

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: Screening certification by MIMH enables a provider or any certified and supervised staff member to administer prescreens in writing or verbally. This is a Medicaid billable service at sites that are part of MO HealthNet designated health home organizations.

Requirements: Staff may administer the prescreen following certification received with a minimal amount of training, including:

- What is SBIRT? (6 min video) and quiz
- Screening and SBIRT basics module and quiz
- Payment of certification fee, \$10

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: Brief Education/Intervention certification 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 service at MO HealthNet designated health home sites.

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

- Current certification in SBIRT Screening

- Screening and the ASSIST module and quiz
- Motivational Interviewing - Principles module and quiz
- Motivational Interviewing - Tools module and quiz
- Personal Feedback Report module and quiz
- Brief Intervention module and quiz
- Payment of certification fee, \$50

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.

Certification: Brief Coaching certification by the MIMH enables Missouri licensed substance abuse and/or mental health professionals to provide Brief Coaching sessions. This is a Medicaid billable service at MO HealthNet designated health home sites.

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

- Licensed to provide substance abuse and/or mental health services in Missouri
- Current certification in SBIRT Brief Education
- Brief Coaching module and quiz
- Submission of recorded sample of Brief Coaching for review and feedback
- Payment of certification fee, \$100

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 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. Pay for any needed certifications.
4. You will receive an email from the site when your payment has been processed and access to the certificate has been enabled.
5. Print your Certificate.

The Certification is valid for 2 years. You can be recertified by:

1. Completing the training modules again
OR
Complete and document at least 10 Brief Educations in the eSBIRT system (<https://eSbirt.org>) in the last 12 months.
2. Pay for any needed certifications. You will receive an email from the site, when your payment has been processed and access to the certificate has been enabled.
3. Print your Certificate.

If you have any questions please contact Matthew.Hile@mimh.edu.