

Assessing the Landscape of Adolescent Screening, Brief Intervention, & Referral to Treatment (SBIRT) in Colorado: Implications for Workforce Development & Improving Practice

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 **NORC** at the University of Chicago

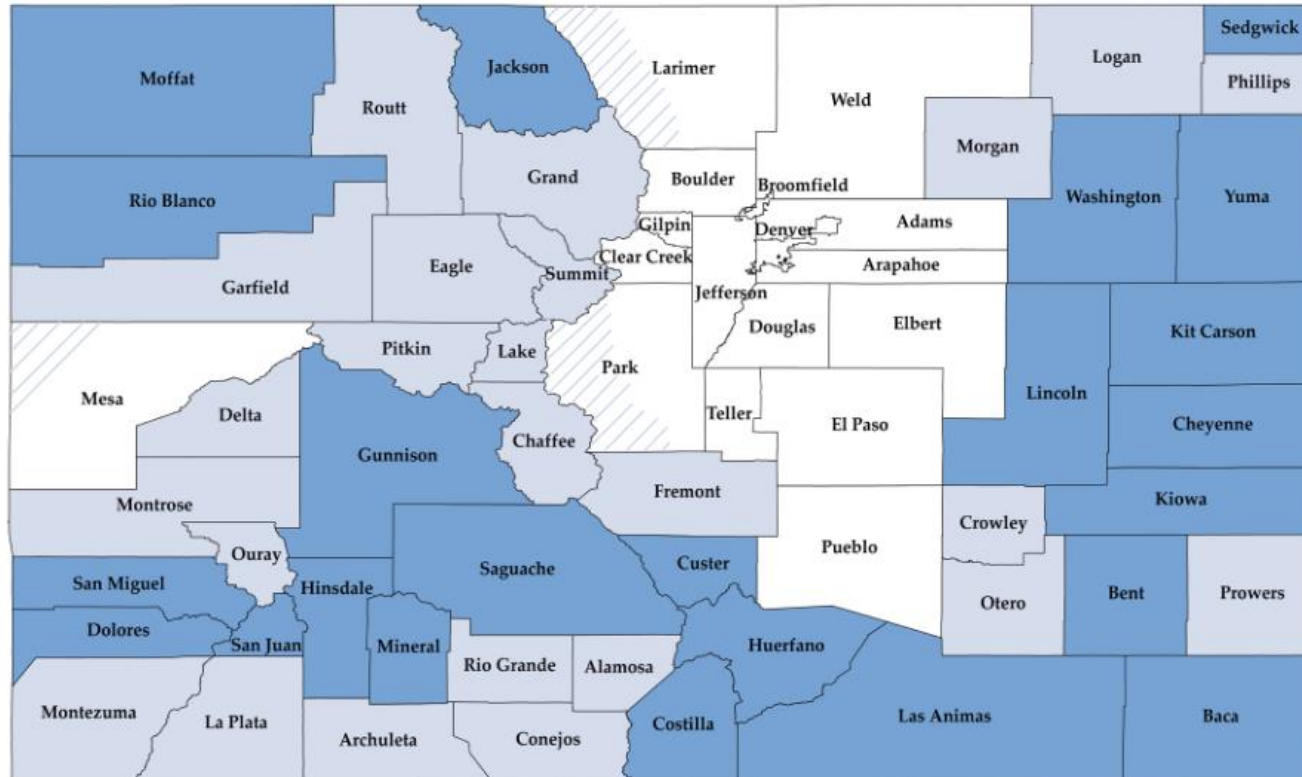
Acknowledgements



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Substance Use in Colorado

- Recreational cannabis legalized in 2012
- Higher rates of substance use in rural/frontier regions



77% of Colorado counties are considered rural or frontier (~12% of Colorado's population)

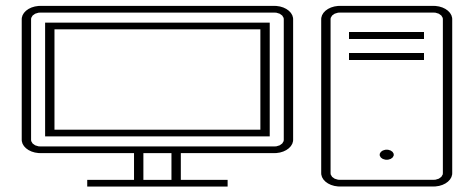


Landscape Assessment of Adolescent SBIRT in Colorado

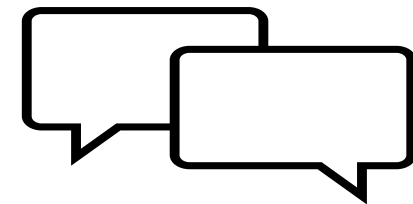
The purpose of this project was to...

1. Assess how Colorado **health professionals currently approach** youth alcohol and other substance use prevention in their practice settings, including the use of SBIRT.
2. Identify **opportunities to support SBIRT implementation with youth** by offering training, technical assistance, and tools to health professionals in Colorado.

Provider Survey



Key Informant Interviews



Provider Survey Methods

Sample: CO health professionals who serve youth 11-25 years old from multiple settings across diverse regions (N=260)

Recruitment: Targeted outreach and snowball sampling

Data Collection: Administered via SurveyMonkey; Participants responded as an individual

Analysis: Descriptive statistics and crosstabulations



Provider Survey Respondent Characteristics

Roles

- **33%** nurses
- **26%** behavioral health professionals
- **16%** physicians
- **12%** nurse practitioners
- **13%** other

Settings

- **38%** K-12 school
- **34%** primary or integrated care
- **14%** school-based health center
- **7%** hospital
- **8%** other

Patient Location

- **41%** urban
- **52%** suburban
- **38%** rural
- **4%** frontier

Key Informant Methods & Characteristics

Sample: Frontline providers and decision makers who serve youth 11-25 years old (N=11)

Recruitment: Response to the provider survey or direct outreach

Data Collection: 60–90-minute Zoom interviews

Analysis: Rapid thematic analysis



Past Training and Experience with SBIRT

- **66%** report **moderate to high knowledge** of SBIRT; yet 45% report a low level of expertise in SBIRT.

Knowledge



- **More than half** report **low to moderate confidence** in their ability to conduct SBIRT.

Confidence



- **52%** have not received or do not remember receiving SBIRT Training.

Past SBIRT Training



SBIRT Practice and Implementation

Only 16% of health professionals reported implementing all components of SBIRT

58% currently screen, and of those:

42%

provide brief intervention and/or motivational interviewing

15%

hand off to a medical/behavioral health professional and/or arrange a referral to treatment

18%

schedule and/or provide ongoing follow-up

SBIRT Challenges

- **Access to knowledge and information**
- Competing priorities
- Confidentiality and privacy
- Lack of parental support

Screening



- **Lack of training and confidence**
- Lack of leadership support
- Belief that youth will not be honest
- Lack of parental support
- Lack of time for BI

Brief Intervention



- **Limited knowledge of resources**
- Lack of youth behavioral health services
- Insurance
- Transportation
- Internet
- Lack of parental support
- Lack of time for referral


Referral to Treatment



SBIRT Facilitators

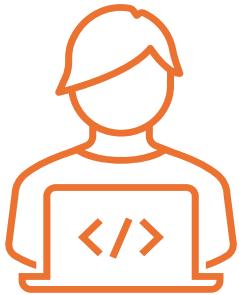
Training and Technical Assistance

- Relationship with an SBIRT practice facilitator
- Training on screening, motivational interviewing, billing/reimbursement, and SBIRT documentation
- Technical assistance on workflow integration

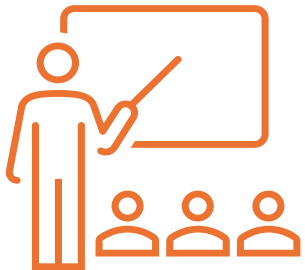


**Opportunities for SBIRT Training,
Technical Assistance and
Resources to Improve Practice**

SBIRT Training Opportunities



63% reported **online SBIRT training** options would be most helpful to support SBIRT with youth



42% reported **in-person SBIRT training** would be most helpful to support SBIRT with youth

SBIRT Training Opportunities (cont.)

Training Knowledge Areas:

- Substance use trends and impact on health
- Appropriate screening tools
- History/evidence of SBIRT
- Mental health & substance use diagnosis and treatment
- Cultural adaptation

Training Skills:

- Implementation
- Responding to screening
- Motivational interviewing
- Behavioral health skills (e.g., Safety Planning)
- Referring to treatment and resource navigation

SBIRT Technical Assistance Opportunities



34% reported **technical support on SBIRT implementation** would be helpful to support SBIRT with youth.

Types of Technical Assistance:

- Navigating higher up decisions
- Getting buy in
- EHR and workflow support
- Screening tools
- Involving parents
- Follow-up
- Care coordination
- Local resources

SBIRT Resources Opportunities

More than 50% reported the following would be helpful to support SBIRT with youth:

- **Youth-friendly resources** to address substance use
- **Resources for health professionals** on SBIRT and youth substance use
- **Resources for patients and families** on substance use
- Information on **youth substance use treatment services**

Examples:

Pocket cards

Quick summaries of SBIRT components

Online SBIRT modules

EHR SBIRT reminders

Online screening and mental health apps for youth

Referral resources

Key Takeaways

- Few health professionals in Colorado report conducting all the SBIRT practices
- Health professionals are experiencing several challenges, but also facilitators implementing SBIRT with youth
- Strong interest and opportunity in training, technical assistance, and resources to support SBIRT practice with youth
- *Despite the work being done we still have more to do!*

Access Colorado SBIRT Resources



<https://sbirtcolorado.org/>

SBIRT in Colorado, Peer Assistance Services, Inc:



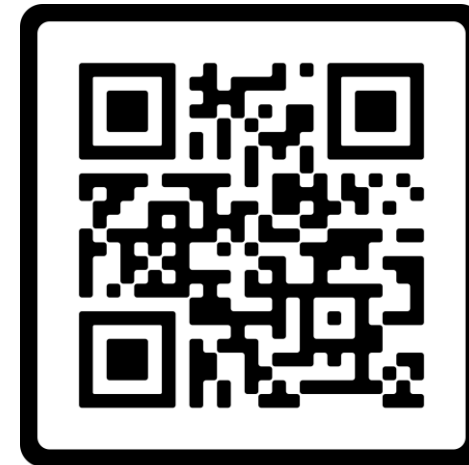
Access NORC SBIRT Education Resources



NORC SBIRT
Website:

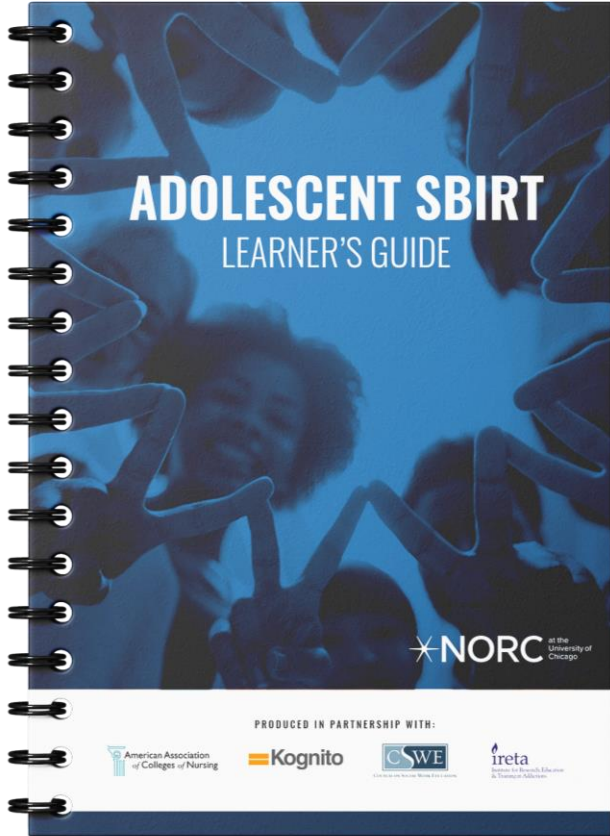


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<https://www.sbirteducation.com/>

Newly Released Adolescent SBIRT Curriculum



NORC's curriculum includes:

- 1. Adolescent SBIRT Learner's Guide:**
300+ page comprehensive manual
- 2. Adolescent SBIRT Trainer's Guide**
- 3. Adolescent SBIRT Trainer's Slide Deck**
- 4. 4-Part On Demand Webinar Series:**
"Using SBIRT to Talk to Adolescents About Substance Use" Webinar Series



<https://www.sbirteducation.com/adolescents/curriculum>

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Thank you!

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