



CONNECTICUT SCREENING, BRIEF INTERVENTION, AND REFERRAL TO TREATMENT (CT SBIRT) PROGRAM

PROJECT DESCRIPTION: The purpose of the *CT SBIRT Program* is to dramatically increase identification and treatment of adults, ages 18 and older, who are at-risk for substance misuse or diagnosed with a substance use disorder through the implementation of SBIRT services in partnering Federally Qualified Health Center (FQHC) sites statewide and other agencies in CT.

COLLABORATIVE PARTNERS

- The Connecticut Department of Mental Health and Addiction Services (DMHAS)
- The Community Health Center Association of Connecticut (CHCACT)
 - Ten (10) FQHCs with over thirty (30) sites statewide
- The University of Connecticut Health (UCH)
 - Program Evaluation
 - CT SBIRT Training Institute

These partners are committed in implementing the *CT SBIRT Program*, monitoring outcomes, focusing on quality improvement, and developing statewide infrastructure to sustain SBIRT practices in Connecticut.

SBIRT SERVICES: The *CT SBIRT Program* will utilize evidence-based practices for the following modalities:

1. Routine screening with validated instruments;
2. Brief Intervention using manual-guided procedures recommended by the World Health Organization;
3. Brief Treatment protocols modeled on a CSAT clinical trial;
4. Differential Assessment utilizing standardized diagnostic instruments; and
5. Referral to Treatment based on ASAM (2001) criteria.

PROGRAM MODEL: The *CT SBIRT Program* will employ a Contracted Specialist implementation model by hiring Health Educators or utilizing existing staff to perform SBIRT services.

POPULATION TO BE SERVED: Over the 5-year project period, the *CT SBIRT Program* seeks to:

- Screen 42,000 individuals (4,200 in Year 1; 9,450 annually Years 2-5);
- Conduct Brief Interventions with 10,500 individuals (1,050 in Year 1; 2,362 annually Years 2-5);
- Conduct Brief Treatment with 3,500 individuals (350 in Year 1; 787 annually Years 2-5); and
- Refer 700 individuals (70 in Year 1; 157 annually Years 2-5) to existing substance abuse treatment services.

OTHER FEATURES

- Establishment of a SBIRT Training Institute, within the University of Connecticut Health (UCH), to provide SBIRT training, technical assistance and monitoring to embed SBIRT services in partnering FQHCs;
- Through the SBIRT Training Institute, offer SBIRT training and technical assistance to other providers, including general hospitals and the DMHAS Military Support Program, which includes a statewide panel of 425 licensed clinicians that provide behavioral health services to National Guard and Reserves members and their families.

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