

# PA SBIRT Newsletter

## IN THIS ISSUE:



### Page 1:

- *The PA SBIRT Initiative*

### Page 2:

- *Progress Report*
- *Quarterly Recap*
- *NIDA “Easy to Read” Resources*

### Pages 3-5:

- *Meet the PA SBIRT Care Coordinators*

### Page 6:

- *SBIRT in the News*
- *Message from PERU*
- *Contact Information*

PA SBIRT is funded by the Substance Abuse and Mental Health Services Administration:

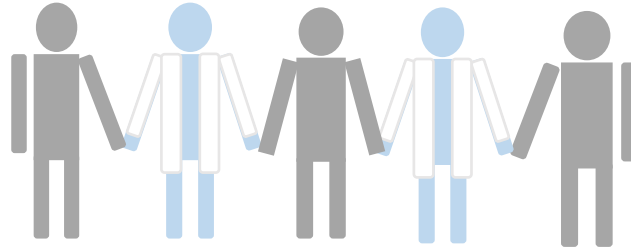
*SAMHSA, TI026666*

For more information:

*Tynasha Robinson  
717.736.7499  
tynrobinso@pa.gov*

## Welcome!

Welcome to the latest issue of the Pennsylvania Screening, Brief Intervention and Referral to Treatment (PA SBIRT) Newsletter, a quarterly publication dedicated to the PA SBIRT initiative. In this and future issues, we will feature a progress report, quarterly recap, project spotlight, and more. We hope that you find this information helpful and encourage you to share!



## The PA SBIRT Initiative

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 related to substance use.

### The PA SBIRT Vision:

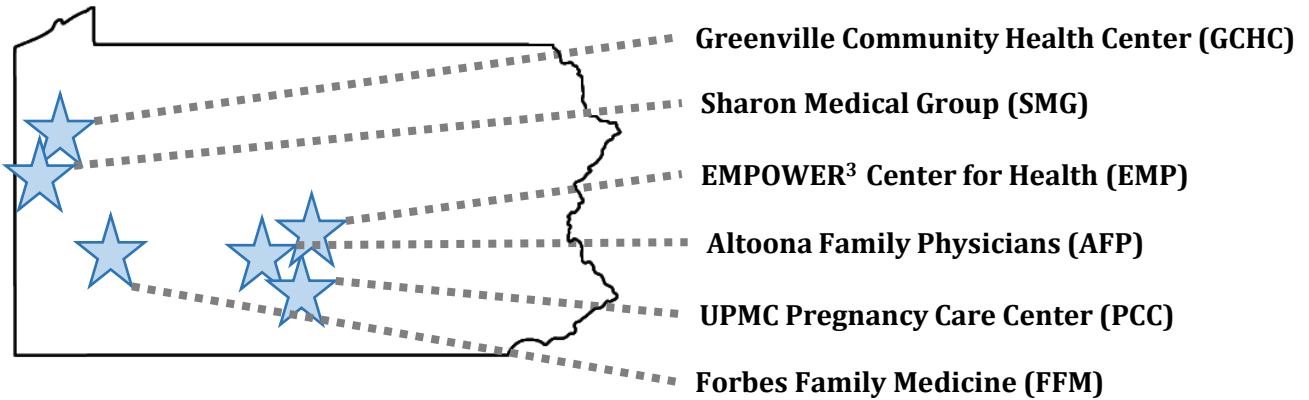
*To ensure that every patient in our primary care clinics receives the right screening, brief intervention, and referral to treatment (SBIRT) services by the right providers every time.*

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 Single County Authorities, 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 **6** healthcare sites in Pennsylvania: EMPOWER<sup>3</sup> Center for Health, Altoona Family Physicians, and UPMC Pregnancy Care Center in Blair County; Sharon Medical Group and Greenville Community Health Center in Mercer County; and Forbes Family Medicine in Allegheny County. Together, these sites have provided SBIRT services to a total of **15,392** unduplicated patients, conducted **4,446** brief interventions, and connected **863** patients to community resources.



## Quarterly Recap

Month	Site Visits, Trainings, and Updates
<b>April 2020</b>	<ul style="list-style-type: none"> <li>• Convened Policy Steering Committee Meeting</li> <li>• Presented at the Pennsylvania Opioid Command Center</li> <li>• Revised SBIRT protocols due to COVID-19 workflow modifications</li> <li>• Project sites collectively completed over 56,000 screening to date</li> </ul>
<b>May 2020</b>	<ul style="list-style-type: none"> <li>• GCHC and SMG: Implemented screening during at-home check-in process</li> <li>• AFP and GCHC: Trained temporary providers on SBIRT workflow</li> <li>• SMG: Held update with providers on SBIRT workflow</li> <li>• Held SBIRT sustainability meeting with leadership teams from each site</li> <li>• Disseminated revised monthly report to stakeholders</li> <li>• Began discussions for onboarding a potential 7<sup>th</sup> site</li> </ul>
<b>June 2020</b>	<ul style="list-style-type: none"> <li>• AFP: Completed 20,000 screenings</li> <li>• EMP: Completed Champion Training with PERU</li> <li>• AFP: Trained new Care Coordinator</li> </ul>

### DID YOU KNOW?

The National Institute on Drug Abuse (NIDA) has a website with materials and videos that can be helpful tools for discussing substance use with patients.

*NIDA Easy to Read Website:*

<https://easyread.drugabuse.gov/>

## *Meet the PA SBIRT Care Coordinators*

Over the past several months, PA SBIRT project sites quickly adapted daily workflows to meet the needs of patients during the COVID-19 pandemic. As a result, SBIRT protocols were modified across all project sites. Despite these changes, all partners exceeded expectations in meeting the needs of those who screened positive or required additional assistance. While many personnel are involved in patient care, the PA SBIRT Care Coordinators played a critical role in monitoring the SBIRT workflow and patient connection to care during this challenging time. The PA SBIRT team recognizes and appreciates the work and flexibility of our Care Coordinators. We invite you to meet the wonderful team of PA SBIRT Care Coordinators:

### **Diane R. Mentch, MS, LPC** *Greenville Community Health Center*

#### **Favorite part of working with the SBIRT Team?**

"I enjoy being an integral part of furthering the collaboration between the mental health, substance use, and physical health fields. I also have amazing SBIRT co-workers!"

#### **What is your area of expertise?**

"While receiving my master's degree in Clinical Mental Health Counseling I completed an internship at an outpatient drug and alcohol and mental health facility for almost a year. Following that education and experience, I began working at Mercer County Behavioral Health Commission as a Drug and Alcohol Case Manager in the Central Intake Unit which allowed me to complete mental health and drug and alcohol evaluations and also assist clients through case management services. Since graduating with my master's degree, I became a licensed professional counselor."

#### **What is one fun fact about you that others would be surprised to know?**

"I love to pull weeds from my flower beds and mow! They are my favorite ways to relieve stress."



### **Britt Tangeman, MS Health Education and Promotion** *Altoona Family Physicians*

#### **Favorite part of working with the SBIRT Team?**

"Harm Reduction and patient engagement."

#### **What is your area of expertise?**

"[I have] 3 years of Child Welfare work with low income and drug affected populations, 1 year of residential treatment of youth with drug and alcohol addiction, and 6 months as a case manager with Blair Drug and Alcohol."

#### **What is one fun fact about you that others would be surprised to know?**

"I took up Origami as a hobby."



## *Meet the PA SBIRT Care Coordinators*

### **Cerissa Paladino, MSM**

**Sharon Medical Group**

#### **Favorite part of working with the SBIRT Team?**

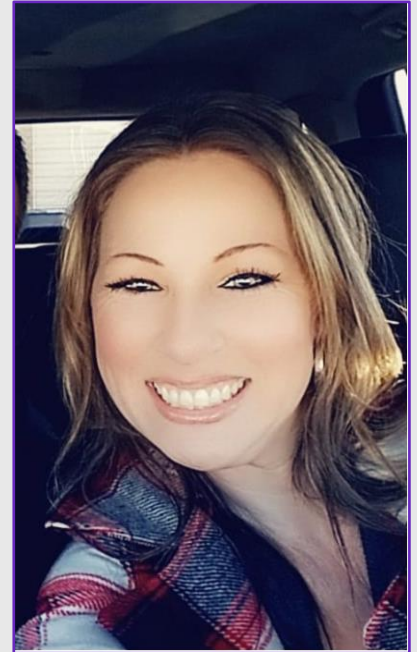
“I love being apart of the SBIRT team because I enjoy working with others that share the same passion as I do and bring new ideas when working to help individuals achieve sobriety or a better life. I have met so many great people since starting this position and I enjoy being able to get together face to face during conferences or meetings.”

#### **What is your area of expertise?**

“I have 15 years of experience in working in social services that include law enforcement, mental health and drug and alcohol.”

#### **What is one fun fact about you that others would be surprised to know?**

“A few things people do not know about me is that I used to want to be a US Marshall and I really enjoy singing and have even sang at weddings and done several talent shows since I was child.”



### **Tresa Rollison, MSW, LSW**

**Forbes Family Medicine**

#### **Favorite part of working with the SBIRT Team?**

“I absolutely love our SBIRT team!! So often, within the professional setting, interactions can be a little stuffy or just not very personal. Our SBIRT team is a group of real people who are as open to being transparent and genuine as I am. We have very real conversations about the importance of what we are doing and the best and most realistic way to make our work effective for the patients we serve. I am supported and my opinion is valued every step of the way, and likewise I value and respect the input of our team.”

#### **What is your area of expertise?**

“My true area of expertise is crisis work. I worked for years in a juvenile short term residential treatment facility – where both boys and girls with mental health and behavioral health issues stayed for 28 days on average. I worked for a couple of years as a crisis phone clinician with the county’s mental health crisis program. Great training, great experience with Motivational Interviewing and problem solving and resource building.”

#### **What is one fun fact about you that others would be surprised to know?**

“I was born and raised just outside of Denver, Colorado. Truly the most beautiful place imaginable. I spent a lot of time in the mountains but only went skiing one time. I quickly learned that I didn’t need to pay someone to strap boards to my feet so I could fly down a hill with zero control and a million objects to try to avoid. I’ll stay in the cabin with my coffee while everyone else freezes and flails, thank you very much.”



## *Meet the PA SBIRT Care Coordinators*

### **Missy Bennett**

***EMPOWER<sup>3</sup> Center for Health***

#### **Favorite part of working with the SBIRT Team?**

“Being on the edge of making changes on how primary care handles SUD and mental health issues. It has been awesome watching a system embrace the SBIRT process and see the benefits of addressing behavioral health to gain better patient outcomes and improve the relationship between the patient and the provider.”

#### **What is your area of expertise?**

“[I have] extensive experience in the field of drug and alcohol as both an outpatient drug and alcohol counselor and a case manager assisting individuals in various stages of recovery to remove barriers to treatment and access community resources.

[I have] also worked in the field of child welfare as a social worker in foster care/adoption, kinship care and as an on-going social worker. [I have] worked with families that have been negatively affected by substance use and mental health issues.”



### **Megan Fanella, BS**

***UMPC Pregnancy Care Center***

#### **Favorite part of working with the SBIRT Team?**

“I enjoy being able to speak with the patients while they are in the doctor’s office to help address their substance use and assist in finding treatment. I also find it very interesting looking at the data both past and present to see how SBIRT has helped client’s with their substance use disorders.”

#### **What is your area of expertise?**

“I have experience in both mental health and drug and alcohol treatment. I worked on an inpatient behavioral health unit for 1.5 years. I then worked in mental health resource coordination for over 3 years assisting patients seeking all types of resources in the community. I have been working for Blair County Drug and Alcohol as the SBIRT Care Coordinator for PCC for 6 months assisting patients in brief interventions and referral to treatment with substance use disorders.”

#### **What is one fun fact about you that others would be surprised to know?**

“I can say the alphabet backwards.”



**The Pennsylvania  
Department of Drug and  
Alcohol Programs (DDAP)**



**Dianne Schrode**  
*Drug and Alcohol Program  
Manager*  
dschrode@pa.gov

**Tynesha Robinson**  
*Program Analyst, System  
Transformation Projects  
Section*  
tynrobinso@pa.gov

**The University of  
Pittsburgh, Program  
Evaluation and Research  
Unit (PERU)**



**Dr. Janice Pringle**  
*PERU Director*  
jpringle@pitt.edu

**Jack Warwick**  
*Innovative Health System  
Initiatives Program Director*  
jswarwick@pitt.edu

**Abby Talbert**  
*Program Manager*  
alt108@pitt.edu

**Grace Drnach**  
*Program Implementation  
Specialist*  
gmd53@pitt.edu

**Georgie Scott**  
*Research Assistant*  
gls54@pitt.edu

**Susan Price**  
*Research Administrative  
Assistant*  
sprice@pitt.edu

***In the News:***

**COVID-19 Healthcare Provider  
Wellness Assessment**

The COVID-19 outbreak is placing stress on all of the systems society has been building up for years. Healthcare providers are no exception. With this in mind, PERU has developed a **wellness assessment**. The goal of the assessment is to support personal wellbeing and professional efficacy for those providing care to patients with mental health and substance use disorders.

Providers must monitor their response to pandemic requirements and make frequent health and safety choices. This checklist contains **wellness strategies recommended for providers of medical, mental health, and substance use disorder patient care** during the COVID-19 pandemic. Please use this checklist to assess personal, professional, and team wellness, and to develop action plans for any areas of need. Additional information is offered through resource links includes:

- Vigilant Infection Prevention
- Effective Workplace Strategies
- Adapted Patient Care
- Effective Education
- Regular Social Connection
- Personal Wellness Care

*Thank you for caring for yourself and others*

**[Click here for the COVID-19 Healthcare Provider  
Wellness Assessment](#)**

***A Message from PERU***

Working from home during the pandemic made me realize how important it is to work together as a "TEAM". We may not always have the resources on hand, but by working together we create better ways to get in touch with those who are asking for help, especially during these uncertain times. Teamwork gets us one step closer to achieving our "Vision". I am truly grateful for the opportunity to work with the PA SBIRT Team - keep up the "GOOD Work"!

***Susan Price***  
***Research Administrative Assistant, PERU***

