

# Screening, Brief Intervention, and Referral to Treatment (SBIRT)

An overview for Primary Care Providers

Partnership HealthPlan of California  
January 2014

# Definition of SBIRT

- \* A comprehensive, integrated, public health approach to the delivery of early intervention and treatment services for persons with substance use disorders, as well as those who are at risk of developing these disorders.
- \* Primary care centers provide opportunities for early intervention with at-risk substance users before more severe consequences occur.

-U.S. Substance Abuse Mental Health Services Administration  
(SAMHSA)

# Three key components

- \* **Screening** quickly assesses the severity of substance use and identifies the appropriate level of treatment.
- \* **Brief intervention** focuses on increasing insight and awareness regarding substance use and motivation toward behavioral change.
- \* **Referral to treatment** provides those identified as needing more extensive treatment with access to specialty care.

# Does SBIRT help?

- \* USPSTF Class B Recommendation for Adults:
  - \* Counseling interventions in the primary care setting can improve unhealthy alcohol consumption behaviors in adults engaging in risky or hazardous drinking.
  - \* Behavioral counseling interventions for alcohol misuse vary in their specific components, administration, length, and number of interactions.
  - \* Brief multi-contact behavioral counseling seems to have the best evidence of effectiveness; very brief behavioral counseling has limited effect.

Source: USPSTF

# What is covered?

- \* USPSTF Class A or B recommendations covered under the ACA, covered by:
  - \* Medi-Cal, Medicare, Covered California Insurances
- \* SBIRT only covered for Adults, for Alcohol misuse
- \* Individual providers may choose to use SBIRT for adolescents or for other substances or for other conditions. This would be considered within the scope of primary care, not separately reimbursable.
- \* DHCS draft regulation: only PCPs eligible, not EDs, specialists, mental health only providers.

# Pre-screen

- \* Part of routine primary care, not separately reimbursed.
- \* Integrated into the Staying Healthy Assessment for adults, required health maintenance questions for Medi-Cal patients
- \* Integrating the pre-screen with other health assessment questions normalizes the question

# Pre-screen Questions

- \* Men under age 65:
  - \* In the past year, have you had 5 or more alcoholic drinks in a day?
- \* Seniors and Women:
  - \* In the past year, have you had 4 or more alcohol drinks in one day?

# Expanded Screening

- \* If pre-screening question is positive, a follow-up expanded screening should be administered.
- \* Separately reimbursed, on fee-for-service basis.
- \* Validated screening options:
  - \* Alcohol Use Disorder Identification Test (AUDIT) – 10 questions
  - \* AUDIT-C (shorter, 3 question version)

# AUDIT-C questions

1. How often do you have a drink containing alcohol?
2. How many standard drinks containing alcohol do you have on a typical day?
3. How often do you have six or more drinks on one occasion?

Score range possible 0-12

Positive score for women: score  $>3$

Positive score for men: score  $>4$

# If Expanded Screen Positive

- \* Inform patient that, based on score on screening questions, you are concerned that his/her alcohol use may be unsafe
- \* Option 1: Convince patient to return for another office visit to explore this further, either with PCP or another provider
- \* Option 2: Jump into brief intervention at the same visit at the expanded screen, either by PCP, or by other staff (commonly known as a “warm handoff”)

# Brief Intervention

- \* Up to 3 sessions of 15 minutes each are covered, per year
- \* May be performed on the same day as the expanded screening
- \* May be performed sequentially on the same day (30-45 minute visit) or may occur at 2-3 different visits.
- \* Separately reimbursed, fee-for-service

# Components of Brief Intervention

- \* Motivational Interviewing methodology
- \* Tailor approach to patient's stage of readiness to make a change
- \* Interventions may include:
  - \* Personalized feedback
  - \* Education and description of resources
  - \* Negotiated action plans
  - \* Drinking use diaries
  - \* Stress management

# Referral to Treatment

- \* Refer patients
  - \* Found to have alcohol use disorder (defined by DSM4)
  - \* If diagnosis is unclear
- \* Referral should be documented in the medical record.

# Finding Referral Resources

- \* Medi-Cal: Substance abuse treatment covered by state (not PHC) through counties.
  - \* Contact phone numbers available on PHC website: [http://www.partnershiphp.org/Members/MC\\_MbrEN.htm#mental](http://www.partnershiphp.org/Members/MC_MbrEN.htm#mental) toward the bottom of the page under the heading “HELP FOR SUBSTANCE ABUSE”
  - \* Some counties have multiple options for more specific referrals (including potential contracting with FQHCs); contact your local county health department for details.
- \* Medicare: Private counselors may also be covered

# Who may perform SBIRT

- \* Directly:
  - \* Physicians, NP, PA, LCSW, Psychologists
- \* Under supervision of above:
  - \* Licensed and Registered providers: MFT, RN, CNM, LPCC
  - \* Other providers: MA, health educators, substance abuse counselors

# Training Options for SBIRT

- \* Each site should have a list of individuals trained and capable of performing
  - \* Expanded screening
  - \* Brief Intervention
- \* Available for review at PHC Medical Record Review visit

# SBIRT in Electronic Health Records

- \* Work with vendor or user groups
- \* Integrate Staying Healthy Assessment (includes pre-screening questions)
- \* Integrate AUDIT-C (including scoring) into EHR
- \* Create brief template for documenting follow-up conversation for positive expanded screening
- \* Create template for Brief Intervention

# Billing for SBIRT

- \* Set up codes
- \* Set rates

# SBIRT Billing Codes – Medi-Cal

- \* MediCal

- \* H0049 Extended Screening

- \* Rate \$29.27

- \* H0050 Brief intervention, 15 minutes

- \* Rate \$58.54

# SBIRT Billing Codes – Others

## (FYI only, do not bill these to PHC)

- \* Medicare (confirm with your carrier which codes to use, with which modifier; Medicare rules on this are complex.)
  - \* G0396 15-30 minute screening or brief intervention
  - \* G0397 30 minute screening and/or brief intervention
  - \* G0442 Extended Screening
  - \* G0443 Brief intervention, 15 minutes
- \* Commercial Insurance (confirm with your carrier which codes to use, with which modifier)
  - \* 99408 15-30 minute screening or brief intervention
  - \* 99409 30 minute screening and/or brief intervention

# Variations for PCPs under Prospective Payment system

- \* FQHCs, FQHC look-alikes, RHCs, Native Health Care Systems
- \* PHC will pay for SBIRT codes on fee-for-service basis
- \* If services provided on the same day as other services,
  - \* one wrap-around payment per day: on reconciliation of PPS rate, the extra fee-for-service will be balanced by a lower future payment
  - \* Doesn't matter what type of provider is used (MRT, patient educator, substance abuse counselor all OK, if trained in SBIRT)
- \* If service provided on separate day,
  - \* Eligible for PPS wrap payment
  - \* Must be done by PPS eligible provider: LCSW, Psychologist, MD, DO, NP, PA

# More information

- \* Pending: SBIRT policy in PHC policy MCUP3101
- \* AUDIT and AUDIT-C:  
[www.integration.samhsa.gov/clinical-practice/screening-tools](http://www.integration.samhsa.gov/clinical-practice/screening-tools)
- \* Medicare SBIRT Benefit:  
[http://www.cms.gov/Outreach-and-Education/Medicare-Learning-Network-MLN/MLNProducts/downloads/sbirt\\_factsheet\\_icn904084.pdf](http://www.cms.gov/Outreach-and-Education/Medicare-Learning-Network-MLN/MLNProducts/downloads/sbirt_factsheet_icn904084.pdf)

# Training Resources

- \* SAMHSA funded – Addiction Technology Transfer Center Network:
  - \* **“Foundations of SBIRT”**
  - \* 1.5 hour course
  - \* Free CA CE Certificate Available
  - \* \$7.50 to receive 1.5 contact hour units from NAADAC, NBCC, and/or NASW
  - \* <http://www.attcelearn.org/>
  
- \* **SBIRT Core Training Program:** Screening, Brief Interventions, and Referral to Treatment
- \* Four hour training: \$50 per individual; group rates are available
- \* CEUs available
- \* <http://www.sbirtraining.com/sbirtcore>

# Questions?