

Louisiana Chapter

American Academy of Pediatrics

DEDICATED TO THE HEALTH OF ALL CHILDREN®



Welcome to:
Project ECHO- Screening, Brief
Intervention, and Referral to
Treatment (SBIRT) for Substance
Use in Adolescents

Please mute yourself unless you are speaking.
Participants are encouraged to share their video.
Use the chat feature to ask questions or share ideas/ resources

Funding

The Practice Improvement to Address Adolescent Substance Use (PIAASU-2) project is funded by generous support from the Conrad N. Hilton Foundation. Its contents are solely the responsibility of the project faculty and staff and do not necessarily represent the official views of the American Academy of Pediatrics or the Conrad N. Hilton Foundation.

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Recording:

This session will be recorded for educational and quality improvement purposes. Slides from today's call, along with a video recording of the lecture, will be shared following this call. However, a recording of the case discussion will not be shared; this is to ensure confidentiality and provide a safe space to discuss concerns and questions.

Please participate!

Please make sure your microphone is muted during the session. You will have the ability to mute/unmute yourself to participate in today's call. If you do have any IT difficulty during today's call, please chat to Taryn Daigle and she will do her best to assist you.

If you have video capability, please enable it! It makes for a more interactive and engaging session if we can all see each other.

Finally, please enter your name and where you're from in the chat box so that we can get to know each other, and so that we may count your attendance.

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CME/ MOC 2:

Accreditation Statement:

The Louisiana AAP is accredited by the Louisiana State Medical Society (LSMS) to provide continuing medical education for physicians. The Louisiana AAP designates this live internet activity for a maximum of 7.0 *AMA PRA Category 1 Credit™*. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

MOC 2 Statement:

Successful completion of this CME activity, which includes participation in the activity and individual assessment of and feedback to the learner, enables the learner to earn up to 7 MOC points in the American Board of Pediatrics' (ABP) Maintenance of Certification (MOC) program. It is the CME activity provider's responsibility to submit learner completion information to ACCME for the purpose of granting ABP MOC credit.

In order to receive MOC 2 points you must attend all seven sessions and complete the MOC Attestation Form upon completion of the program.

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Disclosures:

Louisiana AAP planning committee member, Joseph Bocchini, Jr., MD, has disclosed that he has received research grant funds from GlaxoSmithKline, Novavax, Pfizer, Inc. and Regeneron and sits on the Advisory Board for Moderna, Pfizer, and Valneva. All remaining faculty, Louisiana AAP Education Committee members and staff have no relevant financial relationships to disclose with ineligible companies whose primary business is producing, marketing, selling, re-selling, or distributing healthcare products used by or on patients. All relevant financial relationships have been mitigated.

In accordance with LA AAP policy, all committee, planning, and faculty members have signed a conflict-of-interest statement in which they have disclosed any financial relationships within the past 24 months with ineligible companies whose primary business is producing, marketing, selling, re-selling, or distributing healthcare products used by or on patients. Such disclosure allows the participant of the activity to better evaluate the objectivity of the information presented.

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Session 5: SBIRT: Brief Intervention

June 9, 2022 | Noon

Presented by Carolyn Swenson, MSPH, MSN, RN and Maggie Moorland

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Louisiana AAP: Adolescent SBIRT ECHO Series

Carolyn Swenson, MSPH, MSN, RN - Consultant: Peer Assistance Services
Maggie Moorland, BA, CPS II -- Peer Assistance Services

Session 5: June 9, 2022

SBIRT: Brief Intervention

Objectives

1. Define a Brief Intervention (BI) and the goals of a BI.
2. Identify the key steps of a BI.
3. Explore how a BI can be used to prevent, reduce, or stop risky behaviors.

SBIRT

Screening: Use validated questions to identify any alcohol or drug use.

Brief Intervention: One or more short conversations to enhance motivation to delay or reduce alcohol or drug use.

Referral to Treatment: Further evaluation and services to address escalating alcohol or drug use and co-occurring needs.

Brief Intervention: Key Points

- ▶ A conversation to explore substance use, provide feedback and increase motivation to change.
- ▶ Use motivational interviewing.
- ▶ Short = 5-10 minutes (usually)
- ▶ Think of **guiding** the adolescent in the direction of change.
- ▶ More than one brief intervention is more likely to result in change.
- ▶ Even when the adolescent does not decide to change substance use, the conversation can 'open the door' to future change.
- ▶ The **Brief Negotiated Interview (BNI)** is one approach.
- ▶ **Elicit-Provide-Elicit** is another (very short) approach.

Approaches that are unlikely to be effective

- ▶ Giving unsolicited feedback and advice (*ask permission first*)
- ▶ Confronting about substance use or perceived dishonesty (*begin with what they are willing to disclose*)
- ▶ Contradicting inaccurate information (*ask permission to share feedback*)
- ▶ Trying to persuade a person to change (*may result in arguments against change*)
- ▶ Threatening to report substance use- e.g., to parents (*violates trust*)
- ▶ Prescribing specific next steps for change (*follow-through more likely if they initially identify their own next steps*)
- ▶ Overlooking intentions and efforts (*helps build confidence about changing*)

S2BI algorithm*

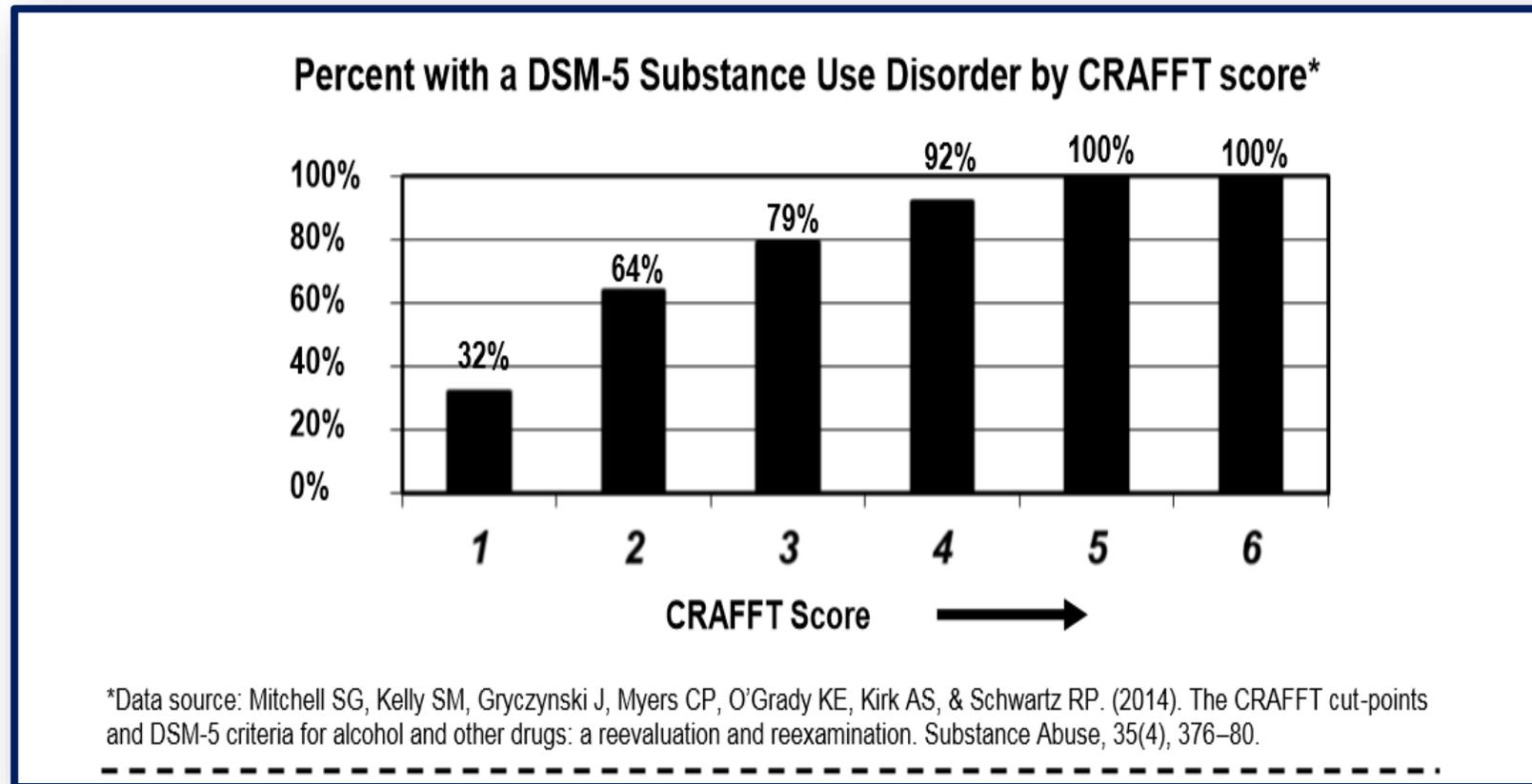
In the past year, how many times have you used:
Tobacco? Alcohol? Marijuana? (Ask separately.)



CRAFFT Interpretation

CRAFFT 2.1+N: Brief Intervention Step			
Prescreen responses	CRAFFT & Tobacco-Nicotine Vaping Question responses	Interpretation	Action
No to questions 1, 2, 3, 4	No to CAR question	Low risk: No substance use identified	Offer praise and positive reinforcement
No to questions 1, 2, 3	Yes to CAR question	Riding risk	Address safety
Yes to questions 1, 2, or 3	CRAFFT score = 0-1	Moderate risk CRAFFT score	Brief intervention to negotiate behavior change
Yes to question 1, 2, or 3	CRAFFT score = 2+	High risk CRAFFT score	Brief Intervention + Referral to: evaluation & services to address substance use, mental health and other needs
Yes to question 4	Yes to one or more tobacco/nicotine vaping questions	Tobacco/Nicotine risk identified	Further evaluation and services for tobacco/nicotine cessation

CRAFFT score positive predictive value for DSM-5 mild-moderate-severe substance use disorder



Clinical decision support tool/BI guide

How many times in the past year have you used tobacco, alcohol or marijuana?
Never, Once or twice, Monthly, Weekly or more

Potential consequences of alcohol and drug use:

Alcohol use is related to the most common causes of injury and death among adolescents.

How much is one drink?

Any Drink Containing About 14 Grams Of Alcohol
*NIAAA (www.RethinkingDrinking.NIAAA.NIH.gov)

Risk Levels

- Never/No use = No risk.
- Once or twice in past year = Low risk.
- Monthly use = Moderate risk.
- Weekly or more = High risk.

What is binge drinking?

	YEARS	DRINKS IN A SITTING
FEMALES	9-17	3
	9-13	3
MALES	14-15	4
	16-17	5

HOW IMPORTANT IS IT TO YOU? | HOW READY ARE YOU? | HOW CONFIDENT ARE YOU?

NOT AT ALL 0 1 2 3 4 5 6 7 8 9 10 EXTREMELY

01 RAISE THE SUBJECT Build rapport: Explore how things are going. **Ask permission:** "Would it be ok to discuss your answers to the alcohol and drug questions?"

02 PROVIDE FEEDBACK

- Review reported responses. Reinforce positive choices: "It's great that you've chosen not to use alcohol or drugs at this stage of your life. What made you make that decision?"
- Provide feedback: "Alcohol/marijuana use can be especially harmful at this stage of your life when your brain is still developing..."
- Recommend abstinence: "Because I care about your well-being, the best choice is to completely avoid alcohol and drugs at this time in your life."
- Elicit response: "What do you think about this information?"

03 ENHANCE MOTIVATION

- Explore pros and cons: "What do you like about drinking/using marijuana?" "What are some of the not so good things about drinking/using marijuana?" Summarize both sides.
- Explore readiness to change: "On a scale where 0 is not at all ready and 10 is very ready, how ready are you to stop drinking/using marijuana?" Respond: "What made you choose x and not a lower number?"
- Reasons to change: "What are some of the best reasons you can think of to avoid alcohol/marijuana?"

04 NEGOTIATE AND ADVISE

- Reinforce autonomy: "What you choose to do is up to you." Elicit input from adolescent: "What next steps would you like to take?"
- Negotiate a goal.
- Harm reduction: Contract for Life (if 'yes' to car question). Ask: "What steps could you take to reduce harms from alcohol or drug use?"
- Assist with developing a plan. Address co-occurring mental health and other issues.
- Arrange follow-up: depends on level of risk.
- Thank them.

This guide can be used for other risky behaviors, such as tobacco or illicit drug use. 9/2018

OPTIONS FOR MORE HELP
Referral • www.colorado.gov/ladders

ONE DEGREE
Shift the Influence

Original content developed with funding from SAMHSA and Colorado Office of Behavioral Health.

SBIRT in Colorado | 303.369.0039 ext. 245 | www.SBIRTColorado.org

Developed by the SBIRT Program in Colorado; Peer Assistance Services, Inc.

Positive reinforcement for no substance use

- ▶ Can help delay initiation of alcohol or drug use. Frame it as a choice.

It is great that you have decided not to drink alcohol, vape, or use any other substance at this time in your life. This is one of the most important things you can do for your health and future. What are your main reasons for making this choice?

- ▶ You could also ask how they would respond if someone pressured them to drink or use cannabis or vape.

Contract for Life: To address riding and driving risk



The Nation's Premier Youth
Health & Safety Organization

CONTRACT FOR LIFE

A Foundation for Trust and Caring

This contract is designed to facilitate communication between young people and their parents about potentially destructive decisions related to alcohol, drugs, peer pressure and behavior. The issues facing young people today are often too difficult to address alone. SADD believes that effective parent-child communication is critically important in helping young adults to make healthy decisions.

Young Person/Teen

I recognize that there are many potentially destructive decisions I face every day and commit to you that I will do everything in my power to avoid making decisions that will jeopardize my health, my safety and overall well-being, or your trust in me. I understand the dangers associated with the use of alcohol and drugs, and the destructive behaviors often associated with impairment.

By signing below, I pledge my best effort to remain alcohol and drug free, I agree that I will never drive under the influence of either, or accept a ride from someone who is impaired, and I will always wear a seatbelt.

Finally, I agree to call you if I am ever in a situation that threatens my safety and to communicate regularly about issues of importance to us both.

Young Person/Teen

Parent or Caring Adult

I am committed to you and to your health and safety. By signing below, I pledge to do everything in my power to understand and communicate with you about the many difficult and potentially destructive decisions you face.

Further, I agree to provide for you safe, sober transportation home if you are ever in a situation that threatens your safety and to defer discussion about that situation until a time when we can both discuss the issues in a calm and caring manner.

I also pledge to you that I will not drive under the influence of alcohol or drugs, I will always seek safe, sober transportation home, and I will always remember to wear a seat belt.

Parent/Caring Adult

Brief Negotiated Interview (BNI) approach

Step 1: Ask permission/Explore use

Step 2: Provide feedback

Step 3: Enhance motivation to change

Step 4: Negotiate next steps

Step 1a: Ask permission

- ▶ Thank and Ask permission to discuss screening responses:

“Thank you for answering the questions we ask all patients about alcohol and drug use. Would it be ok to discuss your responses?”

- ▶ Could also mention confidentiality here:

“Our conversation will be confidential unless I am concerned about serious harm to yourself, another person or abuse.”

Step 1b: Explore use

- ▶ Explore use: Confirm responses to the screening questions. Then ask:

“How do you use marijuana?”

“How much alcohol do you usually drink?”

“What do you like about drinking alcohol or ___?”

“What are the not so good things about drinking alcohol or ___?”

Then summarize

“So, on the one hand..., and on the other hand....”

Step 2: Provide feedback

- ▶ A general message:

Your brain is still developing until you reach your mid-20s and alcohol or drug use can be especially harmful to your health, safety and your future goals at this time in your life.

- ▶ Connect substance use to current health or other issues:

I'm concerned that marijuana is making it more difficult for you to keep up with school and may be why you are coughing so much.

- ▶ **THEN ASK:**

What do you think about this information?

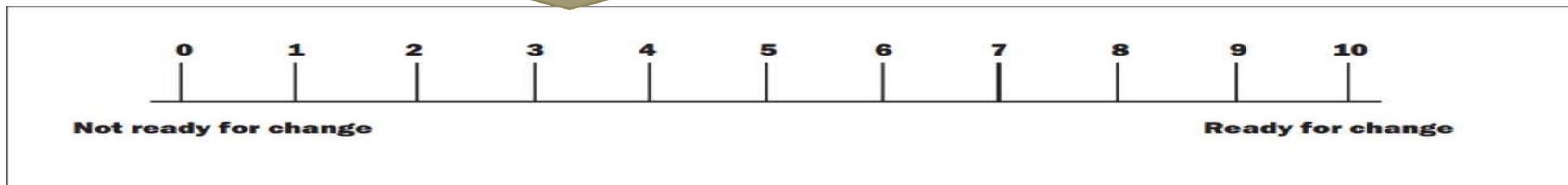
Step 3: Enhance motivation to change

- ▶ Ask about readiness to change using a 0-10 scale:

On a scale from 0-10, where 0 is not at all ready, and 10 is very ready, how ready are you to stop or decrease your alcohol or marijuana use?

- ▶ Then ask:

What made you choose a 4 and not a lower number like 2 or 3?



Other questions to enhance motivation

“Why might you want to consider not drinking alcohol at this time in your life?”

“If you decide to quit using marijuana, how will you do it?”

“What are some of the best reasons you can think of to stop drinking alcohol?”

“How might your life be better if you change your marijuana use?”

“How will you know if marijuana is becoming a problem for you?”

Step 4: Negotiate next steps

Elicit ideas	“What you decide to do is up to you.” “What steps could you take to make a change?”
Negotiate a goal and next steps	Offer input with permission Encourage a no use trial(~2 wks. Then check-in)
Assist with developing a plan	“What will make it easier to quit or cut back?” “How will you approach the challenges?” “What /Who could help you be successful?”
Summarize	“Your reasons, plan and next steps are...”
Arrange follow-up	“How about if we check in about how it’s going with your change plan in 2 weeks?”
Thank them	Thank them for willingness to discuss substance use



ASK-PROVIDE-ASK (AKA Elicit-Provide-Elicit)

ASK: What the patient knows, or if it's OK to share information or concern.

“What do you know about...?”

“Would it be ok to share my concern about...?”

“May I share some information about...?”

PROVIDE: Information in a neutral, nonjudgmental way

“Here's why I am concerned about...”

“Here's what we know about alcohol/marijuana and the developing brain...”

ASK: for the patient's interpretation

“How might this relate to your situation?”

“What steps make sense for you now that I shared this information...?”

Demonstration and Discussion

6/13/2022

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Thank you for joining us today.

The next session will be held June 23, 2022.

Same Zoom room

Look for a follow-up email from us that includes today's slides and recording of the lecture, and the evaluation survey link.

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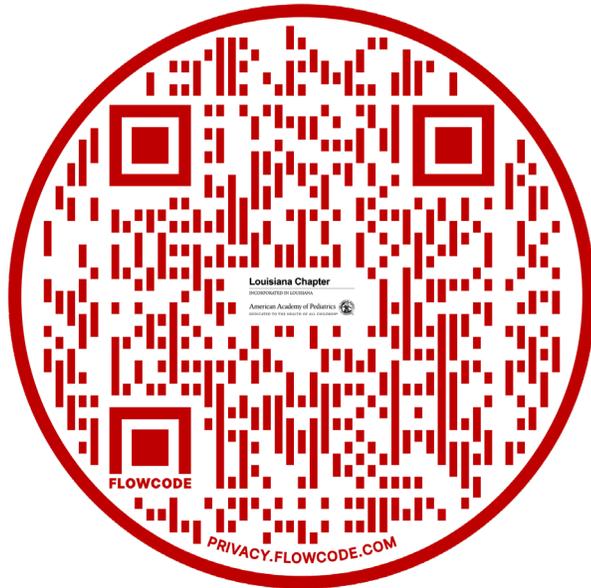
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Evaluation Survey:

Link: https://www.surveymonkey.com/r/LAAAP_SBIRTPostSess

QR:



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