



An Anthem Company

Screening, Brief Intervention, and Referral to Treatment (SBIRT)

Opportunities for assessment



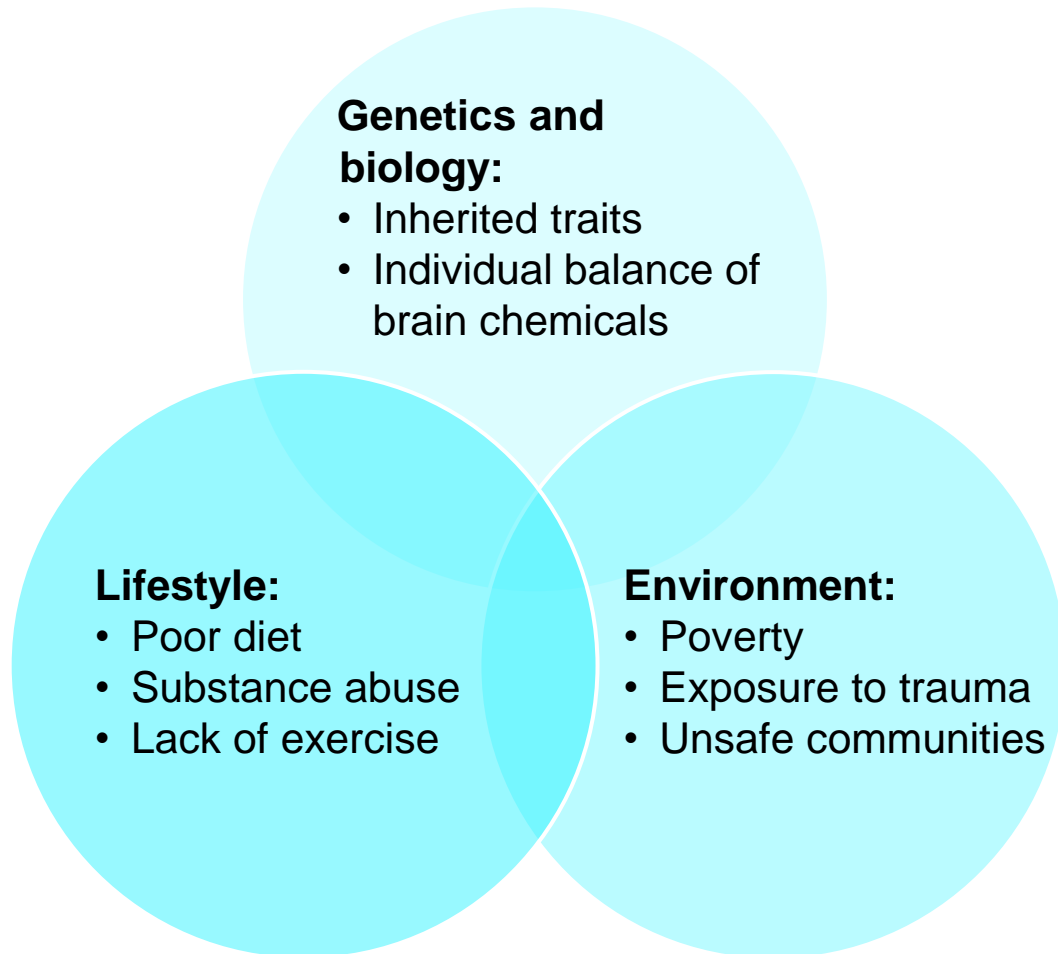
Agenda

- Snapshot of mental health
- Behavioral health and primary care
- SBIRT
- Coding
- What we can do — next steps
- Resources

Mental health in America

- According to Substance abuse and mental health services (SAMHSA):
 - Among adults aged 18 or older in 2020, 21% percent (or 52.9 million people) had any mental illness (AMI) and 5.6% (or 14.2 million people) had serious mental illness (SMI) in the past year.
 - 40.3 million people aged 12 or older (or 14.5 percent) had a substance use disorder (SUD) in the past year, including 28.3 million who had alcohol use disorder, 18.4 million who had an illicit drug use disorder, and 6.5 million people who had both alcohol use disorder and an illicit drug use disorder.
 - Among adults aged 18 or older in 2020, 29.3% (or 73.8 million people) had either AMI or an SUD in the past year, 14.2% (or 35.9 million people) had AMI but not an SUD, 8.3% (or 20.9 million people) had an SUD but not AMI, and 6.7% (or 17.0 million people) had both AMI and an SUD.

Risk factors



Opportunities for screening

SBIRT



Behavioral health and primary care

- In the World Health Organization study *Psychological Problems in General Health Care*, researchers found that patients suffering from depression more often presented to their primary care physicians with physical complaints than with psychological ones.
- Primary care visits present a great opportunity to capture folks living with an untreated mental health/substance use disorder:
 - Primary care visits provide opportunities to screen for behavioral health issues even when the member doesn't discuss mental health.

Behavioral health and primary care (cont.)

- According to recent research, general practitioners recognize mood disorders at chance levels, and between 50% and 70% of depressive episodes go undetected by physicians.
- This is due to lengthy assessments, high patient loads, and the focus on physical symptoms.

SBIRT

- A process defined by the U.S. Substance Abuse and Mental Health Services Administration (SAMHSA) as:
“A comprehensive, integrated, public health approach to the delivery of early intervention and treatment services for persons with substance use disorders, as well as those who are at risk of developing these disorders.”
- An evidence-based intervention.
 - According to *Drug and Alcohol Dependence*, SBIRT has been shown to decrease harmful alcohol use by 39% and illicit drug use rates by 68%.
 - SBIRT can also decrease costly inpatient admissions and emergency room (ER) visits.

Means of intervention

When we say:	We mean:
Screening	<ul style="list-style-type: none">◦ Provide a short, structured consultation to identify the right amount of treatment.◦ Use common screening tools such as AUDIT, CAGE and ASSIST.
Brief intervention	<ul style="list-style-type: none">◦ Educate patients and increase motivation to reduce risky behavior.◦ Brief education intervention increases motivation to reduce risky behavior.◦ Typically 5 to 10 minutes.
Brief treatment	<ul style="list-style-type: none">◦ Fulfill goals of:<ul style="list-style-type: none">– Changing the immediate behavior or thoughts about a risky behavior.– Addressing longstanding problems with harmful drinking and drug misuse.– Helping patients with higher levels of disorder obtain more long-term care.◦ Typically 5 to 12 minutes.
Referral to treatment	<ul style="list-style-type: none">◦ If a patient meets the diagnostic criteria for substance dependence or other mental illnesses as defined by the <i>Diagnostic and Statistical Manual of Mental Disorders, Fifth Edition</i>, we recommend you refer him or her to a specialty provider.

Screening tools

Screening tool	Age range or population	Overview
Alcohol Use Disorder Identification Test (AUDIT)	All patients	Developed by the WHO. Appropriate for all ages, genders, and cultures.
Alcohol, Smoking, and Substance Abuse Involvement Screen Test (AS-SIST)	Adults	Developed by the WHO. Simple screener for hazardous use of substances (including alcohol, tobacco, other drugs).
Drug Abuse Screening Test (DAST-10)	Adults	Screener for drug involvement, does not include alcohol, during last 12 months.
Car, Relax, Alone, Forget, Family or Friends, Trouble (CRAFFT)	Adolescents	Alcohol and drug screening tool for patients < 21. Recommended by American Academy of Pediatrics.
Screening to Brief Intervention (S2BI)	Adolescents	Assesses frequency of alcohol and substance use, for patients ages 12 to 17.
NIAAA Alcohol Screening for Youth	Adolescents and children	Two-item scale to assess alcohol use (self and friends/family), for patients ages 9 to 18.
Tolerance, Annoyance, Cut down, Eye opener (T-ACE)	Pregnant women	Four-item scale to assess alcohol use in pregnant women. Recommended for OB/GYNs.
Tolerance, Worried, Eye opener, Amnesia, K/cut down (TWEAK)	Pregnant women	Five-item scale to screen for risky drinking during pregnancy.

Types of intervention

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- Community support programs: National Alliance on Mental Illness, Alcoholics Anonymous, Al-Anon, and Narcotics Anonymous.
 - Outpatient therapy: individual, family, or group counseling
 - Psychiatric medication
 - Care coordination or case management
 - Day treatment programs
 - Residential treatment programs
 - Hospitalization

What we can do — next steps

- **Close the gaps** between those needing behavioral health services and those receiving it.
- **Integrate care** between physical health, mental health, and substance use.
 - Ask
 - Assess
 - Educate
 - Refer
 - Treat
- **Coordinate** with in-network behavioral health providers.

Codes for reimbursement

Medicaid code	Descriptions
H0049	Alcohol and/or drug screening (SBIRT)
H0050	Alcohol and/or drug screening, brief intervention per 15 minutes (SBIRT)
96150	Health and behavior assessment (for example, health-oriented questionnaires), each 15 minutes face-to-face with the patient, initial assessment
96151	Health and behavior assessment, each 15 minutes face-to-face with the patient, re-assessment
99420	Health risk assessment
G0444	Annual depression screening, 15 minutes

Resources

- [SBIRT Screening Tools](#)
- New York State Office of Mental Health: omh.ny.gov
- Office and Addiction Services and Supports (OASAS)
<https://oasas.ny.gov/>
- <https://oasas.ny.gov/providers/sbirt>
- [Empire BlueCross BlueShield HealthPlus Provider Website](#)
- NY State Chemical Dependency Hotline:
 - For help and hope 24/7, call **877-8-HOPENY (467369)** or text **HOPENY (467369)** (Toll-free and confidential).
- [SBIRT Brochure](#)
- National Alliance on Mental Illness (NAMI): nami.org, **800-950-NAMI**

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