

SBIRT Implementation in Medical Settings




**ENHANCED PROFESSIONAL
LEARNING SERIES**



ATTC

Addiction Technology Transfer Center Network
Funded by Substance Abuse and Mental Health Services Administration

Cultural Considerations and Co-Occurring Disorders

Week #6



THANK YOU FOR
ALL YOU DO!
Your work is
important!



Welcome

- Check in-What is important to you?
- Review Learning Activity-Article and Pregnancy Videos

Presentation

- Cultural Aspects to Consider
- Co-Occurring Disorders

Summary

- Wrap Up and Next Steps
- Questions

Agenda



Remember why
you are looking
at all of this.
Start telling
others!

One thing from
the article on
SBIRT w/
Diverse
populations?

Pregnancy
Videos

How would you
or someone in
your
community
react?

Let's Talk
about your
Learning
Activity!

A FEW OTHER RESOURCES!

**Rosé
Colored
Glasses**

Conversations
About Women
and Alcohol



**Lions
& Tigers
& Bears**
Guiding listeners through using
Motivational Interviewing **MI**



Motivational Interviewing Resources

<https://attcnetwork.org/centers/mountain-plains-attc/product/motivational-interviewing-prompt-and-reminder-posters>

MOTIVATIONAL INTERVIEWING IS EVOCATIVE

a provider is actively working to elicit a client's reasons and ideas for change

BEFORE providing information, ask clients what they already know about the topic.

What do you know about my role here?

What do you know about the ways people typically...?

What things are you already doing to...?

ASK clients about their most important reasons and ideas about change

What are your most important reasons for...?

If you look forward to a year from now, how would you want your life to be different?

What part would you like to tackle first?

ATTC SAMHSA

MOTIVATIONAL INTERVIEWING IS COLLABORATIVE
the client and provider are working as equal partners, both with expertise and valuable experience

MAKE THE CLIENT THE EXPERT

What have you already done about...?

What do you think you will need to do to...?

How does that sound to you?

AVOID INTERRUPTING offer assistance or information if the client asks:

Can I share some information with you?

With your permission, I'd like to...

Would it be okay if we...?

INVITE THE CLIENT TO SHARE THEIR SUCCESSES, MOTIVATION, IDEAS, AND PLANS

ATTC SAMHSA

MOTIVATIONAL INTERVIEWING IS EMPATHIC
empathy means showing a deep understanding of the client's perspective - reflections and open questions engage the client and builds trust

The best reflections capture the client's meaning rather than just repeating back their words.

Conjunctions are great ways to start reflections:
...and it's frustrating to be put in that situation,
...and that makes you really excited.

EMOTION WORDS ARE GREAT FOR REFLECTIONS

SAY THIS...
You're really excited about this!

INSTEAD OF...
Are you excited about this?

Sounds like you're worried about how your drinking might be affecting your health.

You are drinking too much and should be worried about your health.

USE OPEN QUESTIONS TO EXPLORE AMBIVALENCE, BUILD MOTIVATION, AND INVITE INPUT

SAY THIS...
What are your reasons for change?

INSTEAD OF...
Do you have any reasons for change?

What have you tried in the past?

Have you tried anything in the past?

MOTIVATIONAL INTERVIEWING GIVES CLIENTS AUTONOMY
a provider respects, honors, and emphasizes a client's control and choice over the outcome

HIGHLIGHT THE CLIENT'S PERSONAL CHOICE OR COMPETENCE
You should do what's right for you.
You've thought a lot about this. You've already done a lot to...
You've been very proactive with...

ASK FOR PERMISSION BEFORE OFFERING A SUGGESTION, PREFERENCE WITH PERMISSION TO DISAGREE, AND OFFER A MENU OF OPTIONS TO REMIND THEM IT'S THEIR CHOICE ON NEXT STEPS
Would it be okay if I shared some of the strategies other people have used?
There are a couple things that might work for you here...

USE AFFIRMATIONS THAT ARE SPECIFIC TO THE CLIENT
It's really smart of you to use your phone to remember to take your medications.
You've been really good keeping up with your treatment plan. I can't really see your commitment to your health and your family.

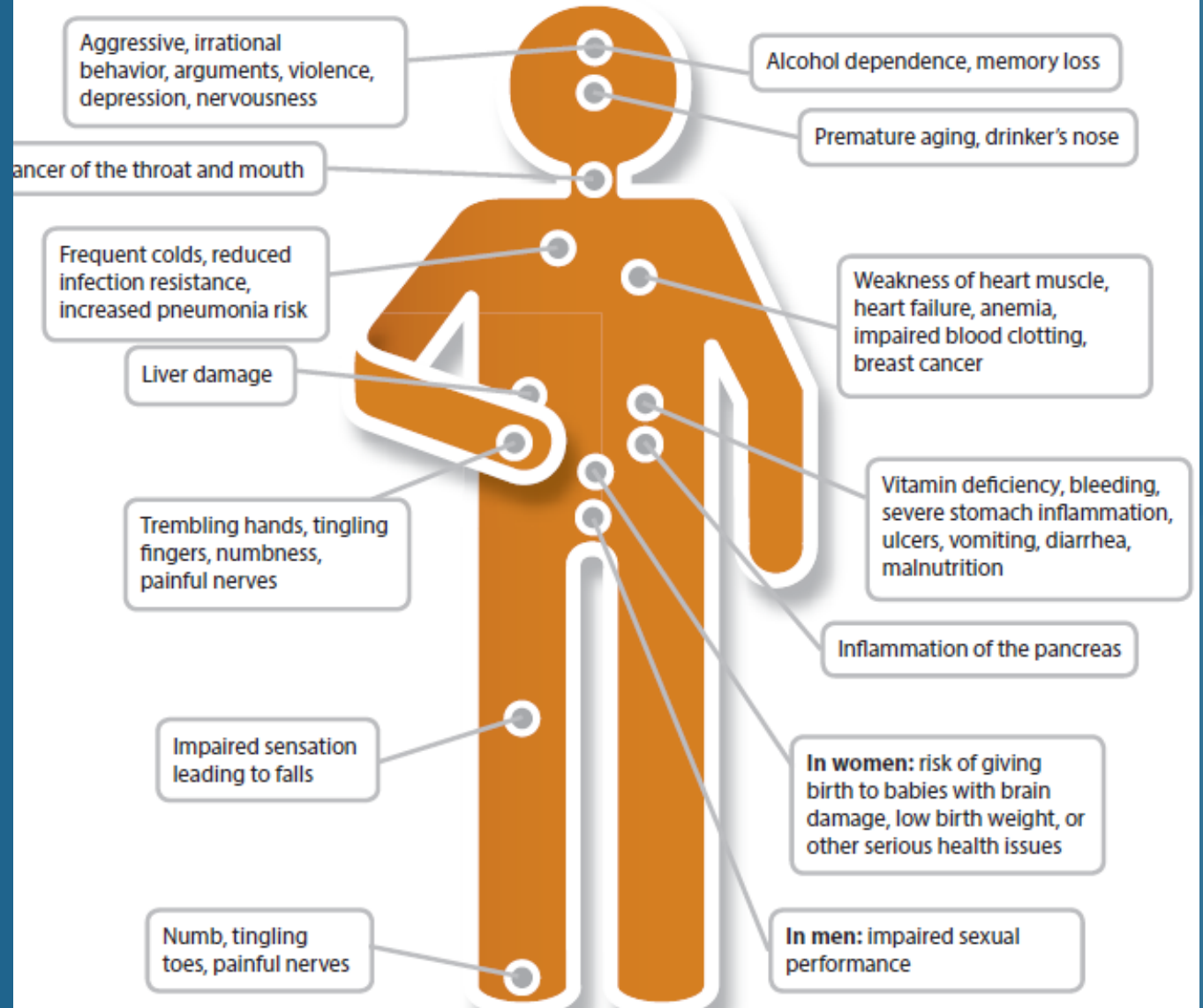
ATTC SAMHSA

Substance
Use
Resources
SBIRT.CARE

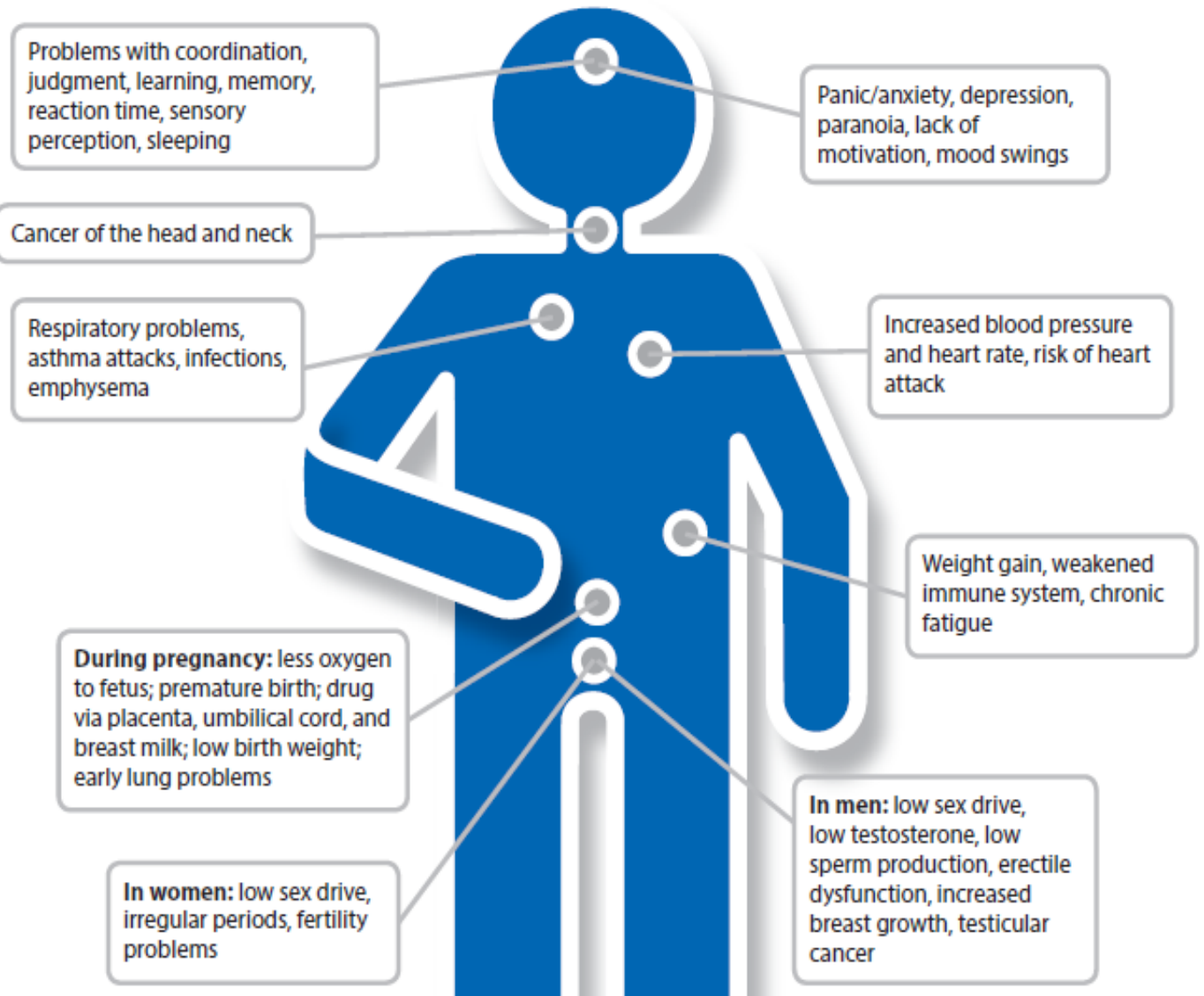
<https://sbirt.care/education.aspx>

RISKY AND HARMFUL DRINKING

Effects on the Body

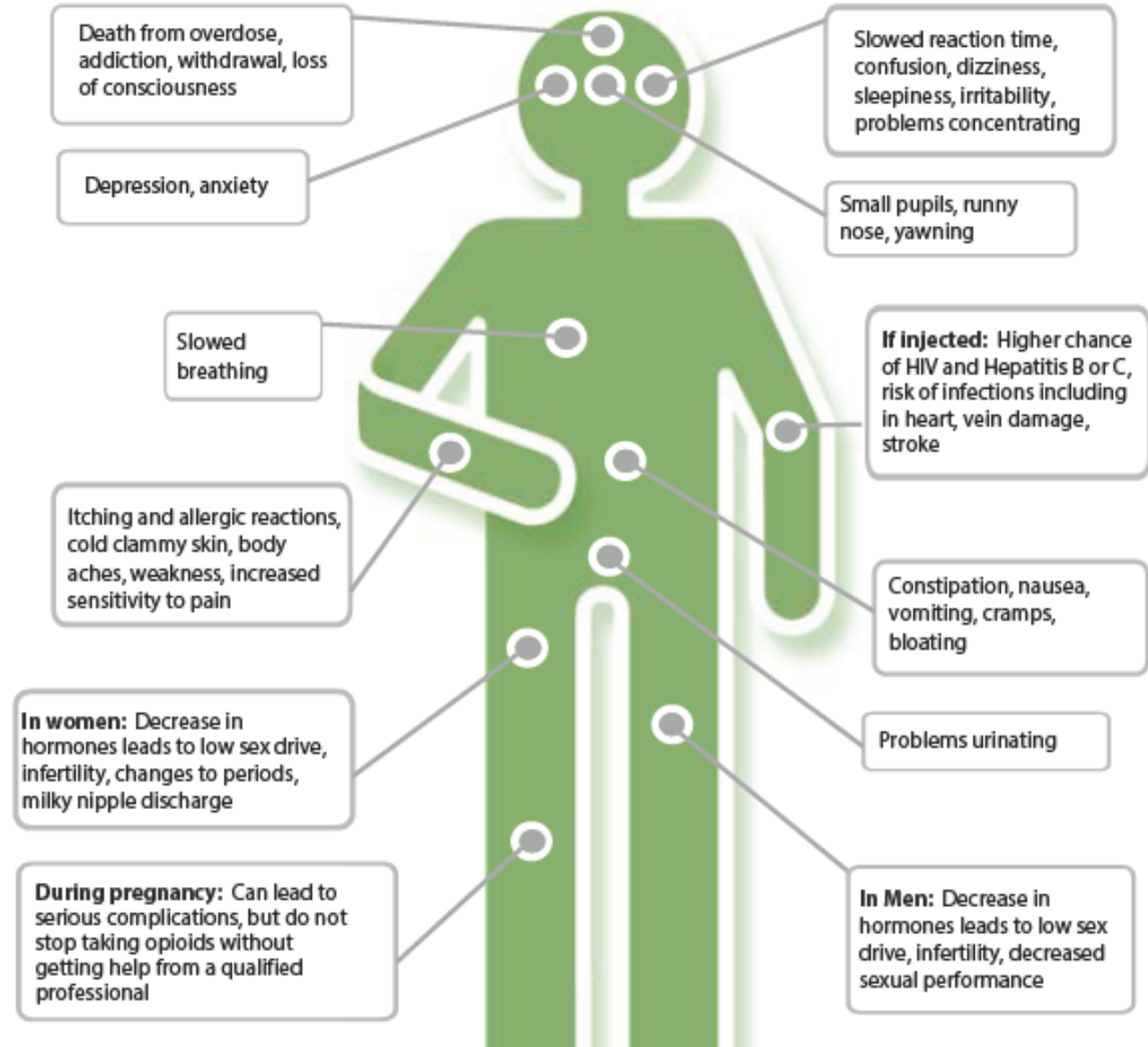


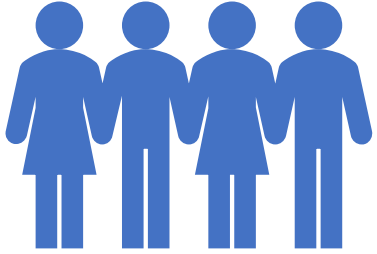
MARIJUANA: Effects on the Body



Prescription Opioids and Heroin

Effects on the Body





- As US populations become more diverse, increased need to provide Culturally and Linguistically Appropriate Services (CLAS)
- Each health care interaction occurs in context of three cultures
 - Healthcare provider’s lived experiences
 - Experiences of person seeking care
 - Culture of healthcare system itself
- Wide variations in attitudes, beliefs, behaviors exist among all individuals
 - This includes bias
- Can we really become “competent” in another person’s culture?
- Is “competence” a skill we can master?
 - We should try to learn about cultural specificities of particular groups and populations we work with, recognize variations within those groups, and try to understand overlaying general experiences of each population ([ACOG, 2018](#))

Cultural Sensitivity

Cultural Competence *Core Elements*

Awareness

- Differences of culture and one's own
- Value diversity

Attitude

- Aware of own biases, values & belief systems
- Acknowledgement & respect for cultural differences

Knowledge

- Inherent cultural trends of population
- Current research on effective practice

Skills

- Use of appropriate name or pronouns
- Engagement approaches



Northeast & Caribbean (HHS Region 2)

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Addiction Counseling Competencies, <https://store.samhsa.gov/product/TAP-21-Addiction-Counseling-Competencies/SMA15-4171>

Used With Permission From: Diana Padilla

Before Working with a Diverse Person

Self reflection

- Incorporate an understanding of culture, relational dynamics and differences
- Develop self awareness and identify personal cultural perspectives
- Recognize and address personal bias

Self-reflection activity: Take time each evening to reflect on your behavior for the day. *How do you perceive yourself? How do others perceive you? What can I learn from observing my behavior today?*



Working on Change

- Changing language, (and policies and programs) will take time. For instance, the word “abuse” continues to appear in the titles of highly respected addiction journals and in the names of federal government agencies despite the changes in the DSM5.
- By beginning to change the language of addiction, it is possible to foster a better future for people with SUDs and remove barriers that hold back people from committing to treatment they need.



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Contrasting Values, Attitudes, Behaviors

For Example: Eye contact

- It is best to look at people directly in the eye when talking to them; otherwise, you are seen as dishonest or uncaring.
- It is very rude and hostile to look at people directly in the eye when talking.



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Contrasting Values, Attitudes, Behaviors

For Example: Control over illness

- We all have the power to help ourselves get better.
- There is nothing we can do about being sick, because our fate is in the hands of a higher power.



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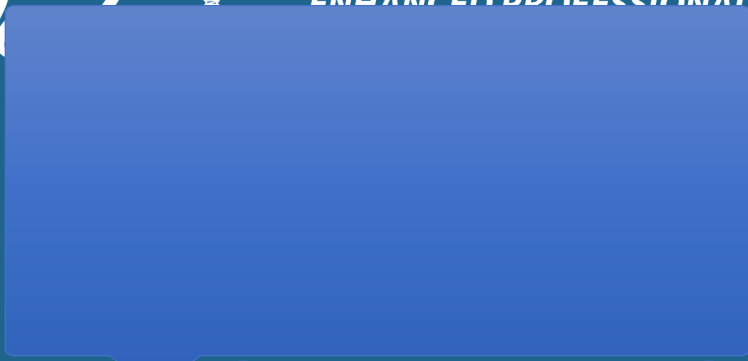
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NDRI, Cultural Proficiency in Drug Court Programs curricula,
Contrasting Values, Attitudes and Behaviors, 2002

Culturally Informed Questions

1. Tell me about your racial /ethnic /religious background and share something about the commonly held values and beliefs of people in your community.
2. How are you the same as others in your community?
3. How are you different from others in your community?
4. What two things would help the program deliver effective services to you?

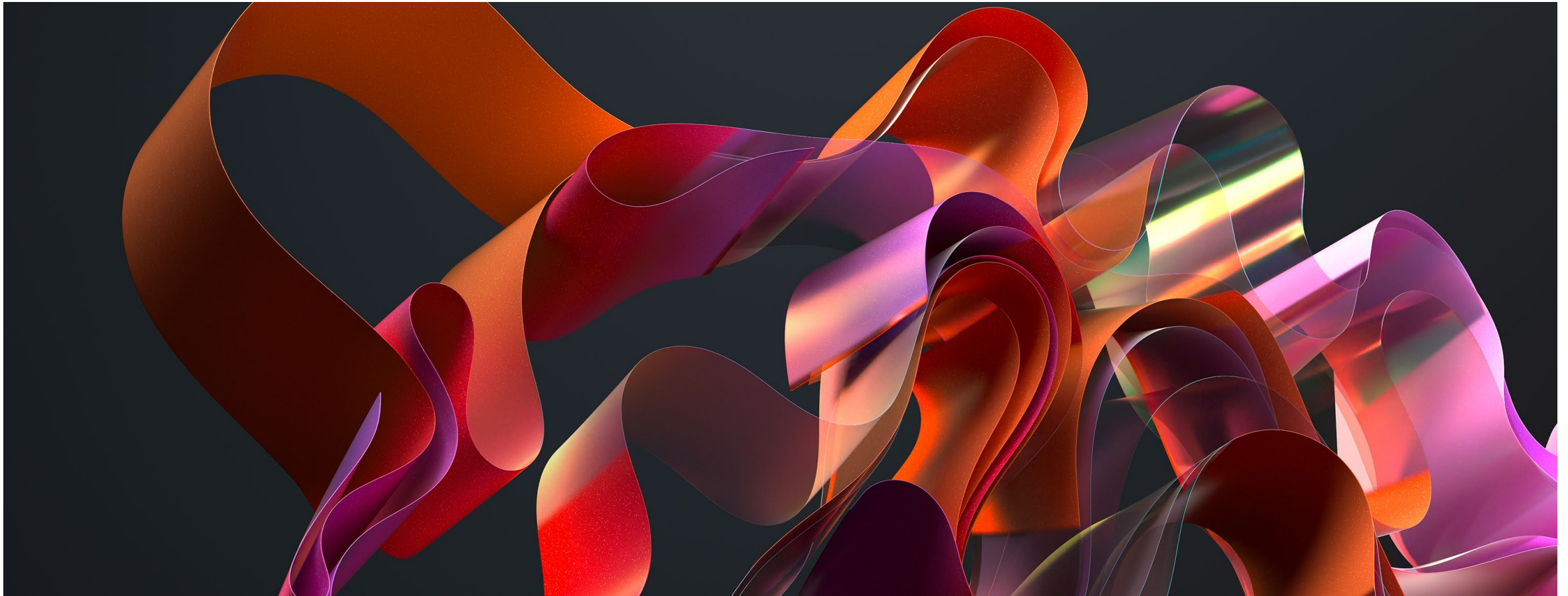




- What are some of the cultural considerations that you need to be aware of in your community?
- How do these cultural norms or beliefs affect SBIRT in your agency?

Break Out Room Discussion

Integrating Treatment for Co-Occurring Disorders Mental Health and Substance Use Disorders



WHO IS AFFECTED?

**7.7
MILLION**

Adults have co-occurring mental and substance use disorders. This doesn't mean that one caused the other and it can be difficult to determine which came first.

Of the 20.3 million adults with **substance use disorders**,

37.9%

also had **mental illnesses**.



Among the 42.1 million adults with **mental illness**,

18.2%

also had **substance use disorders**.



Source: Han, et al. Prevalence, Treatment, and Unmet Treatment Needs of US Adults with Mental Health and Substance Use Disorders. 2017.

**Co-Occurring
Disorders
are common**



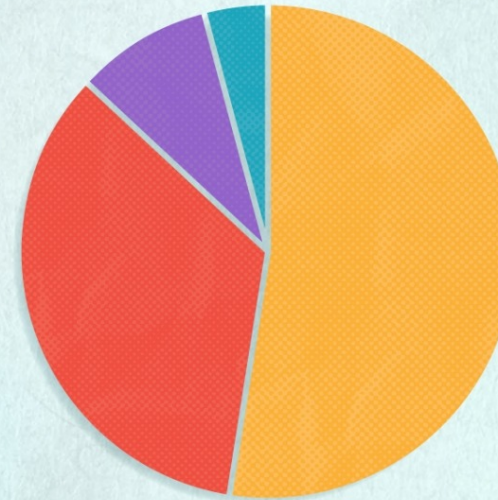
For more information about finding treatment for yourself or a loved one, visit [drugabuse.gov/related-topics/treatment](https://www.drugabuse.gov/related-topics/treatment).

Consider how
your agency
will address
this issue.

WHO GETS TREATMENT?

There are many effective treatments for both mental and substance use disorders. A comprehensive treatment approach will address both disorders at the same time.

Not everyone with co-occurring conditions gets the treatment they need.



Source: Han, et al. Prevalence, Treatment, and Unmet Treatment Needs of US Adults with Mental Health and Substance Use Disorders. 2017.



Research suggests...

- **Approximately half of those with Borderline Personality Disorder also have at least one current SUD, most commonly**

Alcohol Use Disorder.

- (Trull 2018)

SUDs are highly comorbid with Posttraumatic Stress Disorder (PTSD) and there are strong links between childhood traumatization and SUDs

(Khoury 2010)



Treatment needs to go hand in hand...

According to SAMHSA,
the most effective dual
diagnosis regimen treats both
the mental illness and
substance issues **at the same
time.**

(SAMHSA 2020)



Possible Staff Discussion

- How could the risky use of substances impact the services that you are trying to provide currently?
- How could untreated mental health symptoms impact the services that you are trying to provide currently?
- How would someone with BOTH do in your services?
- How could we improve in this area?

**Substance Abuse Treatment
For Persons With
Co-Occurring Disorders**

**A Treatment
Improvement
Protocol**

**TIP
42**



U.S. DEPARTMENT OF HEALTH AND HUMAN SERVICES
Substance Abuse and Mental Health Services Administration
Center for Substance Abuse Treatment
www.samhsa.gov



Tip 42-SAMHA

**Great
Resource!**



Opioid Response Network STR-TA

To ask questions or submit a technical assistance request:

- Visit www.OpioidResponseNetwork.org
- Email orn@aaap.org
- Call 401-270-5900

Another GREAT RESOURCE!
**Contact the Opioid Response Network for Training and TA
needs**



***Sneak Peek at the
future***

YOU TELL US!!

1. What resources do you need to move forward? (training, materials, tech support)
2. What is your next step in using SBIRT to Change the service delivery in your agency? What will YOU do next?

W



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Please type in
the chat or
unmute and
tell us...

**What is 1 thing
that you will take
with you from this
series?**



QUESTIONS?

