

## For the SBIRT – Screening, Brief Intervention, and Referral to Treatment

The Screening, Brief Intervention, and Referral to Treatment (SBIRT) is an evidence-based practice used to identify, reduce, and prevent problematic use, abuse, and dependence on alcohol and illicit drugs. The SBIRT model was incited by an Institute of Medicine recommendation that called for community-based screening for health risk behaviors, including substance use.

### Overview

**Prescreen Form-** 3 question prescreen questionnaire. This should be administered to all adults

**AUDIT (Alcohol Use Disorder Identification Test)-** To be administered if results of the prescreen are positive for alcohol use. \*instructions on scoring and interpreting are included\*

**DAST (Drug Abuse Screening Test)-** To be administered to adults who screen positive on the prescreen for drug use. \*instructions on administering, scoring, and interpretation are included\*

Click the link below to access the assessments

Validated Screening Forms- <https://www.sbirt.care/tools.aspx>

Click the link below for free, self-paced, online course designed for health professionals. This course is intended to develop and improve SBIRT assessment skills.

Training- <https://www.sbirt.care/training.aspx>

If providers have any questions related to the SBIRT or the links, please contact our Behavioral Health Clinical Liaison, Regina Bell. You may reach her via email: [BellR@aetna.com](mailto:BellR@aetna.com) or call her at 959-230-8607.

\*Courtesy of University of Missouri-Kansas City