	Description	Fee Schedule
Commercial Insurance	CPT 99408	Alcohol and/or substance abuse structured screening and brief intervention services; 15 to 30 minutes	\$33.41
	CPT 99409	Alcohol and/or substance abuse structured screening and brief intervention services; greater than 30 minutes	\$65.51
Medicaid	H0049	Alcohol and/or drug screening	\$24.00
	H0050	Alcohol and/or drug service, brief intervention, per 15 minutes	\$48.00



## Substance abuse tools to jump start MI:

- ▶ CRAFFT–adolescent substance use
- ▶ AUDIT – adult alcohol use
- ▶ CAGE – adult alcohol use
- ▶ DAST – adult drug use
- ▶ ASSIST – 18 and over, all substances



## The ASSIST Tool

▶ ASSIST stands for:

- Alcohol,
- Smoking and
- Substance
- Involvement
- Screening
- Test



## ASSIST tool (cont.)

The ASSIST tool screens for risky substance use and determines a low, moderate or high risk score for each substance screened for. The ASSIST tool also opens the door to start a safe discussion (motivational interview) with the patient.



## What is the purpose of the ASSIST?

- to give users a measurable device so they can see the health risks involved with substance use
- to capitalize on a teachable moment
- to create a window of opportunity for positive change
- use of a culturally, socially and economically neutral tool to use worldwide to screen for problem substance use




## Substances covered include:

- ▶ Tobacco
- ▶ Alcohol
- ▶ Cannabis
- ▶ Amphetamines/stimulants
- ▶ Sedatives
- ▶ Hallucinogens
- ▶ Inhalants
- ▶ Opiates
- ▶ Prescription and other drugs



**Alcohol Use Information Card**

A STANDARD DRINK  
Each drink shown below contains approximately the same amount of alcohol and counts as a single drink.



12 fl oz of regular beer = 8-9 fl oz of flavored malt beverage = 5 fl oz of table wine = 1.5 fl oz of 80 proof liquor

about 14% alcohol    about 11% alcohol    about 12% alcohol    about 40% alcohol

**What is the definition of a standard drink?**

	Max daily limits	Max weekly limits
Women	3	7
Men	4	14

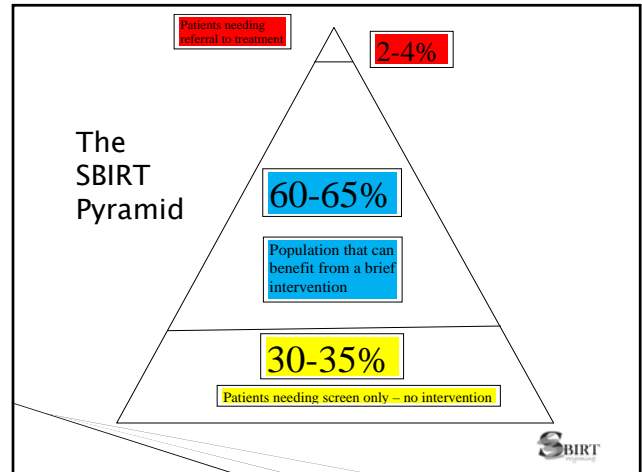
**Less is always better**

**Conditions Requiring Reduced Limits**

1. Use of medications that interact with alcohol.
2. Health conditions exacerbated by alcohol.
3. Pregnancy. (abstinence is strongly advised)
4. Planning to drive a vehicle or operate machinery.

**SBIRT Wyoming**

Founded by the Wyoming Department of Health, Alcohol Health and Substance Abuse Services Division  
6101 Yellowstone Rd, Suite 100, Cheyenne, WY 82002 | 303.635.4000  
www.health.wyo.gov/alcoholhealthsubstanceabuse



# Why SBIRT?




Wyoming Department of Health  
Commit to your health.

## SBIRT/ MI Training Objectives:

- ▶ Demonstrate an understanding of behavior change science
- ▶ Demonstrate basic motivational interviewing skills
- ▶ Have an understanding of the use of motivational strategies
- ▶ Identify your own strengths and learning needs
- ▶ Assess client's readiness for change
- ▶ Have a working knowledge of SBIRT Wyoming and the use of the ASSIST tool

**SBIRT Wyoming**



### **Types of MI/SBIRT Trainings Offered by MHSASD**

- ▶ **One Hour Informational Meeting**  
Intended for those gathering facts and making decisions about SBIRT but not necessarily implementing the service yet.
- ▶ **Four Hour Workshop** For those working closely with SBIRT but not fully involved with intervention (eg. billing, clinic managers and medical staff not completing the interventions)
- ▶ **One Day (8 hr.) Comprehensive Training**  
Recommended for those who will actually be working with patients and others who want to learn more about SBIRT and MI
- ▶ **Two Day Intensive Training**  
Highly recommended for those who will be conducting SBIRT interviews and others who want to incorporate MI in the workplace.



### **Who is being trained:**

- ▶ Since SBIRT is a medical model, the target audience is medical professionals. Eg. ER and trauma center staff, public health personnel, family planning clinics, OBGYN clinics, etc.)
- ▶ Education professionals
- ▶ Pastors and lay ministers
- ▶ DFS, WIC or any other public service organization
- ▶ UW FNP and PsNP students



### **How to find out more about SBIRT or schedule an SBIRT/MI Training:**

- ▶ **Go to the SBIRT Website**  
<http://wdh.state.wy.us/mhsa/prevention/sbirt>.
- ▶ **Contact Erica Mathews at**  
[erica.mathews@health.wyo.gov](mailto:erica.mathews@health.wyo.gov)



### **Questions??**



**Thank you for your  
interest in SBIRT Wyoming**

