

How to Leverage Telehealth Strategies —— for Substance Use —— Brief Intervention

Tuesday, May 11th, 2021

3:00-4:00pm ET

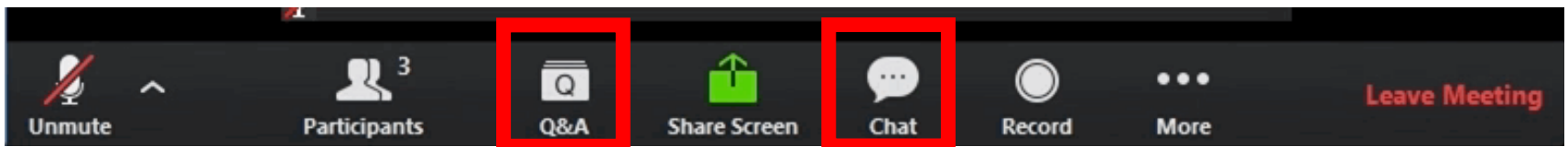


Center of Excellence for Integrated Health Solutions

Funded by Substance Abuse and Mental Health Services Administration

Operated by the National Council for Behavioral Health

How to Ask a Question/Make a Comment



Type in a **question** in the **Q&A box**

Type in a **comment** in the **chat box**

Located at the bottom of your screen.
We'll answer as many questions as we can during today's session.

Disclaimer

The views, opinions, and content expressed in this presentation do not necessarily reflect the views, opinions, or policies of the Center for Mental Health Services (CMHS), the Substance Abuse and Mental Health Services Administration (SAMHSA), or the U.S. Department of Health and Human Services (HHS).

The logo for the Substance Abuse and Mental Health Services Administration (SAMHSA) features the acronym "SAMHSA" in a large, bold, italicized, black sans-serif font.

Substance Abuse and Mental Health
Services Administration

www.samhsa.gov

Poll #1: What best describes your role?

- Clinician
- Administrator
- Policy Maker
- Payer
- Other (specify in chat box)

Poll #2: What best describes your organization? (check all that apply)

- Behavioral Health Provider
- Primary Care Provider
- Mental Health Provider
- Substance Use Disorder Provider
- Other (specify in chat box)

Poll #3: Where is your organization in the process of integration?

- Learning/Exploring
- Beginning Implementation
- Advanced/Full Implementation
- Ongoing Quality Improvement
- Other (specify in chat box)

Introduction



Jim Winkle, MPH
SBIRT Oregon

I have no relevant financial relationships with commercial interests to disclose.



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Objectives

After this webinar, participants will be able to:

- **Identify** telehealth strategies that help engage patients and encourage privacy.
- **Understand** how to deliver substance use screening tools via telehealth platforms.
- **Identify** four steps of a brief intervention appropriate for adolescent telehealth visits.



Substance Use and the Pandemic in the U.S.

- 13% of Americans reported starting or increasing substance use as a way of coping with stress or emotions related to COVID-19 (as of June, 2020).
- 18% increase in overdoses in 2020 compared with same months in 2019.



Source: Czeisler et al, 2020.

Possible Negative Impacts of the Pandemic on Substance Use

- Increased depression, anxiety, and boredom
- Unemployment, stress, and sickness at home
- For people who still socialize in person: former entertainment options are closed
- People in treatment: Lockdowns may trigger relapse



Source: <https://middleearthnj.wordpress.com/2020/12/14/effect-of-pandemic-on-teen-substance-abuse/>

Possible Positive Impacts of the Pandemic on Substance Use



- More time at home = less opportunity to obtain substances
- Less access to peers who use (strong risk factor)
- Remote learning can reduce stress for teens with social anxiety

Source: <https://middleearthnj.wordpress.com/2020/12/14/effect-of-pandemic-on-teen-substance-abuse/>

Adolescents and the Pandemic

Sheltering at home, virtual school, social distancing may impact:

- Development of social skills, empathy, identity
- Future self-worth, management of anxiety and depression
- Access to other adult supports
- Separation from family



Source: Volkin, 2020. Narr et al, 2019.

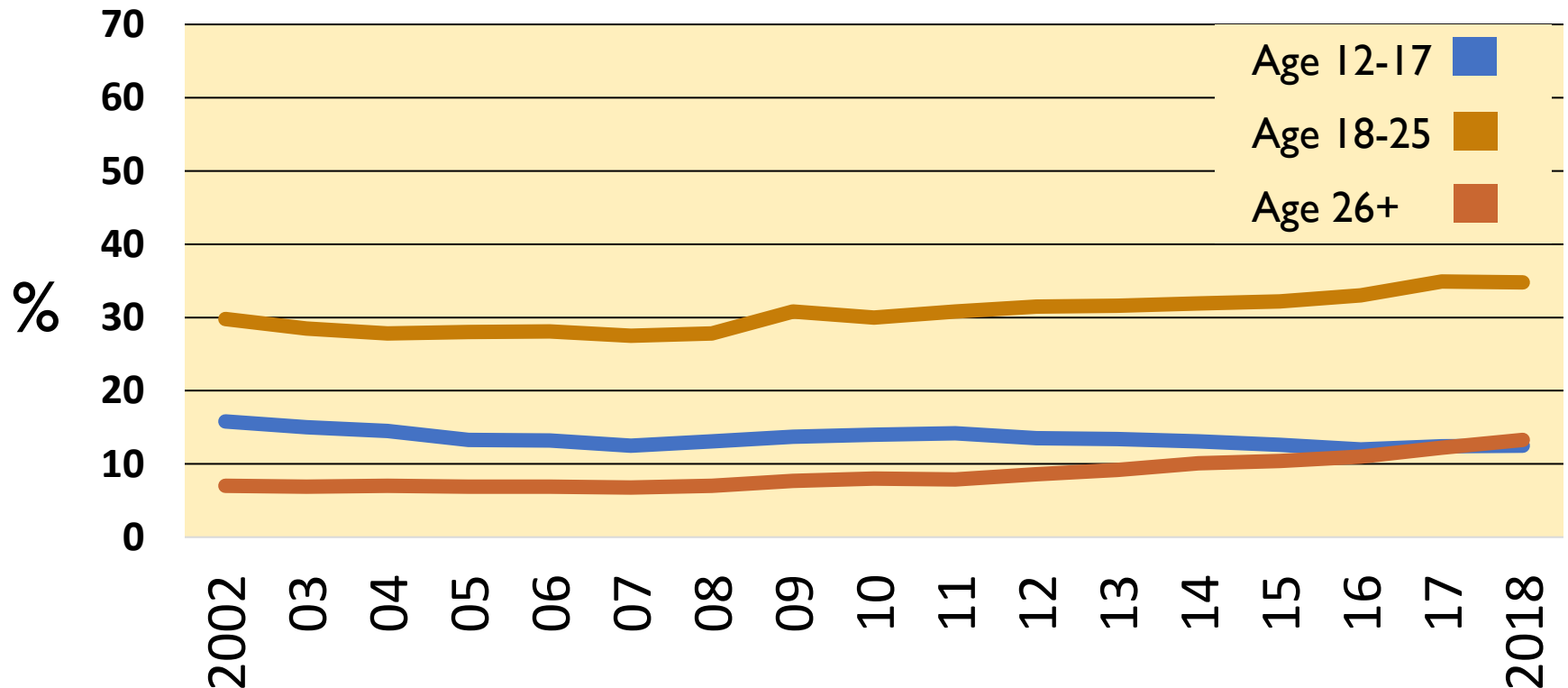
Estimated Prevalence of Unhealthy Alcohol Use Among Adolescents and Adults, 2018, U.S.

	Any drinking in last 30 days	Binge drinking in last 30 days	Heavy drinking in last 30 days	AUD in last 12 months
Age 12 - 17	9.0%	4.6%	0.5%	1.6%
Age 18 - 25	55.1%	34.9%	9.0%	10.1%
Age 26+	55.3%	25.1%	6.2%	5.1%

Binge drinking defined for males as drinking five or more drinks on the same occasion. For females, four or more drinks. Heavy alcohol use is defined as binge drinking on 5 or more days in the past 30 days.

Source: Key Substance Use and Mental Health Indicators in the United States: Results from the 2018 National Survey on Drug Use and Health

Estimated Prevalence of Past-Year Cannabis Use, Adolescents and Adults, U.S.



Source: Key Substance Use and Mental Health Indicators in the United States: Results from the 2018 National Survey on Drug Use and Health



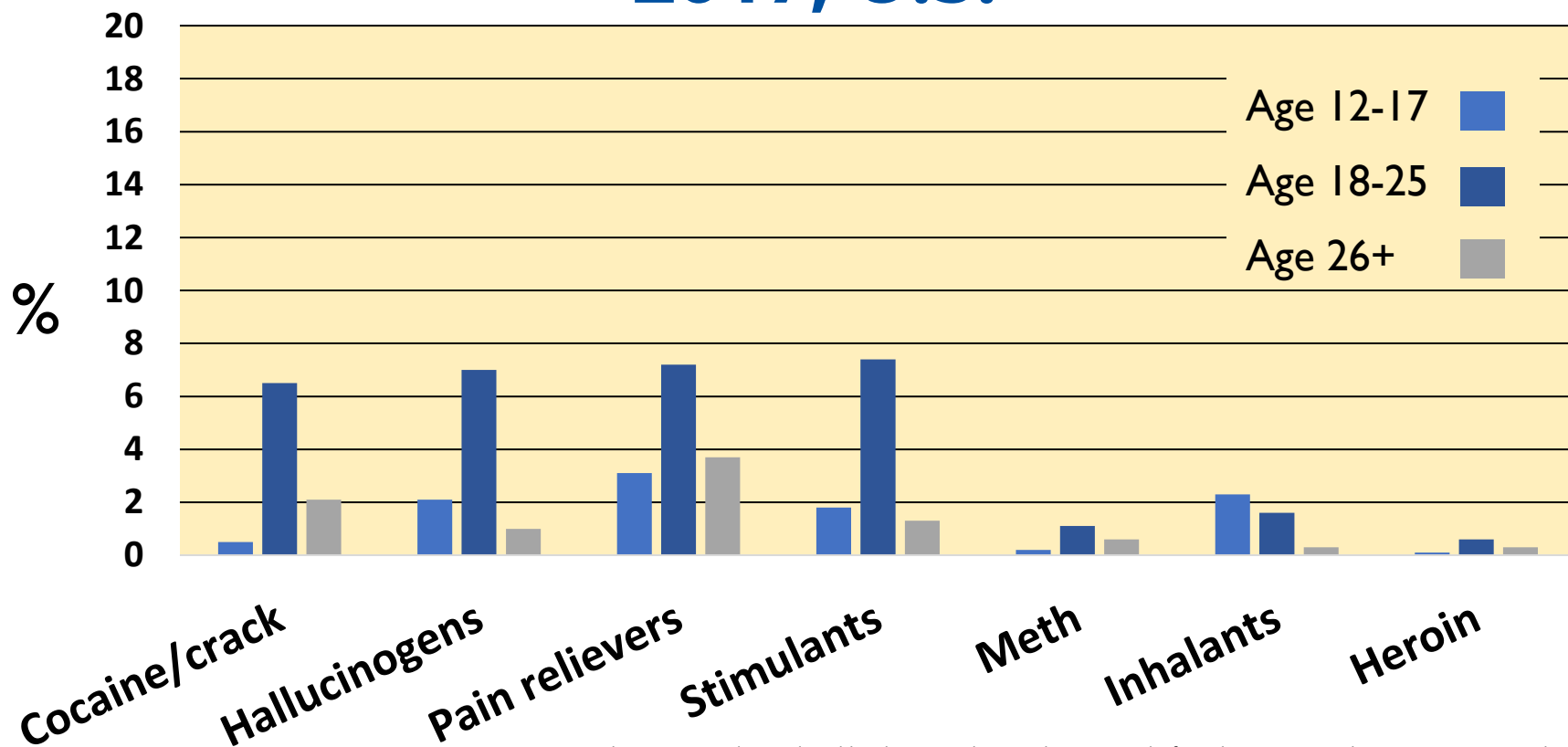
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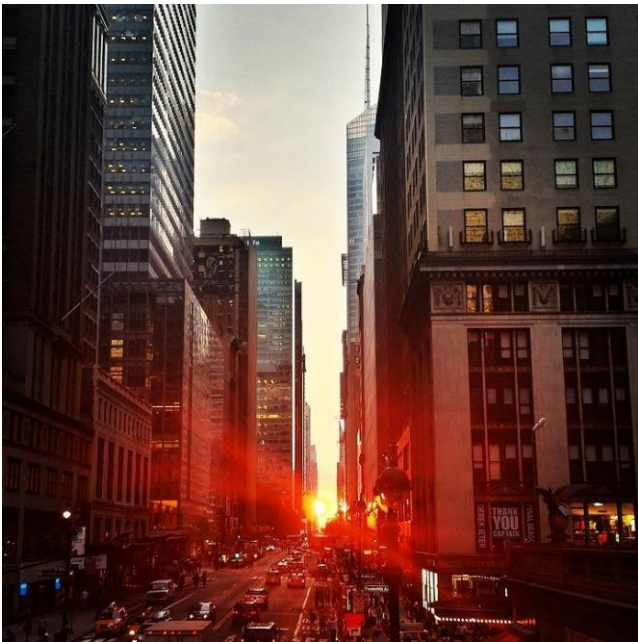
NATIONAL COUNCIL
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Estimated Prevalence of Past-Year Drug Use, Adolescents and Adults, 2017, U.S.



Source: Key Substance Use and Mental Health Indicators in the United States: Results from the 2018 National Survey on Drug Use and Health

How to Address Substance Use in Primary Care



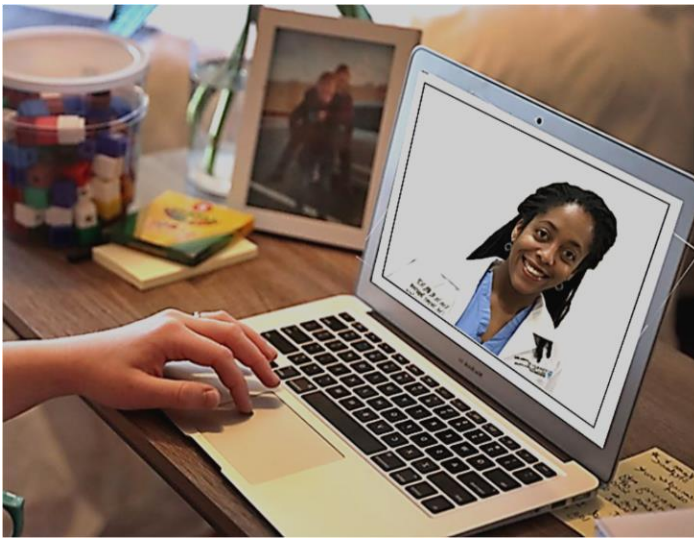
Source: Free image: <https://pixabay.com/>

- Screen universally and routinely with a validated tool
- Intervene with a discussion:
 - Motivational interviewing principles
 - Harm reduction philosophy

Telemedicine and Substance Use

Pros:

- Screening & Brief Intervention (SBI) expanded to remote locations
- Access to virtual treatment expanded (Support groups, medication for opioid use disorders - MOUDs)
- Virtual tools to improve quality of brief intervention available

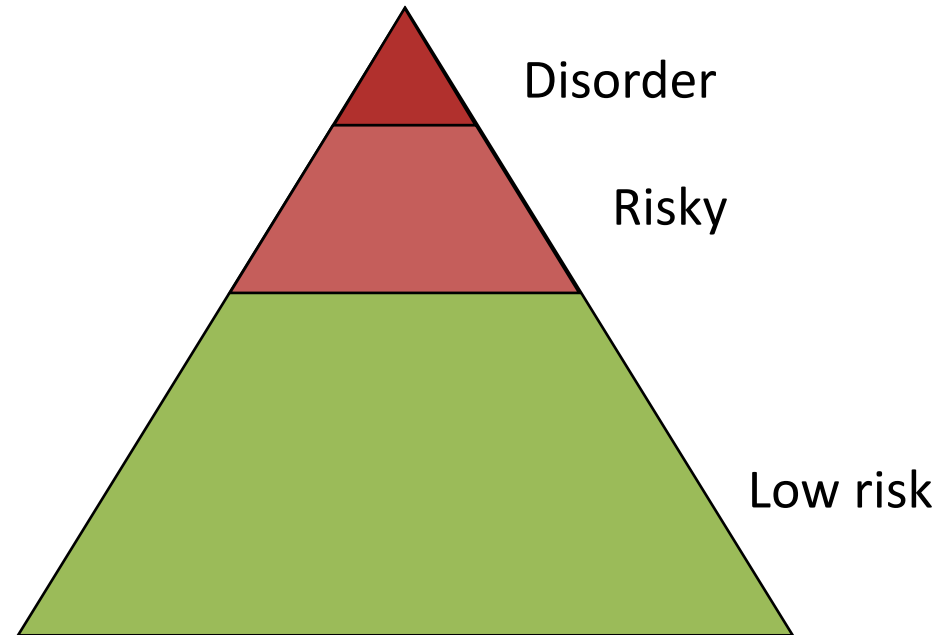


Cons:

- Virtual treatment visits may be less helpful for newly diagnosed

Zones of Substance Use

- **Low risk:** use below limits, or no use
- **Risky:** use about limits but without current consequences
- **Disorder:** ongoing use despite consequences

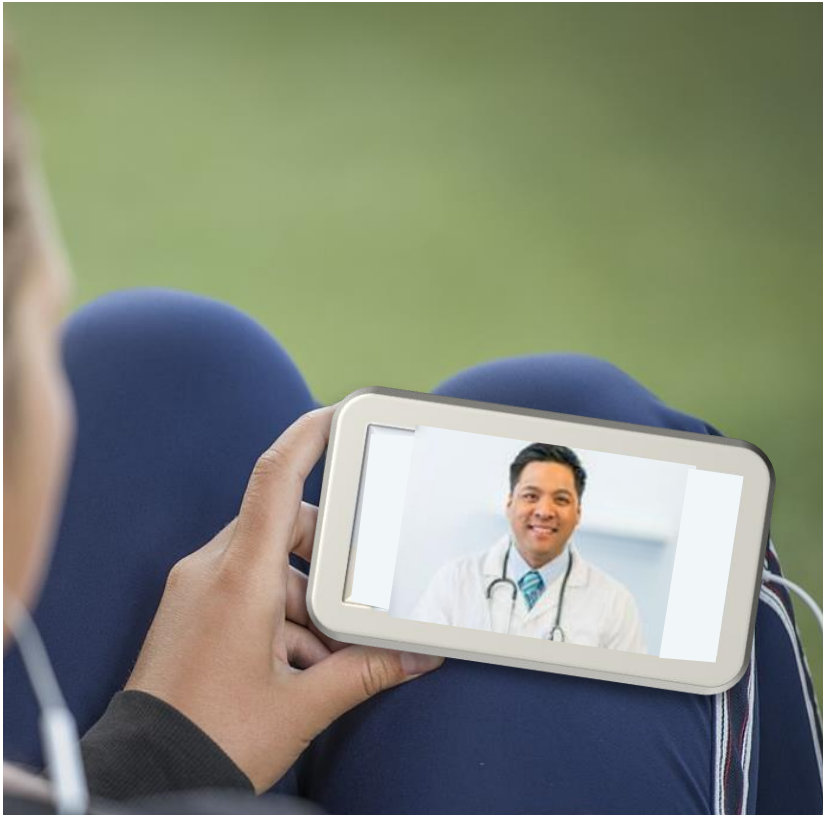


Creating Your Telehealth Space



- Prioritize a less formal room set-up
- Ensure your camera is sufficiently “zoomed in” to see your facial expressions
- Maintain a gaze into the screen, rather than frequently looking away at your computer or notes

Helping Ensure Privacy



- Ask if the patient feels comfortable, confirm they are not being overheard
- A phone can be taken into a room or outside the house
- Ask if the patient can use earbuds/headphones

Tips for Engaging A Teen Patient Online

- Make a non-professional connection
- Ask patient to choose your virtual background
- If taking notes during visit, explain how/why
- Use interruptions as opportunities to connect



When a Patient is Not in a Private Setting



- Ask Yes/No questions
- Offer to use text/chat functions
- Give option to reschedule
- Offer alternative methods of asking questions after the visit

Patient Portal Screening vs. During Visit

Before visit:

- Saves time
- Patient completes questions (presumably) in private
- Results may get lost in EHR, or misinterpreted

During visit:

- Takes time during visit
- Can be introduced with explanation, and questions can be clarified immediately
- Opportunity to share screen and review questions together, building rapport

Tips on Screening During Telehealth Visit

- Can be done as part of any visit
- During any portion of the visit
- Raise subject and ask permission
- Use a validated tool
- Don't comment on patient answers
- See it as an opportunity to build rapport



Source: Free google image

Screening Tools: Brief Screen

Annual questionnaire

Once a year, all our patients are asked to complete this form because drug use, alcohol use, and mood can affect your health as well as medications you may take. Please help us provide you with the best medical care by answering the questions below.

Patient name: _____

Date of birth: _____

Are you currently in recovery for alcohol or substance use? ☐ Yes ☐ No

Alcohol:

One drink =



12 oz.
beer



5 oz.
wine



1.5 oz.
liquor
(one shot)

One alcohol question



	None	1 or more
MEN: How many times in the past year have you had 5 or more drinks in a day?	<input type="radio"/>	<input type="radio"/>
WOMEN: How many times in the past year have you had 4 or more drinks in a day?	<input type="radio"/>	<input type="radio"/>

Drugs: Recreational drugs include methamphetamines (speed, crystal) cannabis (marijuana, pot), inhalants (paint thinner, aerosol, glue), tranquilizers (Valium), barbiturates, cocaine, ecstasy, hallucinogens (LSD, mushrooms), or narcotics (heroin).

One drug question



	None	1 or more
How many times in the past year have you used a recreational drug or used a prescription medication for nonmedical reasons?	<input type="radio"/>	<input type="radio"/>

Mood:

	No	Yes
During the past two weeks, have you been bothered by little interest or pleasure in doing things?	<input type="radio"/>	<input type="radio"/>
During the past two weeks, have you been bothered by feeling down, depressed, or hopeless?	<input type="radio"/>	<input type="radio"/>

Audit

- Alcohol Use Disorders Identification Test
- Created by WHO, accurate across many cultures/nations
- 10 questions - multiple choice
- Addresses alcohol only

Alcohol screening questionnaire (AUDIT)

Our clinic asks all patients about alcohol use at least once a year. Drinking alcohol can affect your health and some medications you may take. Please help us provide you with the best medical care by answering the questions below.

Patient name: _____

Date of birth: _____

One drink equals:



12 oz
beer



5 oz.
wine



1.5 oz.
liquor
(one shot)

1. How often do you have a drink containing alcohol?	Never	Monthly or less	2-4 times a month	2-3 times a week	4 or more times a week
2. How many drinks containing alcohol do you have on a typical day when you are drinking?	0-2	3 or 4	5 or 6	7-8	10 or more
3. How often do you have four or more drinks on one occasion?	Never	Less than monthly	Monthly	Weekly	Daily or almost daily
4. How often during the last year have you found that you were not able to stop drinking once you had started?	Never	Less than monthly	Monthly	Weekly	Daily or almost daily
5. How often during the last year have you failed to do what was normally expected of you because of drinking?	Never	Less than monthly	Monthly	Weekly	Daily or almost daily
6. How often during the last year have you needed a first drink in the morning to get yourself going after a heavy drinking session?	Never	Less than monthly	Monthly	Weekly	Daily or almost daily
7. How often during the last year have you had a feeling of guilt or remorse after drinking?	Never	Less than monthly	Monthly	Weekly	Daily or almost daily
8. How often during the last year have you been unable to remember what happened the night before because of your drinking?	Never	Less than monthly	Monthly	Weekly	Daily or almost daily
9. Have you or someone else been injured because of your drinking?	No		Yes, but not in the last year		Yes, in the last year
10. Has a relative, friend, doctor, or other health care worker been concerned about your drinking or suggested you cut down?	No		Yes, but not in the last year		Yes, in the last year

0

1

2

3

4

Have you ever been in treatment for an alcohol problem? ☐ Never ☐ Currently ☐ In the past

I II III IV

M: 0-4 5-14 15-19 20+

W: 0-3 4-13 15-19 20+

Full screen: DAST

- Drug Abuse Screening Test
- DAST-10 version
- Validated for adults
- Cut-off score of 3 has high validity for drug “abuse”

Drug Screening Questionnaire (DAST)

Using drugs can affect your health and some medications you may take. Please help us provide you with the best medical care by answering the questions below.

Patient name: _____

Date of birth: _____

- | | |
|---|---|
| <input type="checkbox"/> methamphetamines (speed, crystal) | <input type="checkbox"/> cocaine |
| <input type="checkbox"/> cannabis (marijuana, pot) | <input type="checkbox"/> narcotics (heroin, oxycodone, methadone, etc.) |
| <input type="checkbox"/> inhalants (paint thinner, aerosol, glue) | <input type="checkbox"/> hallucinogens (LSD, mushrooms) |
| <input type="checkbox"/> tranquilizers (valium) | <input type="checkbox"/> other _____ |

How often have you used these drugs? ☐ Monthly or less ☐ Weekly ☐ Daily or almost daily

1. Have you used drugs other than those required for medical reasons?	No	Yes
2. Do you abuse more than one drug at a time?	No	Yes
3. Are you unable to stop using drugs when you want to?	No	Yes
4. Have you ever had blackouts or flashbacks as a result of drug use?	No	Yes
5. Do you ever feel bad or guilty about your drug use?	No	Yes
6. Does your spouse (or parents) ever complain about your involvement with drugs?	No	Yes
7. Have you neglected your family because of your use of drugs?	No	Yes
8. Have you engaged in illegal activities in order to obtain drugs?	No	Yes
9. Have you ever experienced withdrawal symptoms (felt sick) when you stopped taking drugs?	No	Yes
10. Have you had medical problems as a result of your drug use (e.g. memory loss, hepatitis, convulsions, bleeding)?	No	Yes

0 1

Have you ever injected drugs? ☐ Never ☐ Yes, in the past 90 days ☐ Yes, more than 90 days ago

Have you ever been in treatment for substance abuse? ☐ Never ☐ Currently ☐ In the past

I II III IV
0 1-2 3-5 6+

CRAFFT Screening Tool

- Validated for ages 12 – 21
- Widely implemented
- Self administered or delivered via interview
- Number of “Yes” answers correlate with SUD

Teen health screen (CRAFFT 2.1+N)

We ask all our teen patients about alcohol, drugs, and mood because these factors can affect your health. Please ask your doctor if you have any questions. Your answers on this form will remain confidential.

During the PAST 12 months, on how many days did you:	Number of days
1. Drink more than a few sips of beer, wine, or any drink containing alcohol? Put “0” if none.	
2. Use any marijuana (weed, oil, or hash by smoking, vaping, or in food) or “synthetic marijuana” (like “K2,” “Spice”)? Put “0” if none.	
3. Use anything else to get high (like other illegal drugs, prescription or over-the-counter medications, and things that you sniff, huff, or vape)? Put “0” if none.	
4. Use any tobacco or nicotine products (for example, cigarettes, e-cigarettes, hookahs or smokeless tobacco)? Say “0” if none.	

If you put “0” in ALL of the boxes above, ANSWER QUESTION 5, THEN STOP.
If you put “1” or higher in ANY of the boxes above, ANSWER QUESTIONS 5-10.

	No	Yes
5. Have you ever ridden in a car driven by someone (including yourself) who was “high” or had been using alcohol or drugs?	<input type="checkbox"/>	<input type="checkbox"/>
6. Do you ever use alcohol or drugs to relax, feel better about yourself, or fit in?	<input type="checkbox"/>	<input type="checkbox"/>
7. Do you ever use alcohol or drugs while you are by yourself, or alone?	<input type="checkbox"/>	<input type="checkbox"/>
8. Do you ever forget things you did while using alcohol or drugs?	<input type="checkbox"/>	<input type="checkbox"/>
9. Do your family or friends ever tell you that you should cut down on your drinking or drug use?	<input type="checkbox"/>	<input type="checkbox"/>
10. Have you ever gotten into trouble while you were using alcohol or drugs?	<input type="checkbox"/>	<input type="checkbox"/>

Tips on Performing a Brief Intervention through Telemedicine

- Should be done immediately following screening result
- Try to make eye contact as much as possible
- Share screen to display the **Reference sheet**



Image: Free google image

Reference Sheets (Handouts)

Low-risk drinking limits

	Drinks per week	Drinks per day
Men	14	4
Women	7	3
All ages >65	7	3
Pregnancy	0	0

Drinking among adult primary care patients

Severe: 5% Harmful: 8% Risky: 9% Low risk or abstain: 78%

Some risks of unhealthy drinking

Depression, Anxiety, Aggressive behavior, Cancer of the throat and mouth, Frequent falls, reduced resistance to infection, increased risk of pneumonia, Liver damage, Pregnancy: Birth defects, miscarriage, premature birth, low birth weight, Sexually transmitted diseases, Men: erectile dysfunction, Painful nerves, Numb, tingling toes

Alcohol can threaten: Immune system, Insulin, Premature aging, Hypertension, Heart failure, Asthma, Blood clotting, Breast cancer, Vitamin deficiencies, Bleeding, Stomach inflammation, Diabetes, Malnutrition, Inflammation of the pancreas, Impaired sensation leading to falls, Failure to fulfil obligations at work, school, or home, Car accidents, Legal problems

Readiness ruler

Not at all 0 1 2 3 4 5 6 7 8 9 10 Very

1-800-923-4357

Billing codes

Screening only	Screening plus brief intervention
Medicaid: CPT 96160	Medicaid: CPT 96160
Medicaid: 515 min. CPT 96160	Medicaid: 515 min. CPT 96160
Medicaid: 3-14 min. C2021	Medicaid: 3-14 min. C2021
Medicaid: 515 min. C2021	Medicaid: 515 min. C2021
Medicaid: 515 min. C2021	Medicaid: 515 min. C2021

SBIRT 1.2

AUDIT: 12-15 Women/Men
CAGEART: 10-19
AUDIT: 3-5
AUDIT: 20+
CAGEART: 20+
SBIRT: 11

SBIRT Technology.org

Adult Reference Sheet

Some risks of adolescent alcohol and marijuana use:

• 27% of teenage drivers in fatal car crashes were drinking. Car crashes are the leading cause of teen deaths.

• Marijuana affects a number of skills needed for safe driving. The reaction to events and speed on the road.

• Teens who use marijuana tend to get lower grades and are more likely to drop out of high school.

• A high school graduate who uses alcohol has less than a 50% chance of going to college.

• Marijuana's effects on attention and memory make it difficult to learn something new or do complex tasks.

• Heavy use of marijuana as a teenager can lower IQ later in life as an adult.

• Some who binge drink during youth damage their brains in ways that make it harder to pay attention and understand new information.

• Alcohol poisoning and suicide are major causes of youth-related new deaths.

• Teen drinking and marijuana can raise the risk of unprotected sex, sexual assault, STDs, and unwanted pregnancy.

• Drinking increases the risk of injuries: the third leading cause of death among teens.

A standard drink of alcohol equals:

Beer: 12 oz. 5% alc/vol
Wine: 5 oz. 12% alc/vol
Malt liquor: 8 oz. 5% alc/vol
Liquor: 1.5 oz. 40% alc/vol

One party cup: 10 oz.

Readiness ruler

Not at all 0 1 2 3 4 5 6 7 8 9 10 Very

1-800-923-4357

SBIRT 1.2

AUDIT: 12-15 Women/Men
CAGEART: 10-19
AUDIT: 3-5
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SBIRT: 11

SBIRT Technology.org

Adolescent Reference Sheet

Some risks of drinking and drug use during pregnancy

Fetal alcohol spectrum disorders
(disorders)

Birth defects
(disorders, miscarriage, abortion, spina)

Low birth weight
(disorders, miscarriage, abortion, spina, death)

Miscarriage
(disorders, miscarriage)

Premature birth
(disorders, miscarriage, abortion, spina, death)

Development and behavior problems
(disorders, miscarriage, abortion, spina, death)

Readiness ruler

Not at all 0 1 2 3 4 5 6 7 8 9 10 Very

1-800-923-4357

SBIRT 1.2

AUDIT: 12-15 Women/Men
CAGEART: 10-19
AUDIT: 3-5
AUDIT: 20+
CAGEART: 20+
SBIRT: 11

SBIRT Technology.org

Pregnancy Reference Sheet

Steps of the Brief Intervention

**Raise
subject**

**Share
information**

**Enhance
motivation**

**Identify
plan**

Steps of the Brief Intervention

Raise subject

- Ask permission to discuss patient's substance use
- Be transparent about your role

Transparency Example

Thank you for giving me permission to discuss your substance use together. Just so you know, I will not ask or advise you to stop or change your use in any way you do not want to. Instead, my focus is to understand what your goals or visions for your future are. I can share information with you so you can improve your quality of life on your own terms and on your own timeline.

How does that sound to you?

Source: HaRRT Center

Steps of the Brief Intervention

Raise subject

- Ask permission to discuss patient's substance use
- Be transparent about your role
- Ask the patient to describe their use

Steps of the Brief Intervention

Share information

- Explain any association between substance use and health complaint
- Share information about risks of use, (reference sheet) Ok to express concern
- Ask the patient what they think of the information

Pitfalls of Giving Advice or Recommendations

- Implies judgement, risks furthering stigma
- Clinician-driven rather than patient-driven
- Patients with SUDs may already feel trapped
- Advice is different than offering options

Steps of the Brief Intervention

Enhance motivation

- Ask patient what they like about their use, and what they don't like, then summarize
- Ask what change the patient would like to see

Examples of Questions that Elicit Patient Goals

- “Over the next few (weeks, months) what would you like to see happen for yourself?”
- “What would you like to do about your use?”
- “Is there anything you’d like to change about your drinking/drug use?”
- “Where would you like to go with your drinking/drug use?”



Goals are More Achievable When They Are:



Image: google free

- Well defined
- Focused on reducing harm or improving quality of life
- Doable in a timeframe
- Patient-driven

Source: HaRRT Center

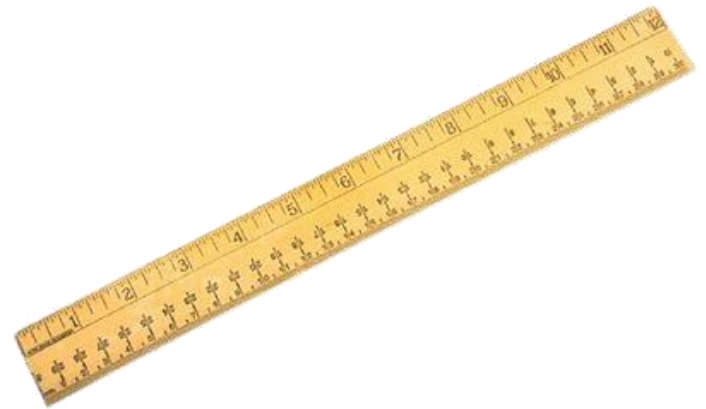
Steps of the Brief Intervention

Enhance motivation

- Ask patient what they like about their use, and what they don't like, then summarize
- Ask what change the patient would like to see
- Gauge readiness/confidence to reach goal (reference sheet)

Readiness Ruler

- Gauge readiness by asking, “On a scale of 0 to 10 . . .”
- “Why not a lower number?”
- Answering this question enhances motivation



Steps of the Brief Intervention

Identify plan

- If patient sounds ready, ask:
“What would a plan of change look like for you?”
- Affirm patient’s readiness to change
- Ask to schedule follow-up

Raise the subject

- “Thanks for filling out this form – is it okay if we briefly talk about your substance use?”
- “My role is to help you assess the risks so you can make your own decisions. I want to help you improve your quality of life on your own timeline.”
- “What can you tell me about your substance use?”

Share information

- Explain any association between the patient’s use and their health complaint, then ask, “Do you think your use has anything to do with your [anxiety, insomnia, etc,]?”
- Share information about the risks of using alcohol, drugs, and misusing prescription drugs. Ask the patient: “What do you think of this information?”

Enhance motivation

- Ask patient about perceived pros and cons of their use, then summarize what you heard.
- “Where do you want to go from here in terms of your use? What’s your goal or vision?”
- Gauge patient’s readiness/confidence to reach their goal. If using Readiness Ruler: “Why do did you pick ____ on a scale of 0-10 instead of ____ [lower number]?”

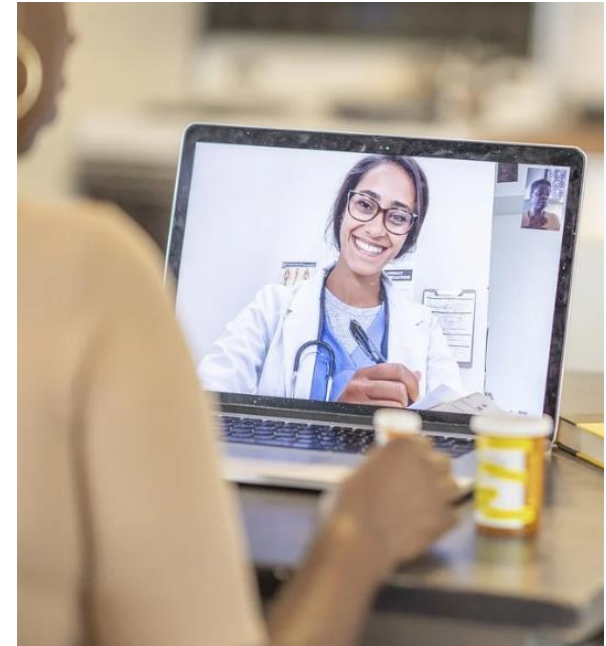
Identify plan

- If patient is ready, ask: “What steps do you think you can take to reach your goal?”
- Affirm the patient’s readiness/confidence to meet their goal and affirm their plan.
- “Can we schedule an appointment to check in and see how your plan is going?”

Follow-Up

A continuing cycle of:

- Collaborative tracking of patient-selected goals
- Sharing information about risks
- Eliciting patient-driven goals
- Discussing safer-use strategies



Source: HaRRT Center

Remember:

**Defer to the
patient's
decision**

The more responsibility, autonomy and respect people feel they have, the more they will step up and forge their own pathway.

Source: HaRRT Center

Case Study 1

- 35-year-old presenting for a telehealth visit
- Complains of migraines
- Injects heroin 2-3 days per week
- Completed the DAST and scored 4



Video Demonstration: Case 1



Case Study 2

- 16-year-old following up after STD screen
- Binge drinks at parties 3-4 times a year
- No medical complaints



Video Demonstration: Case 2



Questions, Comments?

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Resources


sbirtoregon.org

Workflows	Screening forms	Clinic tools	Online curriculum	Video demonstrations	Billing & documentation	Screening app	ANTECEDENT
<p>SBIRT (Screening, Brief Intervention, Referral to Treatment) represents an innovative, evidence-based approach to addressing unhealthy alcohol use with medical patients. Its core components include:</p> <ul style="list-style-type: none"> • Regular and universal screening in the medical setting, regardless of medical complaint. • Universal and routine use of validated screening tools. • Consideration of substance use as a continuum rather than a dichotomous “addicted versus not addicted” judgment. • Use of patient-centered change talk versus directive, prescriptive talk. • Facilitating smooth, bidirectional transitions between primary care and specialty addiction treatment. <p>While SBI towards adult alcohol use ranks among the highest-performing preventive services based on cost effectiveness and health impact, it also remains among the least implemented. Common perceived barriers include limited time during the patient visit, lack of knowledge and training, fearing negative patient reactions, and feeling uncomfortable discussing substance use.</p> <p>This website presents information and tools designed to counter these barriers, and emphasizes a team-based approach to implementing SBIRT. Our materials cover drug use as well, despite evidence that brief interventions may not impact self-reported drug use among adult patients.</p> <p>This website was created in the Department of Family Medicine at Oregon Health and Science University and acts as a resource for primary care clinics and emergency departments throughout Oregon and the United States.</p>							


Video examples:



Clinic workflow



Brief intervention: Steve



Brief intervention: Tom

- Demonstration videos
- Screening forms
- Reimbursement information
- Pocket cards and tools
- Training curriculum
- Screening app
- [Adult Reference Sheet](#)
- [Adolescent Reference Sheet](#)
- [Pregnancy Reference Sheet](#)

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