



KANSAS
MATERNAL &
CHILD HEALTH

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

What is SBIRT?

SBIRT is an evidence-based practice used for the early identification and intervention of health risk behaviors. While the SBIRT model has traditionally been used for substance use, the SBIRT process can be applied to any health risk behavior (e.g., mental health, tobacco use, unsafe sexual practices, violent or suicidal ideations, etc.).

How does the SBIRT process work?



Step 1: Screening

Universally assess patients for risky behaviors using a standardized screening tool. Screening can occur in any healthcare setting. A positive screen does not necessarily indicate the need for treatment, nor should it be used as a diagnostic tool.

- Create a policy— check out the templates in KDHE’s Mental Health Integration and SBIRT Toolkits: <http://bit.ly/KDHEToolkits>
- Choose a screening tool
- Determine screening frequency

Tip: Choosing a Screening Tool

- Perinatal Mood and Anxiety Disorders— Edinburgh Postnatal Depression Scale (EPDS)
- Depression, other populations—PHQ-9
- Substance Use—ASSIST
- Tobacco Use—Tobacco Use Survey
- Intimate Partner Violence— Electronic Palm Domestic Violence Assessment
- Suicidal Ideations—Columbia Suicide Severity Rating Scale



Step 2: Brief Intervention

When the results of the screen indicate moderate or high risk, engage a patient in a short conversation. The goal is to motivate your patient to change their behavior by increasing awareness about the problems associated with their behavior, such as health, social, financial, legal, and relationships. Provide resources or other educational information. The following practices help improve brief interventions:

- Motivational Interviewing
- Reflective Listening
- Active Listening



Step 3: Referral to Treatment

Provide a referral for further assessment, treatment, or other support services to patients who are in need of additional services. The warm-handoff should include up-to-date information regarding the patient’s medical care and be an interactive discussion between treatment providers.

- Directory of Community Mental Health Centers in Kansas: <http://bit.ly/KansasCMHC>
- SAMHSA’s Behavioral Health Treatment Locator: <https://findtreatment.samhsa.gov/>
- Kansas Tobacco Quit Line: <http://bit.ly/KanQuit>
- Kansas Sexual and Domestic Violence Service Providers: <http://bit.ly/KCSDV>