



1. What is MASBIRT TTA?

MASBIRT TTA stands for the **MA**ssachusetts **S**creening, **B**rief **I**ntervention, **R**eferral to **T**reatment program – **T**raining and **T**echnical **A**ssistance. **MASBIRT TTA** is funded by the MA Department of Public Health, Bureau of Substance Abuse Services (BSAS).

We aim to establish SBIRT practice as a standard of care in healthcare settings throughout Massachusetts by providing implementation and sustainability guidance, along with skills training and coaching for all levels of clinical and administrative personnel.

3. Why is SBIRT important?

Unhealthy drug and alcohol use impacts the delivery of healthcare by:

- confounding diagnoses
- masking or exacerbating symptoms
- interfering with effective treatment of injury and illness.

SBIRT has been shown to stop the progression to addiction in many cases and improve health outcomes. A recent SBIRT study revealed that after six months 39% of patients decreased their alcohol consumption and 68% of patients decreased their drug use (Drug and Alcohol Dependence, 2009, 99: 280-295.). The U.S. Preventive Services Task Force (USPSTF) recommends screening and behavioral counseling interventions to reduce alcohol misuse by adults, including pregnant women, in primary care settings. The National Quality Forum (NQF) also recommends systematic drug use screening.

3. How will our practice have time to fit SBIRT in?

With once per year screening, most patients (between 75-85%) will be negative. Screening consists of 3-4 simple questions. Depending upon your SBIRT protocol, this could mean just an extra minute or two of staff time. A full screening (e.g., assessment for consequences and severity of use) and brief intervention (i.e., brief, motivational counseling) for positive patients (15-25%) may take between 5-15 minutes. Some practices have found a team approach which has different staff responsible for the different SBIRT components minimizes the time burden, while other sites have integrated evidence-based SBIRT practices into current screening protocols.

4. How do I get more information about MASBIRT TTA?

For further information, contact: **MASBIRT TTA: 617 414-3749** or

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