



SBIRT

Screening, Brief Intervention, and Referral to Treatment



Screening (S)

A way to quickly identify a patient’s likely level(s) of risk using a validated instrument.



Brief Intervention (BI)

A short conversation to motivate positive behavior change. The goal of the intervention can vary depending on the level of risk.

Referral to Treatment (RT)

An effort to link individuals with a high level of risk to additional services.

Screening Can Be Integrated into Standard Care

Using training-of-trainers approaches and administrative support, evidence suggests that screening for risky alcohol and drug use with validated tools can be integrated into routine clinical care practices.

Newhouse R, Agle J, Bakoyannis G, et al. (2025). Effects of a structured SBIRT training program for hospital nursing leaders on utilization of SBIRT within their medical-surgical units: cohort study. *BMC Nursing*, 24, 450.



Brief Interventions Are Effective

Brief interventions using motivational interviewing (MI) or motivational enhancement approaches are supported for alcohol, tobacco, marijuana, and gambling.

DiClemente CC, Corno CM, Graydon MM, et al. (2017). Motivational interviewing, enhancement, and brief interventions over the last decade: A review of reviews of efficacy and effectiveness. *Psychology of Addictive Behaviors*, 31(8), 862-887.

Treatment Can Include Pharmacotherapy

Studies have suggested that initiating pharmacotherapy with combined medication management and behavioral interventions is successful for nicotine and opioid use disorder.

Bernstein SL & D’Onofrio G (2017). Screening, treatment initiation, and referral for substance use disorders. *Addiction Science & Clinical Practice*. 12. 18