

The problem of alcohol and drug misuse

is widespread in Maryland. Lives are being ruined, families destroyed and the rates of overdose deaths are mounting annually. By initiating a conversation and providing information, health care providers can help patients identify risky use early and make choices that lead to better health.



Maryland SBIRT

is a collaborative initiative of the DHMH Behavioral Health Administration, Behavioral Health System Baltimore and the Mosaic Group with additional funding from Substance Abuse and Mental Health Services Administration (SAMHSA) and the Conrad N. Hilton Foundation. (1/2016)



For more information about Maryland SBIRT please call **410-637-1900.**

A brief conversation can make a big difference.



What is Maryland SBIRT?

Maryland SBIRT trains health care providers in community health centers and hospitals throughout Maryland to initiate conversations with patients about alcohol and drug use, and if necessary, refer patients for further assessment or treatment. Maryland SBIRT uses

Screening, Brief Intervention and Referral to Treatment (SBIRT), identified by the federal Substance Abuse and Mental Health Services Administration as an effective public health approach, to intervene with individuals who have risky alcohol or drug use.

SBIRT Improves Health and Reduces Health Care Costs

Studies show cost savings of \$3.81 to \$5.60 for every \$1.00 invested in SBIRT services.

People who received screening and brief intervention experienced fewer:

| | |
|------------------------------------|--------------|
| Emergency department visits | ↓ 20% |
| Non-fatal injuries | ↓ 33% |
| Hospitalizations | ↓ 37% |
| Arrests | ↓ 46% |
| Motor vehicle crashes | ↓ 50% |

Source: Fleming, et al. (2000) Benefit-cost analysis of brief physician advice with problem drinkers in primary care settings. Medical Care, 38(1), 7-18.

Screening, Brief Intervention, Referral to Treatment (SBIRT)



SBIRT requires only a few minutes, involving a standard protocol in which a health care provider:

- Applies simple screening questions to determine if a patient is at risk for or may have an alcohol or drug use disorder
- Explains the screening results, provides information on healthy alcohol limits, assesses the patient's readiness to change behavior and offers advice on change
- Can refer a patient with moderate or high risk alcohol or drug use for an in-depth substance abuse assessment and/or treatment

+ Visit our website for more information, including screening tools, billing information, and additional resources.
MarylandSBIRT.org

Maryland SBIRT aims to reduce drug overdose deaths, reduce disparities in health outcomes among minorities, and reduce health care costs in Maryland.

