

Live Healthy Miami Gardens: SBIRT

Project Title: Building Capacity for SBIRT Implementation in Miami Gardens

- **Purpose:** To Build capacity at a minimum of 5 Miami Gardens based community agencies to implement SBIRT (Screening, Brief Intervention, and Referral to Treatment) in a manner that is sustainable, feasible, and that ultimately leads to the improved health and wellness of the Miami Gardens community.
- To implement SBIRT- **S**creening, **B**rief **I**ntervention, and **R**eferral to **T**reatment
- **Overview of SBIRT:**
 - Substance abuse leads to significant medical, social, legal, financial consequences
 - Substance use (Excessive drinking, illicit drug use, and prescription drug misuse) is *often undiagnosed* by medical professionals

Goal of SBIRT:

- **Identify** and **Intervene** early with those who are at moderate or high risk for psychosocial or health problems related to their substance use
- SBIRT model was developed as a way to engage people who are not seeking help for alcohol or drug related problems, but who have behaviors or symptoms that might indicate future problems if use in the manner described continues over time.

SBIRT Process

- Intervention based on Motivational Interviewing (MI)
 - 3 components:
 - Screening
 - Brief Intervention
 - Referral to Treatment
- The brief intervention itself is inherently valuable, and positive screens may not require referral to specialty treatment
 - Research shows that “brief interventions are feasible and highly effective components of an overall public health approach to reducing alcohol misuse”
 - (*Whitlock et al., 2004, for U.S. Preventive Services Task Force*)

Implementation Plan:

- Each site is unique in its organizational leadership, current staff make-up, workflow, client population, and activities offered to clients and the implementation plan should fit the sites needs and profile.
 - Our team works with the agency to make things work

Grant information (2-year grant)

- First year: Setting protocols in place and starting implementation and pilots
- Second year: Booster trainings and modifying implementation plan based on what’s working and what isn’t working.