Welcome!

Welcome to the third issue of the PA SBIRT Newsletter, a quarterly publication dedicated to the PA SBIRT initiative. In this and future issues, we will feature: progress reports, quarter recaps, PA SBIRT Project Site spotlights, and more. We hope that you find this information helpful and encourage you to share!

The PA SBIRT Initiative

Pennsylvania Screening, Brief Intervention, and Referral to Treatment (PA SBIRT) is a five-year initiative that will provide SBIRT services to over 20,000 patients throughout the Commonwealth. SBIRT is a comprehensive and integrated public health approach to the delivery of screening, early intervention, and treatment services employing empirically-based and clinically useful practices to circumvent harmful consequences from substance use.

The PA SBIRT Vision:

To ensure that every patient in our primary care clinics receives the right screening, brief intervention, and referral to treatment (SBIRT) services by the right providers every time.

The project is directed by the Pennsylvania Department of Drug and Alcohol Programs (DDAP) and The University of Pittsburgh School Of Pharmacy, Program Evaluation and Research Unit (PERU). Funding for the project is granted through the Substance Abuse and Mental Health Services Administration (SAMHSA) Center for Substance Abuse Treatment (CSAT). All data is collected and reported in accordance with the Government and Performance Results (GPRA) Act of 2010.
Progress Report

To date, the PA SBIRT initiative has partnered with four healthcare sites in Pennsylvania, EMPOWER³ Center for Health, Altoona Family Physicians, and UPMC Pregnancy Care Center in Blair County and Sharon Medical Group in Mercer County. Together, these sites have provided SBIRT services to a total of 5,984 unduplicated patients, conducted 1,273 brief interventions, and connected 274 patients to treatment services. The PA SBIRT Implementation Team is actively working to partner with additional healthcare sites, and SBIRT services will soon begin at Forbes Family Medicine in Allegheny County.

Sharon Medical Group has provided 373 brief interventions and connected 18 patients to treatment.

EMPOWER³ has provided 597 brief interventions and connected 187 patients to treatment.

Altoona Family Physicians has provided 252 brief interventions and connected 33 patients to treatment.

UPMC Pregnancy Care Center has provided 51 brief interventions and connected 36 patients to treatment.

Quarter Recap

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<th>Month</th>
<th>Site Visits &amp; Trainings</th>
<th>Deliverables</th>
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<tr>
<td>July 2018</td>
<td>• Sharon Medical Group (SMG) Site Visit&lt;br&gt;• Altoona Family Physicians (AFP) Site Visit: Clinical Staff&lt;br&gt;• UPMC Pregnancy Care Center (PCC) Site Visit: Clinical Staff</td>
<td>• July Monthly Data Report&lt;br&gt;• SMG Site Visit Report&lt;br&gt;• AFP/PCC Site Visit Report</td>
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<td>August 2018</td>
<td>• AFP Site Visit: Resident Staff&lt;br&gt;• PCC Site Visit: Resident Staff</td>
<td>• August Monthly Data Report&lt;br&gt;• AFP/PCC Site Visit Report&lt;br&gt;• Cannabis Use Provider Guide</td>
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<td>September 2018</td>
<td>• AFP Site Visit: Clinical Staff&lt;br&gt;• PCC Site Visit: Clinical Staff&lt;br&gt;• AFP Training: Social Worker and Pharmacist Introduction to SBIRT&lt;br&gt;• SMG Training: Nursing Staff Introduction to SBIRT and Introduction to Screening</td>
<td>• September Monthly Data Report&lt;br&gt;• AFP/PCC Site Visit Report&lt;br&gt;• Key Informant Interviews Report&lt;br&gt;• Training Evaluation Report&lt;br&gt;• EMPOWER³ Smoking Cessation Pamphlet&lt;br&gt;• SMG Staff Engagement Flyer</td>
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ATTENTION: Visit The PA SBIRT Website!

This website provides an introduction to SBIRT and the PA SBIRT initiative, project highlights related to implementation and evaluation efforts, and evidence-based educational materials and clinical tools. Visit the PA SBIRT Website at:

http://www.pasbirt.pharmacy.pitt.edu
Project Site Spotlight: Altoona Family Physicians

Altoona Family Physicians is affiliated with the University of Pittsburgh Medical Center (UPMC) and is located in Blair County. Since 1975, Altoona Family Physicians has provided quality family medicine services throughout Blair County and beyond. The core faculty not only consists of 14 full-time family medicine faculty members, but also includes a full-time obstetrician, a dedicated behavioral scientist, a pharmacist, and several CRNPs/PAs. These dynamic faculty members are dedicated to the teaching of resident physicians with the goal of developing competent, compassionate, and ethical family physicians that are equipped to provide high quality and patient-centered care to the rural, suburban, and urban communities.

Altoona Family Physicians implemented full SBIRT services on June 11, 2018. A detailed SBIRT Workflow Protocol was developed to ensure that staff understand their individual roles and responsibilities. The process begins when a patient checks in at the front office and is handed a Lifestyle Questionnaire. This initial screen includes the USAUDIT-C (alcohol), NIDA Single-Question Screen (drug), and PHQ-2 (mood). After the patient completes this form, they are escorted from the waiting room by a nurse or medical assistant. A full screen with the Alcohol Use Disorder Identification Test (AUDIT) and/or the Drug Abuse Screening Tool (DAST-10) is completed for all patients that score positive during the initial screen. Brief interventions are conducted by the residents and providers using the Brief Negotiated Interview (BNI). Referrals to specialty care are completed by the SBIRT Care Coordinator, hired through the Blair Drug and Alcohol Partnerships and co-located at the Altoona Family Physician facility.

Due to dedication of the staff, the site regularly screens over 95% of patients each week. During the first three months of implementation, Altoona Family Physicians has screened 3,507 total patients (including duplicate screens). These screens continue to trend towards the national average, as 89% of patients score within the screening and feedback range, 8% score in the brief intervention range, and the rest in the referral to treatment ranges. Altoona Family Physicians has provided 252 brief interventions and 33 referrals to substance use or mental health treatment. The project site has improved services immensely over the first three months of implementation and continues to advance weekly.

Partnership with Blair Drug and Alcohol Partnerships

Altoona Family Physicians has partnered with Blair Drug and Alcohol Programs (BDAP) to facilitate referrals to treatment. Judy Rosser, BDAP’s Executive Director, remarked “The partnership with Altoona Family Physicians is very exciting. We have been working with Dr. Donald Beckstead and his staff for over 5 years. The grant has provided us with an opportunity to integrate physical health and substance use disorders. Nationally, it is recommended that the physical health system be trained on the identification of behavioral health issues. The Pennsylvania Screening, Brief Intervention and Referral to Treatment grant has accomplished this important strategy and AFP has been successful in integrating this model. The transformation of the staff and their engagement in this process has been proven through the data collected at this site. We are thankful that Dr. Beckstead has identified this as a priority for his residency training program and primary care practice. The residents will leave this site with a robust understanding of the impact that substance use disorder has on health but more importantly, the confidence to engage with the patient on overall physical and behavioral health wellness! The AFP site will continue to provide SBIRT, a model health care practice, to the Blair County Community.”
The Pennsylvania Department of Drug and Alcohol Programs (DDAP)

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Stigma...

Can be defined as negative beliefs that are held by a group or society surrounding another group of people. Components of stigma include labeling, stereotyping, separating or social distance, status loss, and discrimination.

Stigma in the Literature

A recent study compared stigmatizing attitudes among different stakeholders including clients in treatment for substance misuse, mental health and addiction specialists, general medical practitioners, and the general public. This cross-sectional study examined stereotypical beliefs, attributional beliefs, social distance, and expectations regarding rehabilitation opportunities for individuals with substance use disorders (SUD). Surveyed respondents were asked whether they felt individuals with SUD tend to be criminal, tend to be aggressive, or are trustworthy. Researchers found that the general public and general medical practitioners were more negative in their expectations regarding rehabilitation opportunities and expressed more social distance, when compared to mental health and addiction specialists and clients.


The PA SBIRT Team has developed a Substance Use Stigma Reduction Workshop that emphasizes empathy, listening, and language of recovery. This workshop will be used at future site visits.

A Message from DDAP

The implementation of SBIRT within primary health sites is a thrilling time for the Department of Drug and Alcohol Programs. Everyone has gone above and beyond to normalize the conversation and reduce the stigma surrounding substance use while ensuring individuals receive the right services. We are proud to partner with PERU, EMPOWER®, Sharon Medical Group, Altoona Family Physicians, UPMC Pregnancy Care Clinic, Blair Drug and Alcohol Programs, and Mercer County Behavioral Health Commission. We are excited about the future and bringing SBIRT services to other primary health sites across the commonwealth.

—Jeffrey Geibel,
Director, Division of Treatment
PA Department of Drug and Alcohol Programs