

Screening, Brief Intervention, and Referral to Treatment (SBIRT) Training and Certification

Overview

SBIRT is a prevention and early intervention initiative. All patients in participating health home settings are screened for risky alcohol and drug use. Evidence based brief education (15-30 minutes) or brief coaching (up to six (6) one-hour sessions) services are offered. Additionally, referrals to specialty treatment providers are made as needed. Screenings are offered annually.

The Missouri Institute for Mental Health (MIMH) offers three training curricula at eSBIRT.org: 1) Screening, 2) Brief Education/Intervention, and 3) Brief Coaching. Each training session builds on the information gained in the previous one, but a user can stop at any level that meets their needs. Please refer to the SBIRT Billing Instructions for details about procedure codes used.

1) Screening

These modules explain what SBIRT services are, why they are important, and how to correctly ask patients about their substance use patterns. Trainees will learn how to use a valid and reliable four-question prescreen to quickly identify individuals who may have risky alcohol or drug use and would benefit from further screening. This prescreen should be administered annually and considered to be an integral part of routine preventative care.

Certification: Completion of screening modules by MIMH enables a provider or any supervised staff member to administer prescreens in writing or verbally. This is a Medicaid billable service. If you are billing MO HealthNet for the prescreen (either under your own name or under a clinician's name, certification is required.

Requirements: Staff may administer the prescreen following completion of this minimal amount of training, including:

- Completion of What is SBIRT? (6 min video) and quiz
- Completion of Screening and SBIRT basics module and quiz
- For anyone billing for the prescreen, payment of certification fee, \$10, is required

2) Brief Education / Brief Intervention

Patients with a positive prescreen require further screening to categorize their substance use and, if needed, a 15 to 30 minute Brief Education session (also called a Brief Intervention). These modules train the interviewer to administer the necessary valid and reliable screening measures (e.g., the World Health Organization's ASSIST), to interpret and use the personalized feedback report, and to provide the Motivational Interviewing driven Brief Education session based on those results.

Certification: Completion of Brief Education/Intervention modules by MIMH enables a provider or any certified staff member to administer screening and other assessments in writing or verbally, and to provide Brief Education/Intervention sessions. This is a Medicaid billable. If you are billing MO HealthNet for the Brief Education/Brief Intervention (either under your own name or under a clinician's name, certification is required.

Requirements: Staff may provide Brief Education/Intervention services by completing the following:

- incompletion of SBIRT Screening Modules

- Completion of Screening and the ASSIST module and quiz
- Completion of Motivational Interviewing - Principles module and quiz
- Completion of Motivational Interviewing - Tools module and quiz
- Completion of Personal Feedback Report module and quiz
- Completion of Brief Intervention module and quiz
- If you are billing for the Brief Education/Brief Intervention, payment of certification fee, \$50, is required

3) Brief Coaching

Patients with higher level of risk, but who are not yet dependent or addicted, require additional services in the form of Brief Coaching. This service may consist of up to six (6) one-hour sessions annually, and uses techniques from Motivational Enhancement and Cognitive Behavioral Therapy. It works to enhance the patient's motivation to change their substance use, and to develop skills needed to achieve abstinence or reduce the negative impacts of substance use on their lives. NOTE: Because this training includes review of a recorded sample of the trainee's brief coaching work, payment is required for anyone who takes the brief coaching training – regardless of whether they plan to bill for this service.

Certification: Completion of (and payment for) the Brief Coaching module by the MIMH enables Missouri licensed substance use disorder and/or mental health professionals to provide Brief Coaching sessions. This is a Medicaid billable service.

Requirements: Eligible staff may provide Brief Coaching services by completing the following:

- Licensed to provide substance use disorder and/or mental health services in Missouri
- Current certification in SBIRT Brief Education
- Completion of (and payment for) Brief Coaching module and quiz
- Submission of recorded sample of Brief Coaching for review and feedback
- Payment of fee (\$100) is required
- Completion of the Brief Coaching module is only required one time.

All modules are self-paced and contain a set of slides (in PDF format) and brief mastery assessments. To be certified to provide SBIRT services in Missouri you must complete all modules.

Steps for completion and/or certification:

1. Register as a user on the eSBIRT web site <https://eSBIRT.org>
2. Select the **SBIRT Training** tab to access and complete the courses you need.
3. Keep a record of your completion date.
4. Pay for any needed certifications.
5. You will receive an email from the site when your payment has been processed and access to the certificate has been enabled.
6. Print your Certificate.

The Certification does not expire. People are encouraged to revisit the training modules every two years.

Complete and document at least 10 Brief Educations in the eSBIRT system (<https://eSbirt.org>) in the last 12 months.

If you have any questions please contact Keith.Eldridge@mimh.edu (for registration and website issues) or Jodi.Woodruff@mimh.edu for questions about the actual SBIRT tool or other programmatic issues.