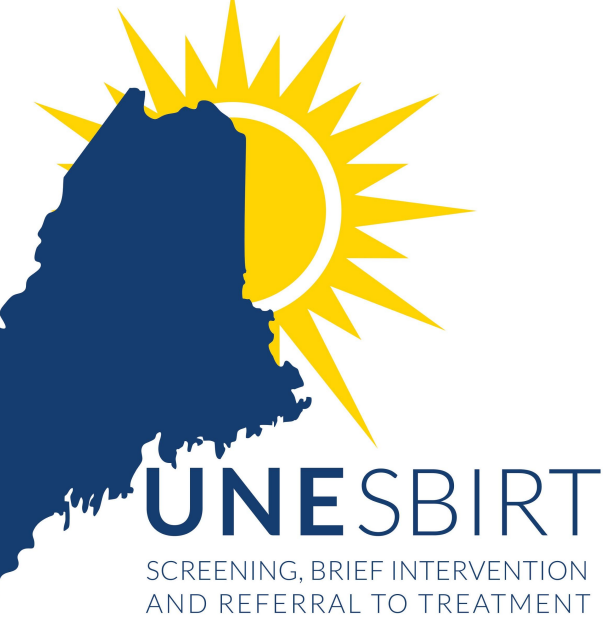


Navigating the Role of OT in Substance Misuse Through the Screening, Brief Intervention, and Referral to Treatment (SBIRT) Approach



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What is SBIRT and Why Use It?

- A program sponsored by the Substance Abuse and Mental Health Services Administration (SAMHSA).
- An evidence-based and cost-effective approach.
- Used to identify, reduce, and prevent misuse of alcohol and illicit substances (Barbosa et al., 2015; Madras et al., 2019).
- SBIRT can be utilized across practice settings and disciplines to address substance use.
- Provides universal screening tools for early identification of risky substance use.
- Incorporates motivational interviewing (MI) as a client-centered method.

Fostering an Environment that Champions SBIRT

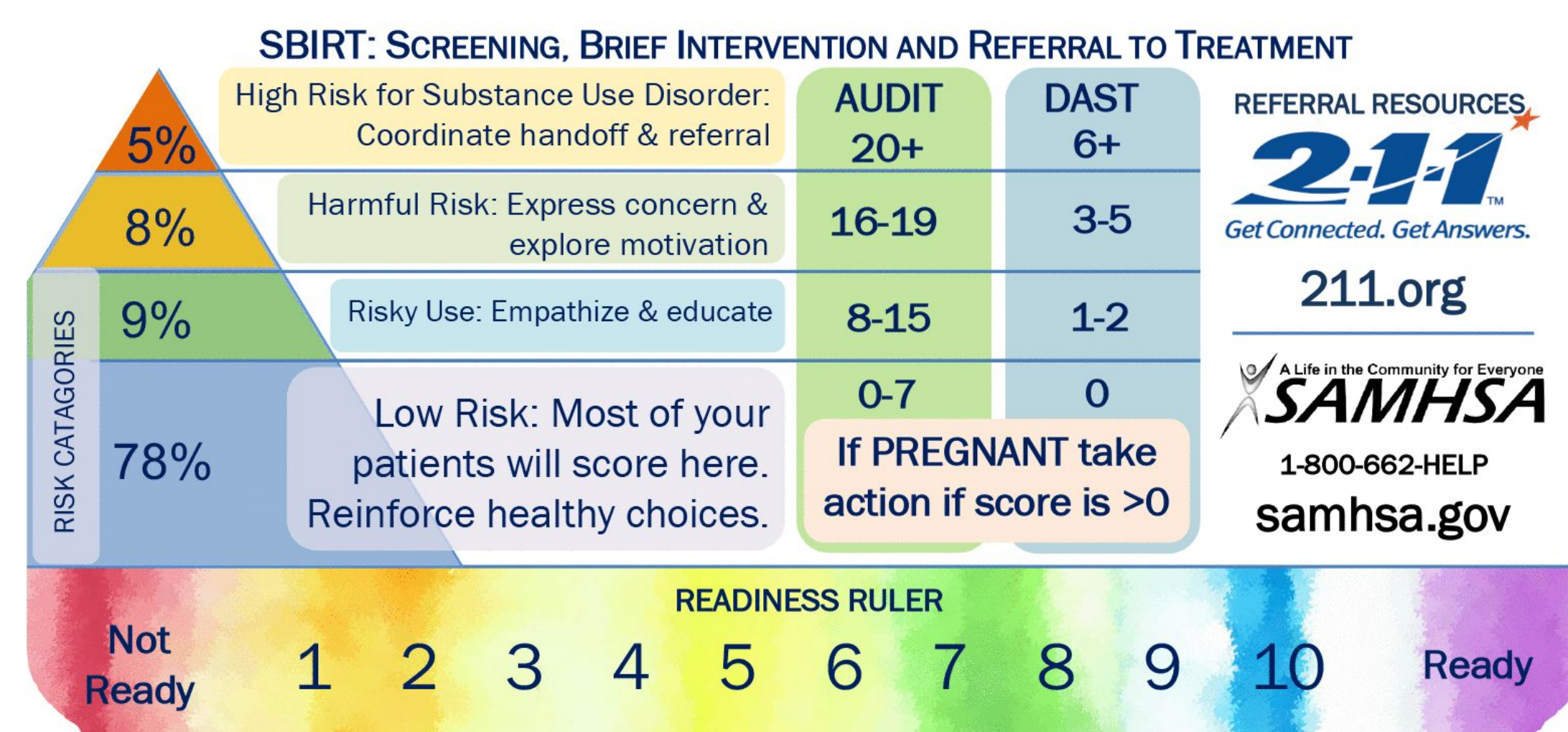
- OTs can serve as leaders within their workplace.
- Providing education to destigmatize substance use disorder (SUD).
- OTs embrace interprofessionalism and collaboration.

OT's Role

- Substance misuse negatively impacts occupational performance.
- Settings: mental health, acute, acute rehab, outpatient, community health.
- OT could take on a lead role in the national opioid crisis through SBIRT.
- Increase public awareness
- Preventative care for clients at all risk levels.
- Use MI to replace substance use with health promoting occupations
- Provide resources for referral to treatment.

UNESBIRT

- Raise the subject**: "Thank you for completing this questionnaire - is it ok if we review your results?"
"Can you tell me more about your drinking or drug use?"
"What does a typical week look like?"
- Provide feedback**: "I recommend drinking below low-risk limits to help prevent new health problems or make existing ones worse."
"Many patients who score in this zone have difficulty just cutting back and need to abstain from drinking alcohol."
- Enhance motivation**: "What do you like and what are you concerned about when it comes to your alcohol/drug use?"
"On a scale of 0-10, how ready are you to cut back/seek specialized treatment? Why not a lower number?"
- Negotiate plan**: Summarize conversation. Then: "What steps do you think you can take to reach your goal of cutting back/seeking specialized treatment?"



Overview of SBIRT Screening Tools

- Universal screening tools are utilized to assess ALL clients' risky behaviors (no risk, low risk, ...)
- AUDIT-C (Alcohol Use Disorder Identification Test)
- The Drug Abuse Screening Test (DAST)



Interprofessionalism

- 200+ students trained as student leaders in 10 different disciplines
- PA, DO, OT, PT, DMD, Social Work, PharmD, Nursing, Dental Hygiene, Health, Wellness, and Occupational Studies (HWOS).

Outcomes

- Abuse of tobacco, alcohol, and illicit drugs costs \$740 billion annually in relation to crime, lost work productivity and health care (National Institute on Drug Abuse, 2017)
- Brief Interventions were effective for low to moderate risk clients to reduce the use of substances across healthcare settings
- Across settings over a 6 month period, rates of drug use declined by 2/3 and heavy alcohol use by over 1/3 (Madras et al., 2009).
- The use of SBIRT and MI has been shown to be cost effective and to promote optimal daily functioning, thus supporting best practice in OT (Mattila, & Provident, 2017).



References available upon request.