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.

CONTACT INFORMATION: Alyse Chin, Project Director
CT Department of Mental Health & Addiction Services
410 Capitol Avenue, Hartford, CT 06134
(860) 418-6904 / Alyse.Chin@ct.gov

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