



# Integrating Behavioral Health Into Primary Care

## Steps for SBIRT Implementation

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February 21, 2017  
12:00pm-1:00pm CST



# Objectives:

As a result of this webinar participants will be able to:

- Describe rationale for implementing SBIRT in standard healthcare practices.
- Compare and contrast SBIRT implementation and integration.
- Outline the process of SBIRT integration and identify potential barriers.
- Examine practical solutions for implementing SBIRT day to day in primary care.



## Mallori DeSalle

Coordinated more than 20 SBIRT integration projects.  
Member of Motivational Interviewing Network of Trainers and listed on the  
National ATTC SBIRT Trainer's Registry.

# Rationale



*80.5% of individuals visited a doctor or other healthcare provider within the last year.*

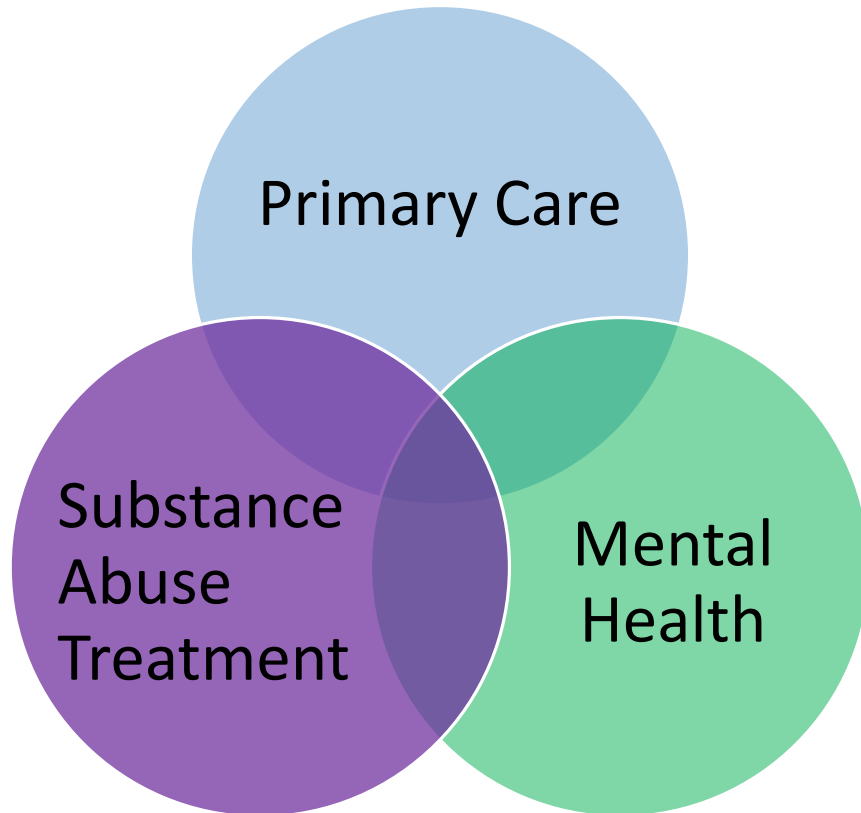
Centers for Disease Control and Prevention (CDC). (2012). Summary health statistics for U.S. Adults: National Health Interview Survey, 2011. Vital and Health Statistics, 10, 1-208.

# Poll Question #1:





# Rationale

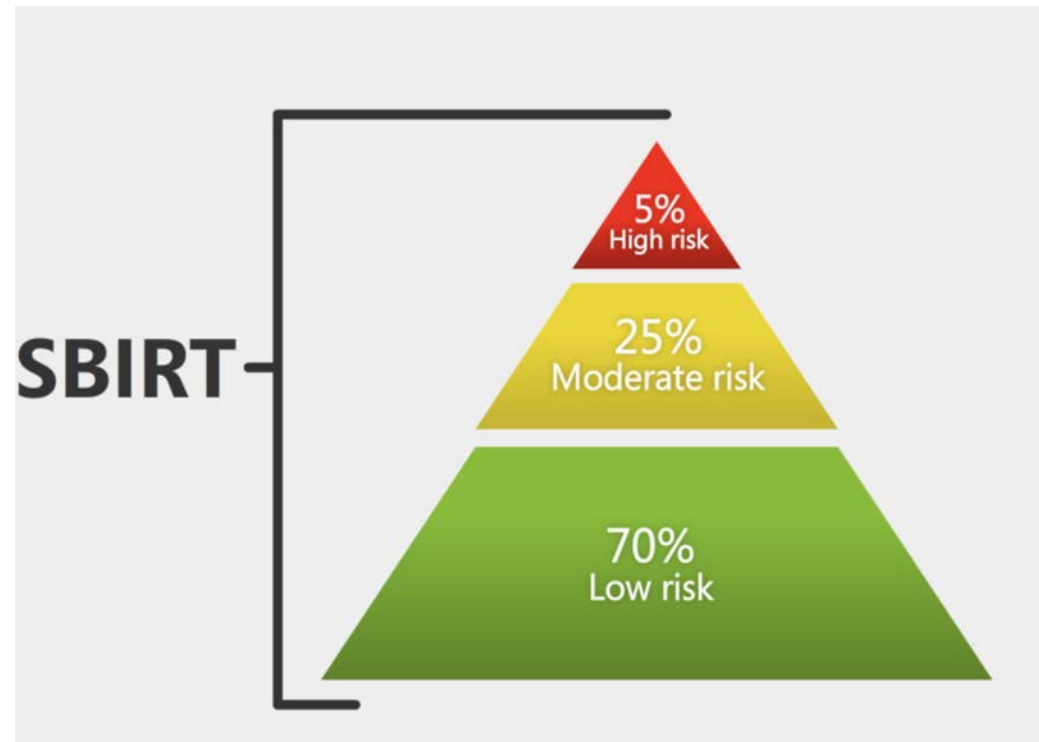


*70% of  
healthcare visits  
are driven by  
psychological  
symptoms.*

Hunter, C.L., Goodie, J.L., Oordt, M.S., & Dobbmeyer, A.C.(2009).Integrated behavioral health in primary care: Step-by-step guidance for assessment and intervention. Washington, DC: American Psychological Association.

# Rationale

**S**creening  
**B**rief **I**ntervention  
**R**eferral to  
**T**reatment

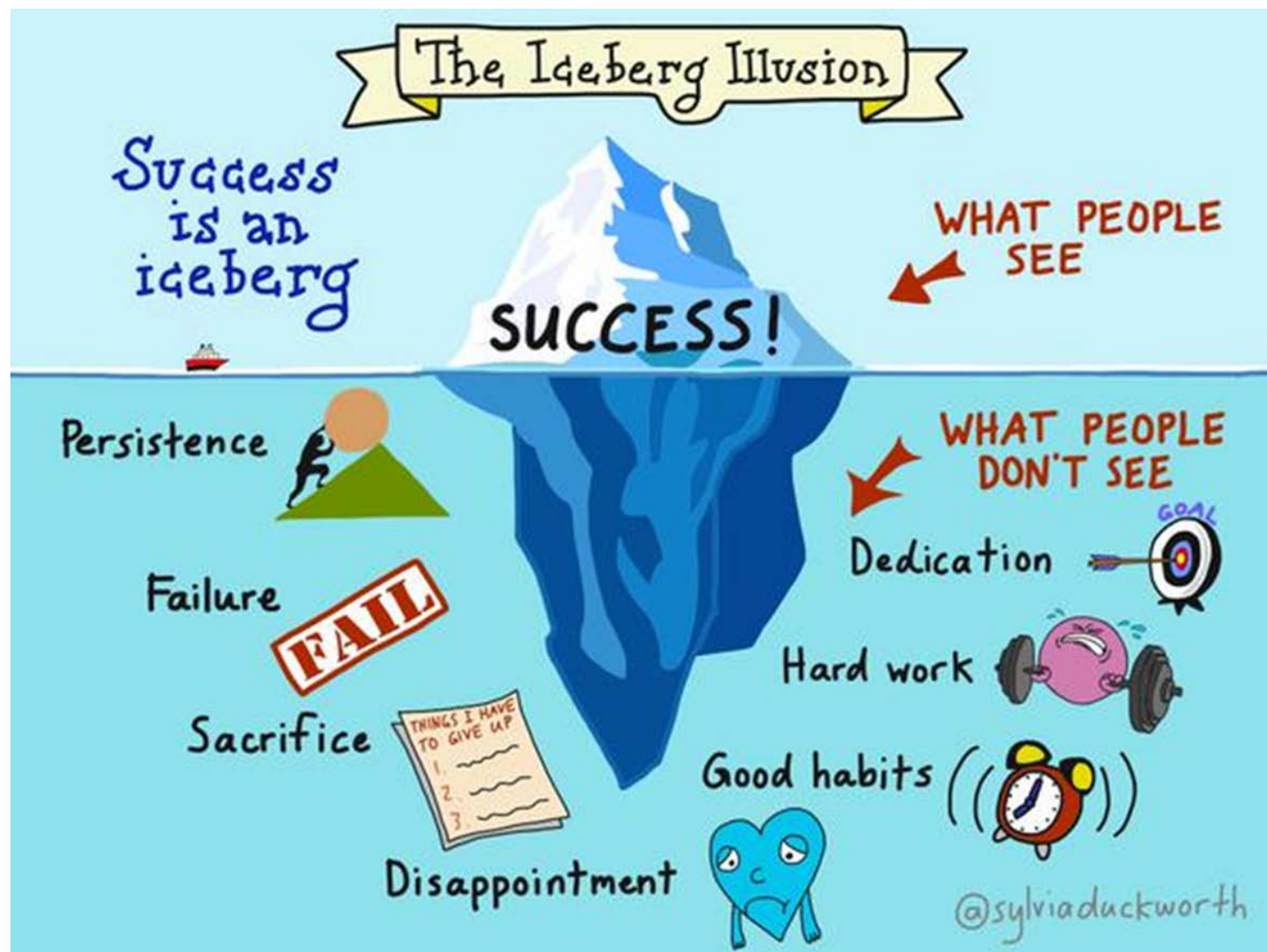


# Implementation vs Integration



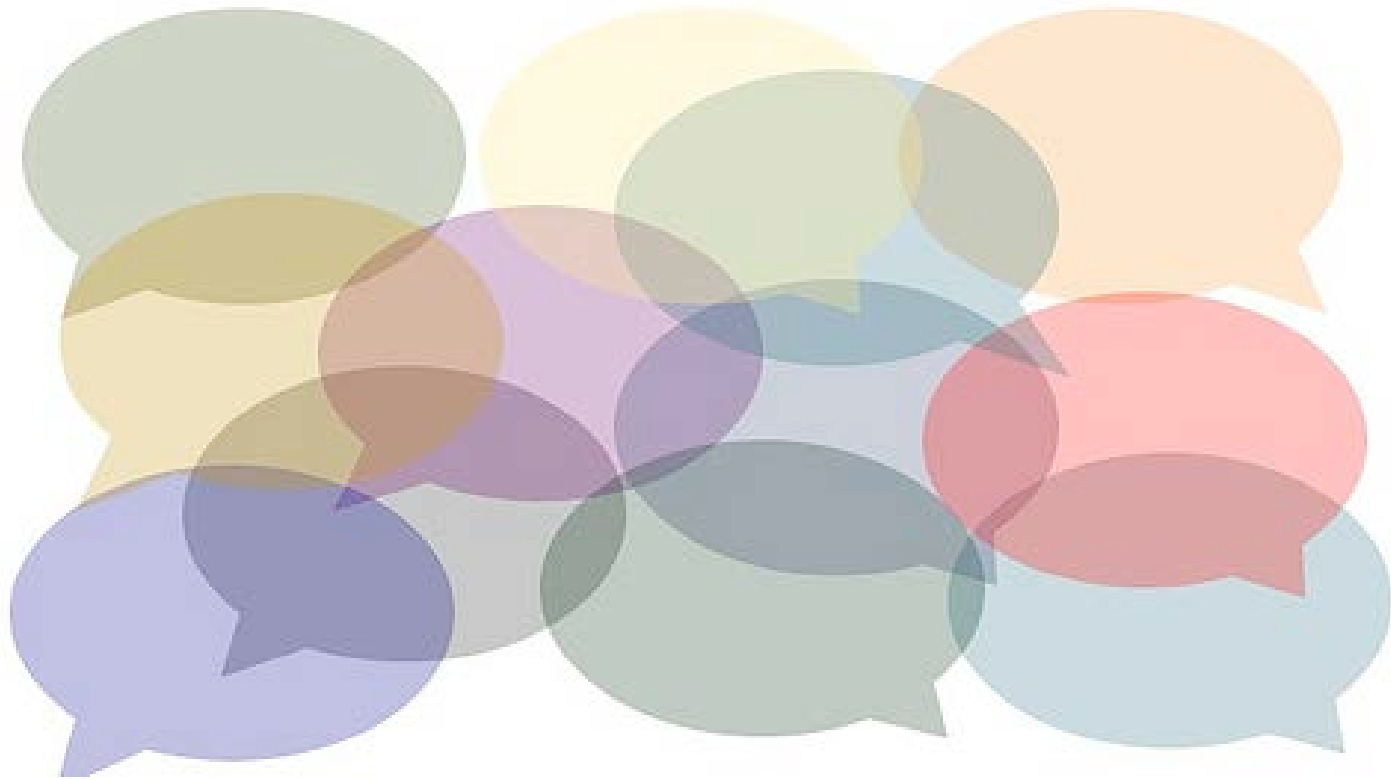


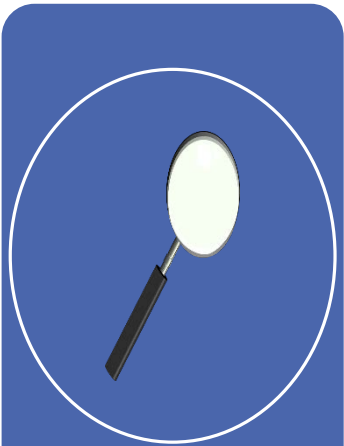
# Implementation vs Integration





# Poll Question #2:





Assess



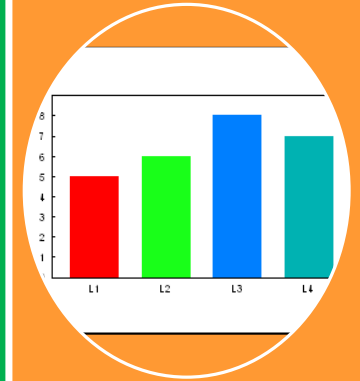
Design



Develop



Deliver



Evaluate



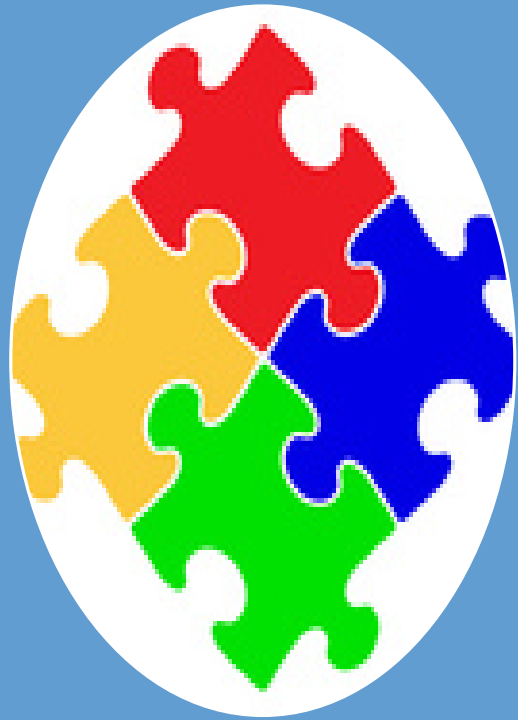
# Assess



## SBIRT Readiness

- Mission and Values
- Policies and Practices
- Resources
- Staff attitudes
- Finances

# Design



## Implementation Plan

- SBIRT Team
- Process flow
- Staff Competence
- Sustainability

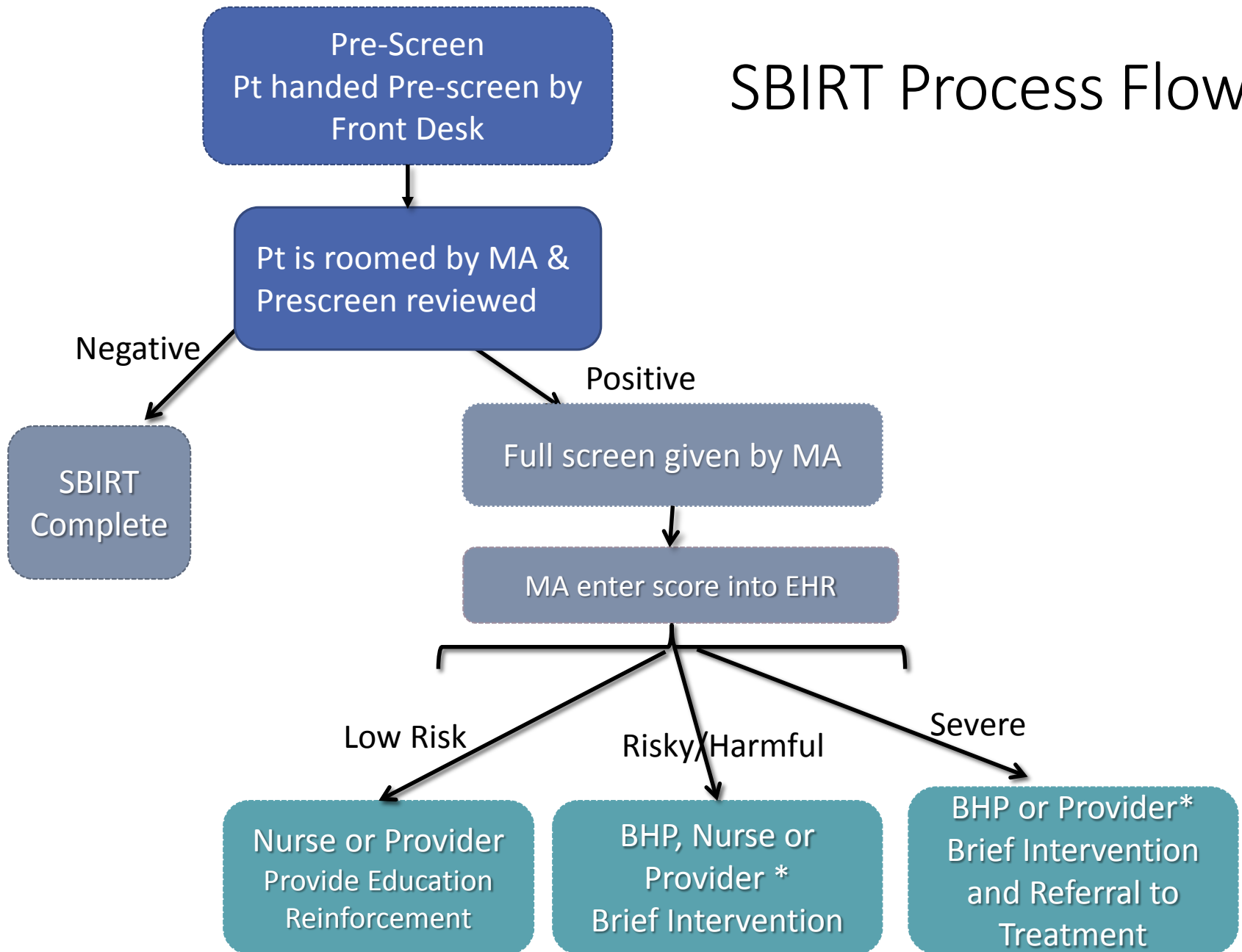


# Development

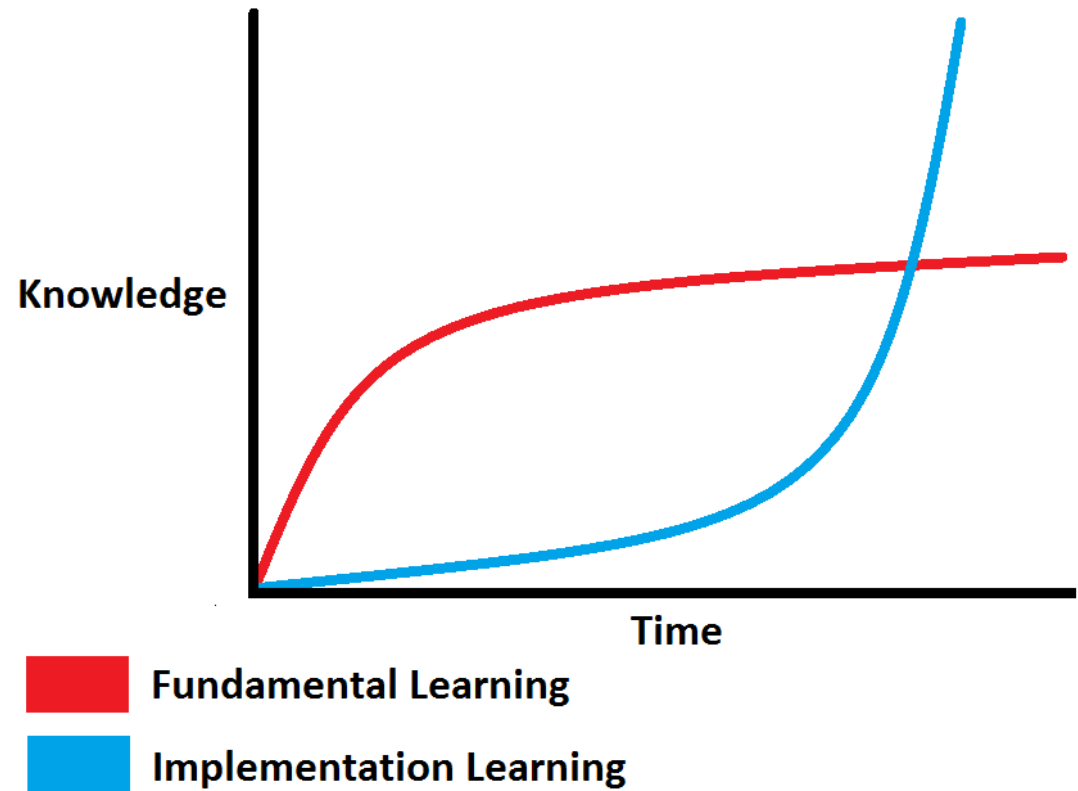
## SBIRT Resources

- Policies and Procedures
  - Process Flow
  - Training Expectations
  - Oversight and goal setting
- Electronic Health Record
- Outreach Materials

# SBIRT Process Flow



# Training Expectations





# EHR Modifications Do's and Don'ts

## Do:

- ✓ Include all levels of staff in design.
- ✓ Embed tool into existing process.
- ✓ Coordinate patient schedule system with patient medical record system.
- ✓ Use “smart” forms for scoring.
- ✓ Keep screening scores for longitudinal use.
- ✓ Include full screening tool in records.
- ✓ Track intervention completion.

# EHR Modifications Do's and Don'ts

## Don't:

- ✓ Make SBIRT a stand-alone feature
- ✓ Embed a tool that hasn't been reviewed.
- ✓ Bury the data in notes or text files.
- ✓ Use pop up reminders at every visit when SBIRT is only required annually.
- ✓ Examine only billing data to determine SBIRT utilization.



Depression, tobacco, drugs, alcohol, and risky behaviors affect your health. To provide you the best care possible, we need to ask about them. So we ask — everyone. The conversation can also start with you. We are here to help!

Dear friends, cuando consumen drogas y licor y comportamientos como fumar cigarrillos, se les aconseja consultar su salud. Para que podamos brindarles la mejor atención que nos sea posible, debemos preguntarle acerca de estos factores. Por lo tanto, nosotros les hacemos estas mismas preguntas a todos. Usted también puede iniciar la conversación. Estamos aquí para servirle.

# WE ASK EVERYONE.

Nosotros les hacemos estas mismas preguntas a todos.

indianasbirt.org



## We Ask Everyone!

LEARN MORE!  
GOO.GL/uV

When drinking, limit yourself to no more than...



### What is considered one drink?

One drink, or a standard drink, is the same as a beer, a shot of liquor, or a glass of wine if the amount poured is 12 ounces of beer, 1.5 ounces of liquor or 5 ounces of wine.

### Effects of Alcohol

- Head:** Headache, Memory loss, Hangovers, Slower reaction times
- Throat:** Cancer
- Lungs:** Increase in infections, Increased risk of pneumonia
- Hands:** Trembling hands, Tingling fingers, Numbness
- Reproductive system:** In men: Decrease in sexual performance; In women: Infertility, change of menstrual cycle in pregnant women, Risk of miscarriage, stillborn babies or premature delivery
- Feet:** Numbness, Tingling toes, Painful nerves
- Legs:** Impaired sensation leading to falls
- Stomach:** Bleeding, Burning, Severe swelling, Vomiting/Nausea, Diarrhea, Malnutrition, Chance of ulcers
- Liver:** Cirrhosis, Scarring
- Heart:** Weakness of heart muscle, Heart failure
- Feelings/Consequences:** Nervousness, Depression, Arguments with family and friends, Anxiety, Cravings for alcohol, Restlessness

### Men

- No more than 4 drinks on any day
- No more than 14 drinks per week

### Women

- No more than 3 drinks on any day
- No more than 7 drinks per week

### Some people should not drink at all:

- Women who are pregnant
- People who plan to drive or engage in activities that require alertness and skill
- People taking certain medications
- People with medical conditions
- Recovering alcoholics
- Anyone under the age of 21

Symptoms you may have because of alcohol use:

- Hangovers
- Slow reaction times
- Poor coordination
- Blurry or double vision
- Upset stomach
- Low blood pressure
- Anxiety/restlessness
- Memory loss
- Overdose, coma or death

- Your doctor or Behavioral Health Specialist can help you set up a plan.
- Change takes time.
- You will need support.
- You may have some withdrawal symptoms.
- Contact your doctor if you are having any medical concerns.

Where can I learn more?  
[www.drugabuse.org](http://www.drugabuse.org)  
[www.nida.nih.gov](http://www.nida.nih.gov)

2. \_\_\_\_\_

**Behavioral Health Specialist:** \_\_\_\_\_

**Phone number:** \_\_\_\_\_

## WE ASK EVERYONE.



## Alcohol



© 2012

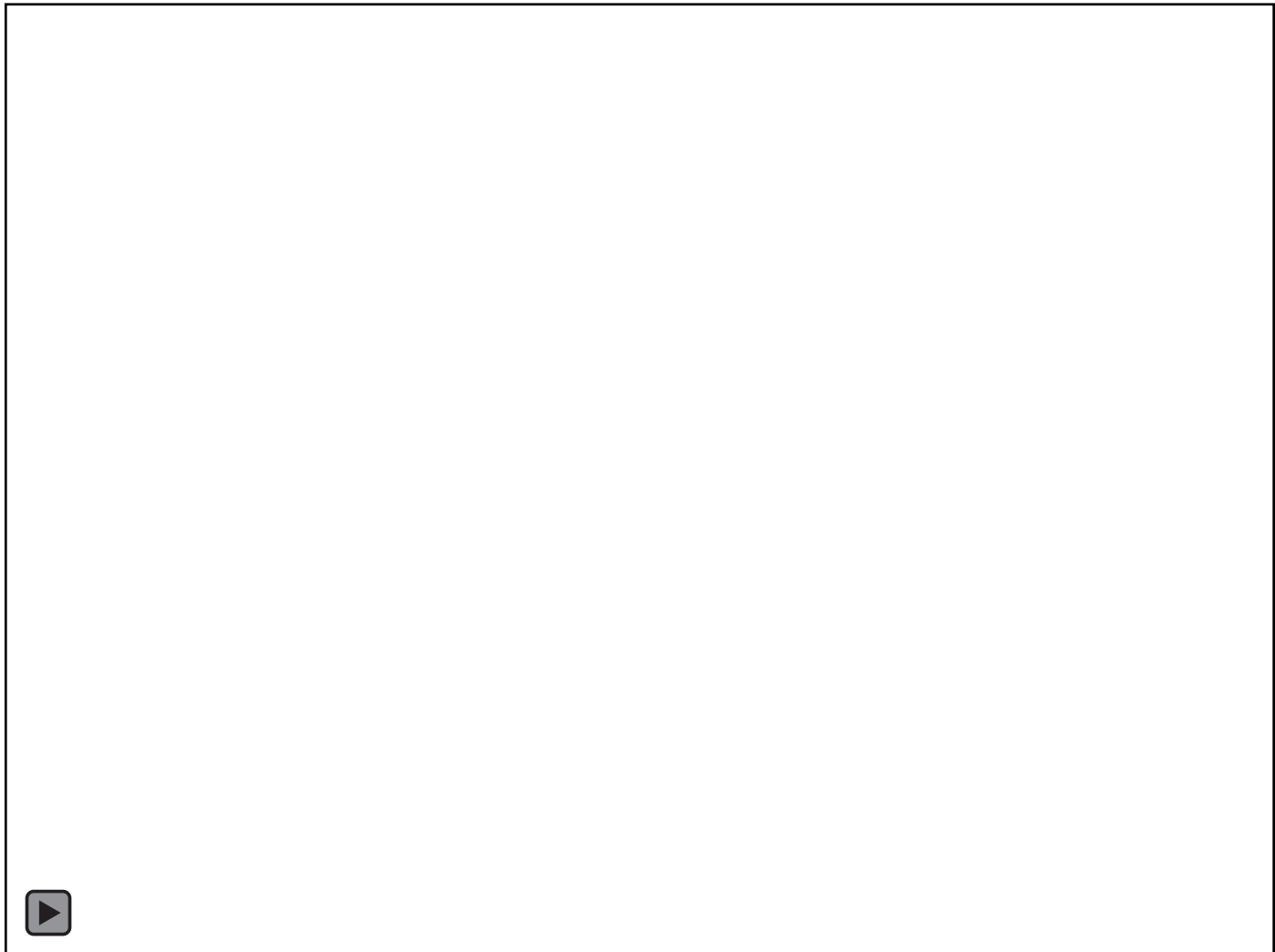


# Deliver

1. Normalize SBIRT
2. Train all staff
3. Go LIVE!
4. Monitor and adjust



# Normalizing SBIRT



# Present SBIRT in Phases:

**Administration**



**Clinical Management**

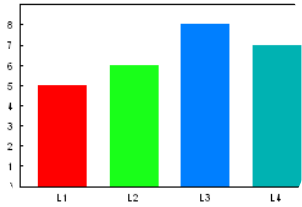


**Support Staff**



**Patients/Clients**





# Evaluate

Process	Outcome
Training	Patient health data
SBIRT Process Flow	Cost data
EHR Functionality	Reimbursement data
Intervention Fidelity	



# Poll Question #3:





# Unexpected Outcomes

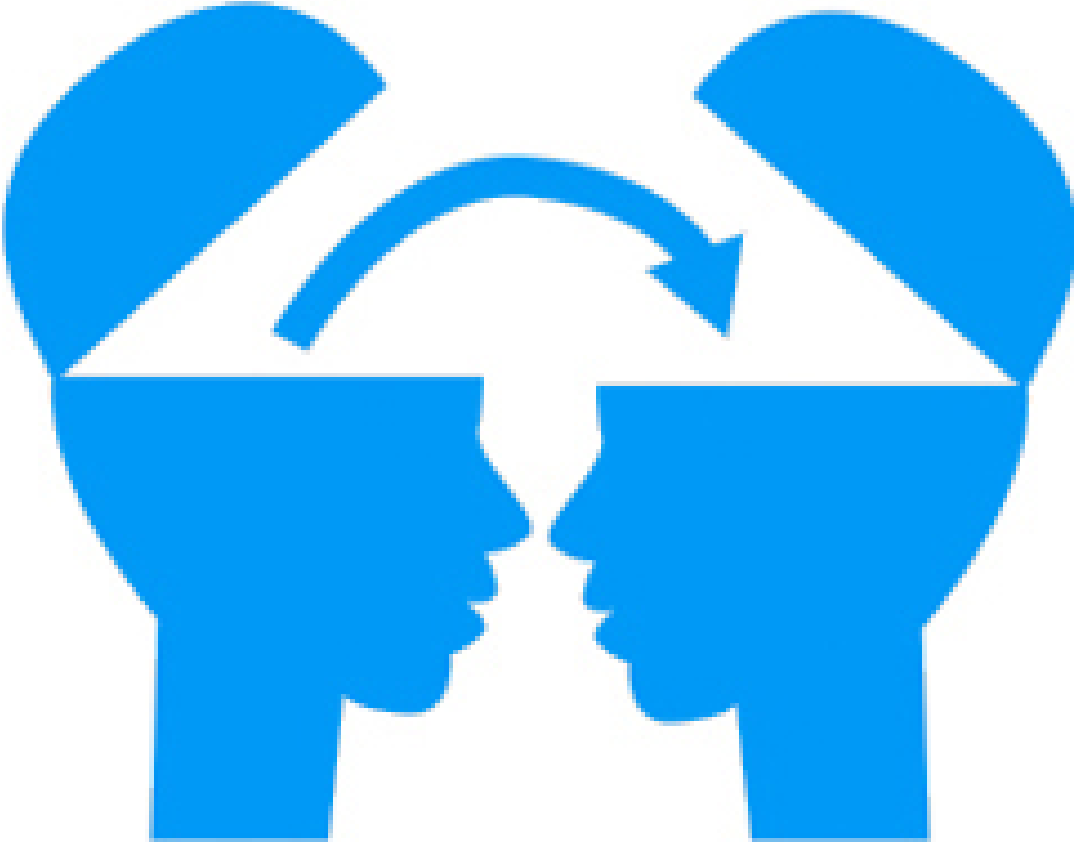


Image: <http://www.bsgtraining.co.uk/images/icons/skilltransfer-blue.jpg>



# Questions

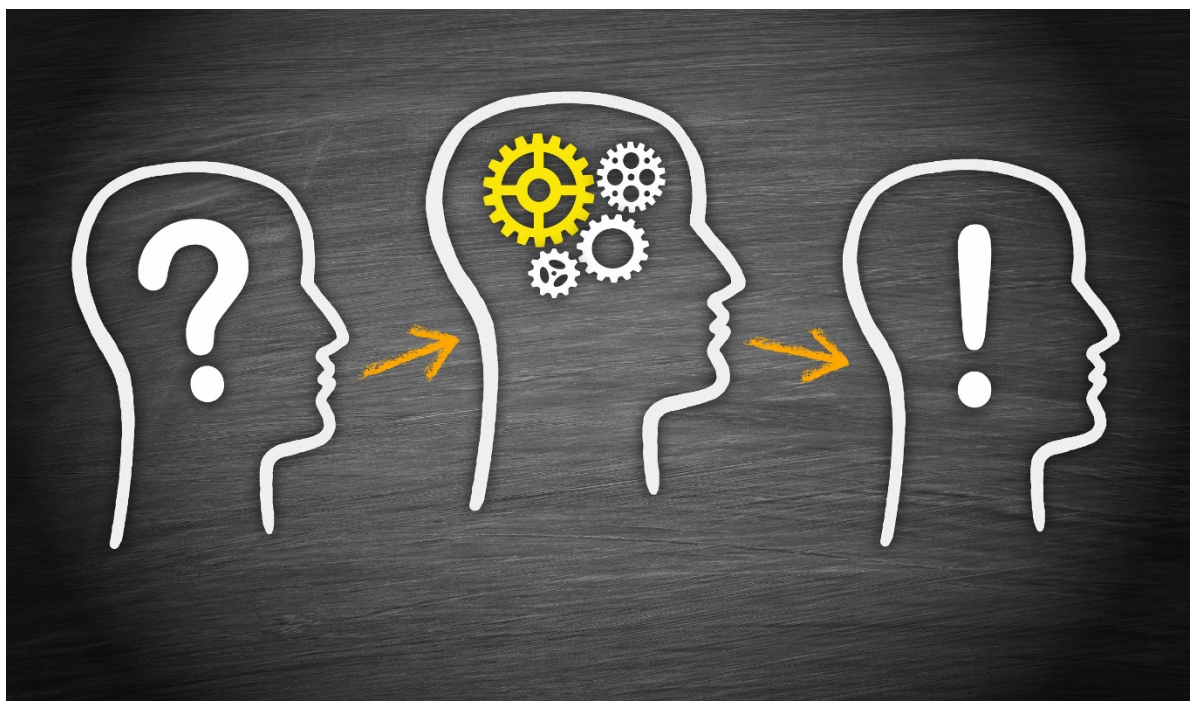


Image source: <https://innorobo.com/wp-content/uploads/2015/02/startup.jpg>



# Contact Information:

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Indiana SBIRT Website:

[www.IndianaSBIRT.org](http://www.IndianaSBIRT.org)

Indiana Prevention Resource Center Website:

[www.drugs.indiana.edu](http://www.drugs.indiana.edu)