

SAFE Family Recovery: Screening, Brief Intervention and Referral to Treatment (SBIRT)

Screening, Brief Intervention, and Referral to Treatment (SBIRT) supports identification of substance use problems, provides brief advice or interventions using motivational interviewing, and offers referrals to treatment. It is delivered primarily at the local DCF area office but may be delivered on occasion, or as needed by DCF or the parent/caregiver at the Contractor's site(s).

SBIRT conducts three types of screenings for substance use: 1) breathalyzer; 2) urine toxicology; and 3) a validated screening tool. Clients who screen positive are provided a brief intervention to build commitment to change their use through motivational interviewing. Clients who could benefit from treatment are referred to a licensed substance use provider as indicated. Following the appointment, the parent/caregiver and DCF will receive a report on SBIRT findings and action steps taken by SBIRT staff.

Target Population

SBIRT is available to DCF-involved adult parents/caregivers age 18 and older who have at least one indicator of substance use that may impact their parenting capabilities, and it is not clear if an evaluation for treatment is needed.

Referral and Service Initiation

DCF Social Workers will submit a referral form and release of information to the DCF Gatekeeper or Contractor. The referral form includes checkboxes and narrative sections describing the parent/caregiver strengths, substance use indicators, and impact of substance use on children. The Contractor will be available to accept referrals Monday-Friday, 52 weeks per year at least but not limited to the hours of 8:00 a.m. to 5:00 p.m.

Length of Service

An SBIRT appointment takes about 30 minutes to complete. SBIRTs will be conducted within three (3) business days of the Contractor receiving the referral. The days and hours of availability by SBIRT staff will be agreed upon by the Contractor and the DCF region. Service hours may be changed to meet parent/caregiver needs.

Services and Interventions

SBIRTs provide:

- Breathalyzer to detect alcohol use
- 13-panel urine toxicology test, observed whenever possible
- Brief questionnaire to identify substance use and co-occurring mental health problems
- Brief intervention for clients who screen positive, to motivate them to accept a referral to treatment
- Referrals to treatment for further assessment of substance use

Crisis Response

SBIRT does not offer crisis response.

Reporting Expectations

- The Contractor will submit individual, client level data to the Department's PIE System or other system as required by the Department.
- The Contractor will provide written SBIRT Reports to the referral source to parent/caregiver, referral source, and substance use treatment provider as recommended.