

## SBIRT for Health and Behavioral Health Professionals On-line Course

### Statement of Purpose:

Substance use is prevalent among patients, but how exactly should a health professional address it? SBIRT (screening, brief intervention, and referral to treatment) is a public health approach to identify and intervene early with individuals who are using drugs and alcohol in unhealthy ways, and to assist individuals who might have a substance use disorder to access specialty care

### Overview

*SBIRT for Health and Behavioral Health Professionals* is a 3.5-hour, self-paced course for health, oral health, and behavioral health students and professionals. Learners will take part in an interactive, simulated new employee orientation on SBIRT (screening, brief intervention, and referral to treatment for substance use) at Midtown Healthcare Center, a fictional urban-serving primary care clinic. In addition to dialogue among the staff about addressing substance use, learners will watch video demonstrations of brief interventions performed by other clinicians and even practice themselves with a patient through a situational branching exercise. Participants will apply and test their knowledge through interactive games, case scenarios, and quizzes following each module. The goal of this course is to help participants develop their knowledge, skills, and abilities in using SBIRT as an intervention with patients.

### Successful Completion

This course offers up to 3.5 nursing contact hours. To receive contact hours, participants must submit a completed evaluation and request for credit form, and complete the course with a satisfactory grade of 80% or higher on all module quizzes. CNE, CME, NAADAC, NASW NBCC and non-CE Certificates of Completion are available immediately for electronic download upon satisfactory completion of the course. CHES certificates will be emailed within 4 weeks of submitting the evaluation. Participants seeking CHES credits must provide their CHES #.

### Objectives

- Explain the SBIRT process and the value of this evidence-base, public health practice across health, oral health, and behavioral health settings.
- Perform pre-and full screenings for substance use and determine a patient's level of risk.
- Implement the four steps of a brief intervention using the spirit of Motivational Interviewing.
- Examine strategies for effectively referring patients to addiction treatment and recovery supports when appropriate.

### Conflict of Interest

In accordance with continuing education guidelines, speakers and planning committee members have disclosed financial relationships with commercial interests that may create a potential conflict of interest. Kendra Barker, MEd, Angela Bolen, Catherin Boles, RDH, MS, Christina Boyd, LSCSW, LCAC, Delwyn Catley, PhD, Sharon Colbert, MSM, Kristin Gillenwater, DO, Heather Gotham, PhD, Ile Haggins, MSW, Jessica Hildreth, BA, Jared Keeler, MD, Sarah Knopf-Amelung, MA-R, Laurie Krom, MS, Araba Kuofie, BA, Martha Lofgreen, APRN, WHNP-BC, Michael McCunniff, DDS, MS, Patricia Stilen, MSW, Amy Stubbs, MD, Edna Talboy, PhD and Denna Vandersloot, MEd have nothing to disclose, Jacki Witt, JD, MSN, WHNP-BC, SANE-A, FAANP – Advisory Boards for Afaxys (Resolved).

**Commercial Support** – There is no commercial support for this program.

**Enduring Materials** – Contact hours will be awarded for this program through January 1, 2022.

### Accreditation Statements:

#### Nursing

The University of Missouri-Kansas City School of Nursing Continuing Nursing and Health Studies is accredited as a provider of continuing nursing professional development by the American Nurses Credentialing Center's Commission on Accreditation.

*This activity is offers up to 3.5 contact hours for nurses.*

#### Medical

The AAFP has reviewed SBIRT for Health and Behavioral Health Professionals and deemed it acceptable for up to 3.50 Enduring Materials, Self-Study AAFP Elective credit. Term of Approval is from 01/01/2021 to 01/01/2022. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

**Health Education CHES**

Sponsored by University of Missouri-Kansas City School of Nursing and Health Studies, a designated provider of continuing education contact hours (CECH) in health education by the National Commission for Health Education Credentialing, Inc. This program is designated for Certified Health Education Specialists (CHES) to receive up to total 3.5 Category I continuing education contact hours for this course.

Contact Angela Bolen at [bolena@umkc.edu](mailto:bolena@umkc.edu) or 816-235-6611 if you have questions regarding continuing education credit.