Screening, Brief Intervention, and Referral to Treatment (SBIRT) for Substance Use Disorders in Title X Facilities: Assessing Barriers, Change of Provider Behavior, and Patient Outcomes

Christian Iversen, MS, Thomas Jefferson University-Sidney Kimmel Medical College
Holly Ireland, LCSW-C, The Danya Institute, Inc.
Dickie Lynn Groseth, MPH, U.S. Department of Health and Human Services (Region III)

Introduction & Objectives

Title X is a federal program that provides family planning and preventive services for women (88%) and men (12%), including contraception and screening for sexually transmitted diseases and cancer. Critically, these facilities provide services to individuals who may not receive care elsewhere. In 2017:
- 65% of patients were under 30 years old
- 67% had incomes below the federal poverty limit (FPL)
- 90% (3.6 million) qualified for subsidized or free services

With rising rates of substance use and addiction, Title X facilities have an opportunity to assist patients at risk of addiction who may not have routine access to healthcare.

Screening, brief intervention, and referral to treatment (SBIRT) has been shown to reduce usage of cigarettes, alcohol, and illicit drugs. Similar to emergency departments utilizing SBIRT to identify and refer patients for substance use disorders, SBIRT could be used in Title X facilities to identify at-risk or addicted patients and provide them necessary treatment. That said, supportive administrators, dedicated staff to assist implementation, and several trained practitioners are key components of successful implementation of SBIRT.

This project was constructed to examine the effect that tailored education and support have on the change in practice of physicians and staff, specifically considering their use of SBIRT and motivational interviewing (MI) to screen and assist patients with substance misuse disorders within Title X facilities.

Results

35 providers were eligible to take the SBIRT Quiz and the Drug and Drug Perception Questionnaire (DDPQQ), and 3 completed them by submission.

- **SBIRT Quiz** (n = 3):
  - 3 of 3 rated the quiz as ‘Very Relevant’ to their training and thought it was ‘Appropriately Difficult’
  - Scores ranged from 7–9 out of 10 (mean 8 ± 1)

- **Drug and Drug Problem Perception Questionnaire** (n = 3, Table 2):
  - 3 of 3 believed the training program provided them better skills to identify and address patients at risk or currently with a substance use disorder

<table>
<thead>
<tr>
<th>Domain</th>
<th>Possible Scores</th>
<th>Person A</th>
<th>Person B</th>
<th>Person C</th>
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<td>Role Adequacy</td>
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<td>Motivation</td>
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<td>Role Legitimacy</td>
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<td>Task Specific</td>
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<td>Self-Esteem</td>
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<td>16</td>
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<tr>
<td>Work Satisfaction</td>
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<tr>
<td>Total</td>
<td>80</td>
<td>72</td>
<td>64</td>
<td>64</td>
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</tbody>
</table>

Note: Low scores associated with positive attitudes

**Table 2:** Drug and Drug Problems Perception Questionnaire results

Conclusions

**Assessment Development:**
- The SBIRT Quiz was perceived as appropriate by providers, and scores demonstrated the quiz to be sufficiently challenging.
- The Drug and Drug Problem Perception Questionnaire (DDPQQ) was perceived as appropriate by providers.

**Training Program Efficacy:**
- Providers believed the SBIRT training program provided them with skills to better identify and address patients at risk or currently having a substance use disorder.
- We were unable to quantify the change in knowledge (SBIRT Quiz) or attitudes (DDPQQ) because we were unable to conduct pre-testing. Furthermore, the number of results for the DDPQQ were insufficient to compare with existing data in the literature.
- We are waiting for EMR data to quantify the change in provider behavior and patient outcomes.

Future Steps

**Cohort 1:**
- We aim to further quantify the change in practice (patients screened, treated, or referred) and outcomes (successfully treated or referred) using EMR records. This work will require much more feedback and cooperation from facilities.

**Cohort 2:**
- We aim to improve DDPQQ and SBIRT Quiz response rates by addressing the importance during cohort recruitment, as well as administering paper surveys before and after training (when possible).
- We will conduct pre- and post-testing using the DDPQQ and SBIRT Quiz to quantify the efficacy of the SBIRT training program.

Cumulatively:
- We aim to aggregate learner satisfaction information and learner outcome data to report the overall success of the training program.

Acknowledgments

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- SAMHSA Grant #T080201-01 to Danya Institute, Inc.
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References


Figure 1: Development and implementation plan for evaluation tools, specifically focused on Learner Outcomes