



## SBIRT Knowledge and Skills

### Delivering SBIRT requires:

A core set of knowledge and skills to perform the tasks SBIRT. Development of these skills isn't an event, it's a process. Use this checklist to keep track of your progress towards proficient delivery of motivationally based SBIRT services.

	DATE	ITEM	NOTES
KNOWLEDGE		Rationale for SBIRT	
		Universal screening	
		Continuum of risk	
		Commonly used substance	
		Addiction and treatment	
		Specialty treatment: modalities and payment	
		Pharmacotherapies	
		Rationale for MI	
		MI basics: spirit, skills, strategies	
SBIRT SKILLS		Administer and score validated screening instruments	
		Use MI to elicit, recognize, and reinforce change talk and motivation for change	
		Provide MI-adherent feedback & recommendations	
		Guide development of action plan for change	
		Review progress, facilitate modifications	
		Identify and link patients to local resources	
		Respond to special circumstances	