SBIRT Services: Separating Fact from Fiction

TWO MOONS LLC
THOMAS (TOM) L. MOORE,
LMSW, LLP, CAADC, CCS
• Defining SBIRT
• SBIRT Models
• Defining SUD Services
• CMS Guidelines
• MDCH Guidelines
• Michigan Certification
2003 Initiative launched (CA, IL, PA, NM, TX, WA, Cook Inlet TC)

In first 7 years, over 500,000 patients screened

Selected service centers-ED, FQHC, Public Health Clinic, Tribal Clinic
TARGET POPULATION

- Alcohol dependent
- Referral to treatment (4%)
- Risky drinkers
- Brief Intervention (25%)
- Abstainers or low-risk drinkers
- Positive reinforcement (70%)

*Source: Substance Abuse and Mental Health Services Administration (SAMHSA)*

## Studies

- Fourteen ED research sites
- ED SBRIT in WA
- SBIRT Outcomes in Houston TX
- New Mexico SBIRT Initiative

<table>
<thead>
<tr>
<th>Study</th>
<th>Findings</th>
<th>Source</th>
</tr>
</thead>
<tbody>
<tr>
<td>National sites</td>
<td>3 month reduction in ETOH consumption</td>
<td>Academic ED SBIRT Research Collaborative, 2007</td>
</tr>
<tr>
<td>SBIRT WA</td>
<td>Less likely to access SUD TX</td>
<td>Krupski, et al., 2010</td>
</tr>
<tr>
<td>SBIRT WA</td>
<td>Incurred fewer Medicaid costs</td>
<td>Estee, et al., 2010</td>
</tr>
<tr>
<td>Houston TX</td>
<td>Significant decreases in drug use and heavy drinking</td>
<td>Insight Project Research Group, 2009</td>
</tr>
<tr>
<td>New Mexico</td>
<td>BR/RT sharper decreases in ETOH. Decreases in illicit drug use not significant between BI versus BR/RT</td>
<td>Gryczynski, et al., 2011</td>
</tr>
</tbody>
</table>
Overall Results

459,599 total patients screened
22.7% screened positive (either risky/problematic or abuse/addiction)

15.9% BI
3.2% BT
3.7% RT

Overall Results (Improvements in functional domains)

459,599 total patients screened

- 39% increase in routine preventative care for low risk BI group
- 14% increase for OP medical treatment for RT group

Overall Results (six month follow-up)

<table>
<thead>
<tr>
<th>Substance</th>
<th>All Groups</th>
<th>Low Risk BI</th>
<th>High Risk BI</th>
<th>BT</th>
<th>RT</th>
</tr>
</thead>
<tbody>
<tr>
<td>ETOH</td>
<td>Significant decrease (81%-69%)</td>
<td>No change</td>
<td>Significant decrease (84%-72%)</td>
<td>Significant decrease (91%-69%)</td>
<td>Significant decrease (91%-69%)</td>
</tr>
<tr>
<td>Cannabis</td>
<td>Significant decrease (40%-33%)</td>
<td>No change</td>
<td>Small decrease</td>
<td>Significant decrease (53%-40%)</td>
<td>Significant decrease (47.5%-21%)</td>
</tr>
<tr>
<td>Cocaine</td>
<td>No significant change</td>
<td>No significant change</td>
<td>No significant change</td>
<td>Significant decrease (24%-13%)</td>
<td>Significant decrease (47%-20%)</td>
</tr>
</tbody>
</table>

459,599 total patients screened
Any use in past 90 days

Components

**Screening**
- Use of standardized tools
- Assess risky substance use
- Occurs in healthcare setting

**Referral to Treatment**
- If patient screens in need of additional services, referral provided to brief therapy or additional tx

**Brief Intervention**
- Short conversation between patient and healthcare professional
- Discuss risky substance use
  - Feedback and recommendations
SBIRT OPTIONS

SBIRT Initial focus
- Number of drinks daily/weekly
- Use of non-prescription substances

SBIRT Expanded Focus
- Tobacco
- Depression
- Anxiety
- Domestic violence
- Trauma
Brief Screen → Positive Brief Screen → Full Screen → Negative Full Screen or low risk use

- Brief Intervention (risky use)  
- Brief Treatment (harmful use)  
- Referral to Treatment (Dependent)

SBIRT FINAL PROGRESS REPORT, 2012
Screening Service Instruments

- Alcohol, Smoking, and Substance Involvement Screening Test (ASSIST)
- Alcohol Use Disorders Identification Test (AUDIT)
- AUDIT-C
- CAGE (Cut down, Annoyed, Guilty, Eye-opener)
- CRAFFT (Car, Relax, Alone, Forget, Family or Friends, Trouble)
- Drug Abuse Screening Test (DAST)
- DAST-A
- Fagerstrom Test for Nicotine Dependence
- Michigan Alcohol Screening Test (MAST)
- NIDA Drug Use Screening Tool
- Problem-Oriented Screening Instrument for Teenagers (POSIT)
- TWEAK (Tolerance, Worried, Eye-openers, Amnesia, [K] Cut down)
SPECIFICALLY FOR FQHCs

Overall service delivery (2009)
FQHCs Providing BH Services

2009 UDS Data

- 71% Provide MH services
- 20% Provide SA Services
- 20% Provide MH + SA Services
Trend in FQHC Services (Michigan)

HRSA 2013 UDS Data

SUD Services Decreased 25.7%
The Dividing Line

Provision of screening
Review of screen
Discussion of options

Assessment
Patient engagement
Change strategies
Solution-focused
Cognitive Behavioral
Motivational Enhancement
<table>
<thead>
<tr>
<th>HCPCS Codes for SUD Service</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>H0001</td>
<td>Alcohol and/or Drug Assessment</td>
</tr>
<tr>
<td>H0002</td>
<td>Behavioral Health (Alcohol/Drug) Screening for Admission into treatment program</td>
</tr>
<tr>
<td>H0004</td>
<td>Behavioral Health Counseling and Therapy, per 15 minutes (with a substance use diagnosis)</td>
</tr>
<tr>
<td>H0005</td>
<td>Alcohol and/or Drug Services, Group Counseling by a Clinician</td>
</tr>
</tbody>
</table>
Approved BH Care Providers

MSA 13-13 (Issued May 1 2013)

- Physician, extenders (NP, PA)
- Licensed Psychologist, Licensed Professional Counselors
  *supervision requirement
- Licensed Bachelor or Master Social Workers
  *supervision requirement
<table>
<thead>
<tr>
<th>MCBAP (MI)</th>
<th>IR &amp; RC (International)</th>
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</thead>
<tbody>
<tr>
<td>Certified Alcohol and Drug Counselor (CADC-M)</td>
<td>Certified Alcohol and Drug Counselor</td>
</tr>
<tr>
<td>Certified Advanced Alcohol and Drug Counselor</td>
<td>Certified Advanced Alcohol and Drug Counselor</td>
</tr>
<tr>
<td>Certified Co-Occurring Disorders Professional</td>
<td>Certified Co-Occurring Disorders Professional</td>
</tr>
<tr>
<td>Certified Co-Occurring Disorders Professional Diplomat</td>
<td>Certified Co-Occurring Disorders Professional Diplomat</td>
</tr>
<tr>
<td>Certified Criminal Justice Professional</td>
<td>Certified Criminal Justice Professional</td>
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</table>
# Michigan Department of Community Health

## SUD Providers by Job Classification

<table>
<thead>
<tr>
<th>JOB CLASSIFICATION</th>
<th>DUTIES</th>
<th>SUPERVISION</th>
</tr>
</thead>
<tbody>
<tr>
<td>TREATMENT SPECIALISTS</td>
<td>Direct clinical services</td>
<td>Certified Clinical Supervisor (CCS) or approved alternative credential (APA, or UMICAD)</td>
</tr>
<tr>
<td>TREATMENT PRACTITIONERS</td>
<td>Education and support, or new to field</td>
<td>Certified Clinical Supervisor (CCS) or approved alternative credential (APA or UMICAD)</td>
</tr>
<tr>
<td>MEDICAL STAFF</td>
<td>Medical Services</td>
<td>ASAM Certification</td>
</tr>
</tbody>
</table>

Michigan Department of Community Health
October 1, 2008.
## Colorado SBIRT (example of payment structure)

<table>
<thead>
<tr>
<th>PAYER</th>
<th>CODE</th>
<th>Description</th>
<th>Fee Schedule</th>
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</thead>
<tbody>
<tr>
<td>Commercial Insurance</td>
<td>99408</td>
<td>Alcohol and/or substance abuse structured SBI services (15-30)</td>
<td>$33.41</td>
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<tr>
<td></td>
<td>99409</td>
<td>Alcohol and/or substance abuse structured SBI services (&lt;30)</td>
<td>$65.51</td>
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<tr>
<td>Medicare</td>
<td>G0396</td>
<td>Alcohol and/or substance abuse structured SBI services (15-30)</td>
<td>$29.42</td>
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<tr>
<td></td>
<td>G0397</td>
<td>Alcohol and/or substance abuse structured SBI services (&lt;30)</td>
<td>$57.69</td>
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<tr>
<td>Medicaid</td>
<td>H0049</td>
<td>Alcohol and/or drug screening</td>
<td>$24.00</td>
</tr>
<tr>
<td></td>
<td>H0050</td>
<td>Alcohol and/or drug service, brief intervention-per 15 minutes</td>
<td>$48.00</td>
</tr>
<tr>
<td>SBIRT Category</td>
<td>HCPCS Code</td>
<td>Reporting Code</td>
<td>Coverage</td>
</tr>
<tr>
<td>---------------</td>
<td>-------------</td>
<td>---------------------------------</td>
<td>---------------</td>
</tr>
<tr>
<td>BI</td>
<td>H0022</td>
<td>Early Intervention</td>
<td>State plan</td>
</tr>
<tr>
<td>BT</td>
<td>H004</td>
<td>BH Counseling and therapy (15 minutes)</td>
<td>State plan</td>
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<tr>
<td>BT/RT</td>
<td>H005</td>
<td>Alcohol and drug services-group</td>
<td>State plan</td>
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<tr>
<td>BT/RT</td>
<td>H2035</td>
<td>OP AOD treatment</td>
<td>State plan</td>
</tr>
<tr>
<td>BT/RT</td>
<td>T1007</td>
<td>Treatment Planning</td>
<td>State plan</td>
</tr>
<tr>
<td>RT</td>
<td>H0018</td>
<td>Short Term Residential</td>
<td>Additional “b3” services</td>
</tr>
</tbody>
</table>

MICHIGAN PIHP/CMHSP PROVIDER QUALIFICATIONS PER MEDICAID SERVICES & HCPCS/CPT CODES
**Certification - Initiation**

- **File Development plan**
- **Time limits**
  
  Within 30 days of employment
  
  FTE=36 months to complete
  
  No renewal

- **Details**
  
  Includes all agencies or organizations where employed
  
  Counselor Code of Ethics
  
  $50.00 application fee
Certification - Obtaining

During Development Plan:
- 2,000 hours of providing SUD services
- 90 hours CEUs (either general or specific)

Supervision:
- 300 hours (100 per year)
  - 12 Core Functions and Domains
  - Supervisor and organization liable

IC & RC Exam:
- Written or computer-based
- If fail, 60 day delay for re-take
- Preregistration required
**Time period**
- Maximum-24 months
- 12 month option also available

**Continuing Education**
- 20 hours per year
- 50% SUD specific

**Details**
- First two (2) renewals, provide proof of CEUs
- Random audits after two (2) renewals
- Fees ($85 for one year, or $135 for 24 months)

**Certification-Renewal**
Additional Certification Information

HTTP://WWW.MCBAP.COM/  OR CALL (517) 347-0891
Addiction Technology Transfer Center. SBIRT A Resource Toolkit for Behavioral Health Providers to Begin the Conversation with Federally-Qualified Health Centers. [http://ireta.org/toolkitforsbirt](http://ireta.org/toolkitforsbirt)


WIPHL Final Progress Report to the Substance Abuse and Mental Health Services Administration. SBIRT Grant TI-18309. August 2012.