



# New York State

## Screening, Brief Intervention, and Referral to Treatment A Standard of Practice Resulting in Better Health

**Governor Andrew M. Cuomo**

**Commissioner Arlene González-Sánchez, MS, LMSW**

### Addressing Substance Use for Better Patient Care

Screening, Brief Intervention and Referral to Treatment (SBIRT) is an evidence-based approach to identifying patients who use alcohol and other drugs at risky levels with the goal of reducing and preventing related health consequences, disease, accidents and injuries. Risky substance use is a health issue and often goes undetected.

#### Why is SBIRT important?

- SBIRT is effective. More than screening, SBIRT is an effective tool for identifying risk behaviors and providing appropriate intervention.
- By screening for high risk behavior, healthcare providers can use evidence-based brief interventions focusing on health and other consequences, preventing future problems.

#### How does SBIRT work?

- SBIRT incorporates screening for all types of substance use with brief, tailored feedback and advice.
- SBIRT can be performed in a variety of settings. Screening does not have to be performed by a physician.
- Simple feedback on risky behavior can be one of the most important influences on patient behavior and change.

#### What are the benefits of SBIRT?

- Prevent disease, accidents and injuries related to substance use, resulting in better patient outcomes.
- SBIRT reduces costly healthcare utilization.
- SBIRT is reimbursable, billing codes are available in New York State.
- Many payers reimburse for SBIRT services.

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For more information about SBIRT, including how it can work in your healthcare setting, visit: <http://www.oasas.ny.gov/AdMed/sbirt/index.cfm> or contact OASAS at SBIRTNY@oasas.ny.gov

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