Welcome!

Welcome to the fourth issue of the PA SBIRT Newsletter, a quarterly publication dedicated to the PA SBIRT initiative. In this and future issues, we will feature: a progress report, quarter recap, project site spotlight, 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 by September 2021. 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.

The PA SBIRT Team would like to thank the staff of participating project sites and SCAs, who dedicate their time and effort to ensure that every patient receives the right SBIRT services every time.
Progress Report

To date, the PA SBIRT initiative has partnered with 5 healthcare sites in Pennsylvania, EMPOWER³ Center for Health, Altoona Family Physicians, and UPMC Pregnancy Care Center in Blair County, Sharon Medical Group in Mercer County, and Forbes Family Medicine in Allegheny County. Together, these sites have provided SBIRT services to a total of 9,459 unduplicated patients, conducted 2,688 brief interventions, and connected 536 patients to treatment services. The PA SBIRT Implementation Team is actively working to partner with additional healthcare sites.

Sharon Medical Group has provided 878 brief interventions and connected 30 patients to treatment.

EMPOWER³ has provided 873 brief interventions and connected 305 patients to treatment.

Altoona Family Physicians has provided 737 brief interventions and connected 67 patients to treatment.

UPMC Pregnancy Care Center has provided 192 brief interventions and connected 134 patients to treatment.

Forbes Family Medicine has established an SBIRT workflow protocol and provided 8 brief interventions.

Quarter Recap

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<th>Month</th>
<th>Site Visits &amp; Trainings</th>
<th>Deliverables</th>
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| April 2019 | • Sharon Medical Group (SMG) Site Visit  
• UPMC Pregnancy Care Center (PCC) Site Visit: Clinical Staff and Care Coordinators  
• EMPOWER³ Site Visit | • April Monthly Data Report                                                                 |
|        |                                                                                       | • SMG Site Visit Report                                 |
|        |                                                                                       | • EMPOWER³ Site Visit Report                            |
|        |                                                                                       | • SAMHSA Semiannual Report                              |
| May 2019  | • Forbes Family Medicine Site Visit: Clinical Staff and Residents  
• AFP Site Visit: Clinical Staff and Residents  
• PCC Site Visit: Clinical Staff and Residents  
• AFP/PCC Visit: DDAP Secretary, Jennifer Smith | • May Monthly Data Report                               |
|        |                                                                                       | • AFP/PCC Site Visit Report                             |
|        |                                                                                       | • SMG Site Visit Report                                 |
|        |                                                                                       | • Key Informant Interview Report                        |
|        |                                                                                       | • Policy Steering Committee Minutes and Meeting Report  |
| June 2019 | • SMG Site Visit  
• EMPOWER³ Site Visit  
• AFP/EMPOWER³ Visit: White House Office of National Drug Control Policy, Anne Hazlett and DDAP Secretary, Jennifer Smith | • June Monthly Data Report                              |
|        |                                                                                       | • SMG Site Visit Report                                 |
|        |                                                                                       | • EMPOWER³ Closed Circuit TV Ads                        |
|        |                                                                                       | • PA SBIRT Demographic Data Report                      |

ATTENTION: Care Coordinator Working Group Revamp

Over the next month, the Implementation Team will revamp the Care Coordinator Working Group to include a presentation on a different topic every month. Topics will include SBIRT in Different Disciplines, Medical Marijuana, SBIRT Champion Training, Neuroscience of Addiction, amongst other requested topics.
Local News Coverage: Altoona Family Physicians and Empower³ Center for Health

Senior Adviser at the White House Office of National Drug Control Policy, Anne Hazlett, and DDAP Secretary, Jennifer Smith, visited PA SBIRT project sites Altoona Family Physicians and Empower³ Center for Health on June 17th, 2019. During both visits, Anne Hazlett and Jennifer Smith were provided a tour of the facility, an overview of the SBIRT clinical workflow, and information regarding the PA SBIRT project and partnerships with Blair Drug and Alcohol Programs.

Project Site Spotlight: Forbes Family Medicine

Forbes Family Medicine is affiliated with Allegheny Health Network (AHN) and is located in Allegheny County. Forbes Family Medicine is a family medicine residency program that strives to provide Allegheny and surrounding communities with the best possible affordable care. Forbes Family Medicine was established in 1978, and continues to be the only residency program at AHN's Forbes Hospital. At Forbes Family Medicine, residents receive training in all aspects of family medicine, including OB, pediatrics, and inpatient pediatrics. The faculty, residents, and clinical staff are dedicated to serving patients throughout communities in Allegheny County.

Forbes Family Medicine implemented SBIRT services on May 29, 2019. 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 an SBIRT Waiting Room Form. After the patient completes this form, they are escorted from the waiting room by a nurse or medical assistant. Patients who score positive during the initial screen complete a full screen with the Alcohol, Smoking and Substance Involvement Screening Test (ASSIST). Brief interventions are conducted by the residents and providers using the Brief Negotiated Interview (BNI). The SBIRT Care Coordinator, hired through Forbes Family Medicine, coordinates referrals for Level of Care Assessments (LOC) and aids in finding specialty care.

Due to dedication of the staff, the site recently screened 75% during the first month of implementation. Since implementation, Forbes Family Medicine has screened 523 total patients (including duplicate screens) and completed 8 brief interventions. The site continues to improve the workflow weekly.
Meet the Team: Forbes Family Medicine

Care Coordinator
Tresa Rollison

Tresa Rollison is a Licensed Social Work who recently became the SBIRT Care Coordinator at the Forbes Family Medicine office. Tresa graduated from The University of Pittsburgh with a BS in Psychology and a Masters in Social Work. Tresa has a long history of both Mental Health Crisis work as well as Diversion and Stabilization (DAS)/Short Term Residential Treatment Facility (STRTF) care with adolescents with mental health and behavioral needs. Tresa has worked with Forbes Family Medicine to implement the SBIRT program and continues to work to make this new program a success.

Site Champion
Janelle Johns

Janelle Johns is a Nurse Practitioner with Allegheny Health Network. She is currently serving as a co-champion for SBIRT in the Forbes Family Medicine Residency Program. She is also on the Faculty for the Forbes Family Medicine Residency. She graduated from the University of Pittsburgh School of Nursing and earned her master’s degree as a Family Nurse Practitioner. She is board-certified by the American Academy of Nurse Practitioners. She has been a Nurse Practitioner for 17 years primarily working in Family Practice.

Site Champion
Bob Sukolsky

Bob Sukolsky is the Director of Behavioral Science and a faculty member at the Forbes Family Medicine Residency Program for the past nine years. He has been an SBIRT Champion and trainer for seven years. He has conducted SBIRT training throughout the AHN system with numerous medical specialties including Family and Internal medicine, OB and Emergency medicine. He has also been the trainer for medical, dental and pharmacology students through the Lake Erie College of Osteopathic Medicine (LECOM). Through an SBIRT grant and Chatham University, Bob has trained, doctoral level Physical Therapy, Occupational Therapy, and Psychology students as well as nursing, physical assistant and counseling psychology students.

Bob received his Master’s degree in Counseling from Indiana University of Pennsylvania and prior to his position at Forbes, has worked in the social service field for 25+ years in addition to being an adjunct instructor at numerous universities in the area. He also spent nearly 10 years as a Family Based Mental Health trainer through the Western Psychiatric Hospital.

From left: Janelle Johns, Bob Sukolsky, and Tresa Rollison.
Health Care Use Over Three Years After Adolescent SBIRT

An emerging area within the study of SBIRT is the study of the successes of SBIRT in specifically reducing service/healthcare use among the adolescent demographic. Adolescent alcohol and substance use has largely contributed to three major causes of death (injuries, suicide, and homicide) and poor mental health among adolescents.

In this study, randomized groups of adolescents aged 12 to 18 years receiving health services within the same health care delivery network were provided with either usual care or SBIRT services provided by SBIRT trained pediatricians and behavioral clinicians over a period of 3 years.

Results showed that adolescents in the SBIRT group were less likely to receive a substance use disorder diagnosis (OR=0.64). The SBIRT group also had lower use of emergency department/outpatient services and psychiatric services (P<0.05) in comparison to the group that received “usual care” from their providers.