
SBIRT-TIPS: Screening, Brief Intervention, and Referral to Treatment–Training Iowa Preceptors and Students

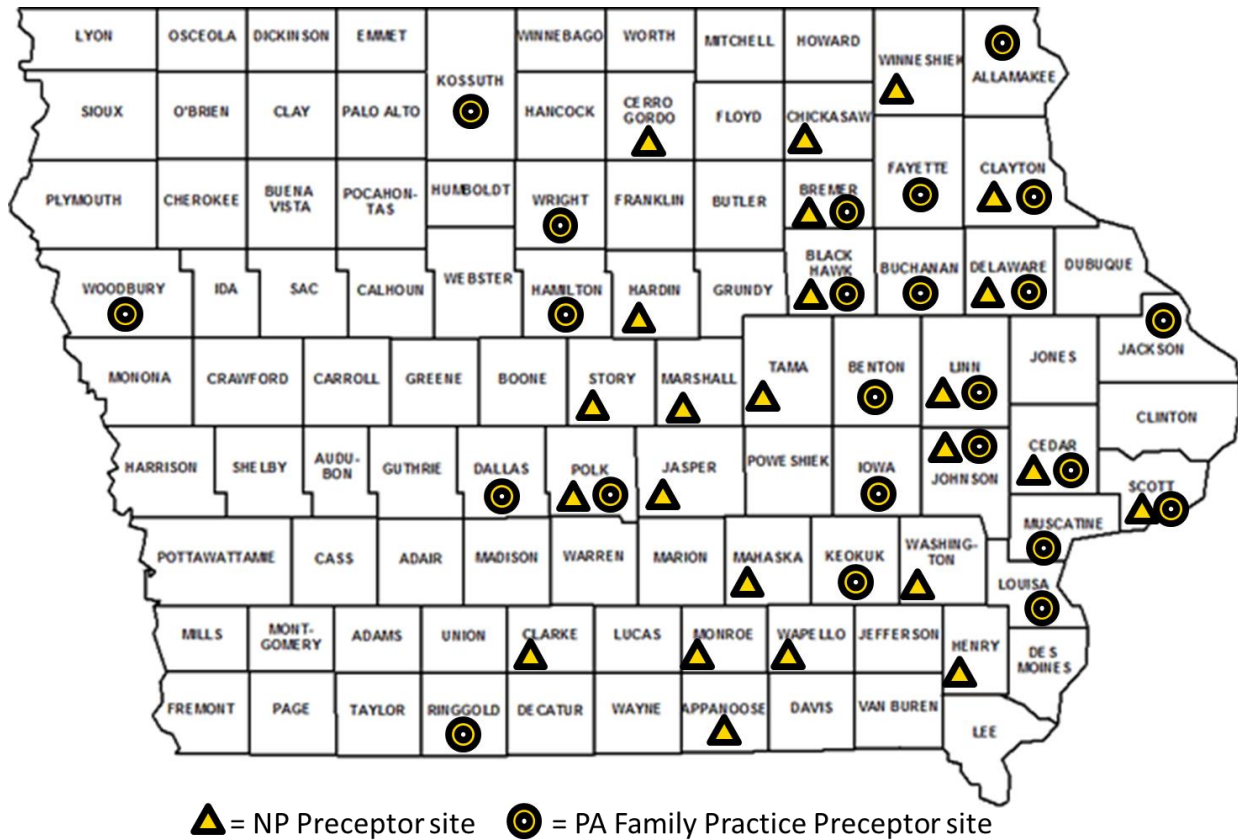
PROJECT OVERVIEW:

- **WHAT IS SBIRT?** Screening, Brief Intervention, and Referral to Treatment is an early-intervention approach for identifying, reducing, and preventing problematic drug and alcohol use. SBIRT can be practiced in any health care setting, but practitioners need to be trained and learn about its benefits and receive guidelines for how to implement SBIRT in their own practice. In short, SBIRT steps include:
 - SCREENING** starts with two questions asked annually. If positive, brief rating scales are used: a 10-item alcohol scale (AUDIT), 10-item drug scale (DAST), or 6-item combined scale for youth (CRAFFT). Scale scores guide the next steps: (a) no further intervention, (b) Brief Intervention, or (c) Referral to Treatment.
 - BRIEF INTERVENTION** is a short (5 to 15 minute), structured discussion with individuals engaged in risky substance use. The focus is on increasing insights and awareness of their substance use and its consequences, and motivating them toward behavioral change. Principles of Motivational Interviewing guide the discussion.
 - REFERRAL to TREATMENT** is based on the person's needs (scale score) and acceptance of treatment. Referral may include Brief Treatment that involves a more intensive outpatient version of Brief Intervention that is provided by substance use specialists, or more extensive specialty treatment. The goal is to assure access to appropriate levels of care for all who are screened.
- **WHAT IS THE PURPOSE OF SBIRT-TIPS?** SBIRT-TIPS will promote adoption of SBIRT practices throughout Iowa by training primary care nurse practitioner (NP) and physician assistant (PA) students and their clinical practice preceptors. Regional meetings, collaboration with partners like the statewide SBIRT Iowa program, and dissemination of substance use information and training materials through a web-based clearinghouse complement and extend student training.

- **ARE DRUG AND ALCOHOL USE A PROBLEM IN IOWA?** Yes. Iowa's clinical characteristics suggest a need for providers to be trained to identify and treat substance use.
 - **Iowans 12 and older are near the national average for using marijuana, other illicit drugs, and non-medical use of pain relievers.**
 - **Rates of binge drinking and alcohol use in Iowa exceed the national average.**
- **WHAT IS THE TRAINING MECHANISM?** Training Iowa Preceptors and Students is just that. Our aim is to increase skills and adoption of the evidence-based practice in both groups.
 - **Student training** includes didactic content about SBIRT principles and practices in coursework. Application of SBIRT in practice occurs in clinical training experiences with assigned preceptors in clinical sites across the state.
 - **Preceptor training** for SBIRT is available in an online format that offers continuing education credits. The TIPS program also provides supplemental training to support preceptors in their role with students. Preceptor training is critically important for two main reasons: (1) to promote positive student learning experiences with SBIRT in clinical practice that, in turn, promotes their use after graduation; and (2) to promote broad adoption of SBIRT in health care systems and practices throughout Iowa.
- **WHAT ARE POTENTIAL BENEFITS TO PRECEPTORS?** SBIRT-TIPS training offers practicing clinicians evidenced-based training to identify and treat a current and growing public health problem: risky substance use among people of all ages. Time needed to complete the training is offset by many benefits, such as:
 - **No-cost continuing education credits (CE/CME)**
 - **Skills to provide screening and brief interventions at the point of care**
 - **Information to bill and code for reimbursement when using SBIRT in practice**
 - **Support to oversee SBIRT student learning to expand adoption and use**
 - **Recognition as a change leader via SBIRT-TIPS–sponsored press releases and letters to employers**
 - **Access to the web-based clearinghouse of related information and products**

SBIRT-TIPS will have statewide reach in Iowa!

SBIRT-TIPS aims to train preceptors in the UI Nurse Practitioner Program and the Family Practice specialty of the Physician Assistant Program. The statewide presence of these preceptors helps ensure that SBIRT practices will be diffused throughout Iowa.



HELP US EXTEND OUR STATEWIDE REACH! The impact of SBIRT training – *that individuals of all ages who are engaged in risky substance use are identified and helped to change their behavior before harm occurs* – increases as MORE providers are trained. We invite ALL providers, whether actively serving as a student preceptor or not, to take SBIRT training through the SBIRT-TIPS project OR using another format. There are many training options available today. **For more information, please contact us!**

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