

## **SBIRT for Health and Behavioral Health Professionals: How to Talk to People About Substances On-line Course**

### **Statement of Purpose:**

Substance use is prevalent among patients, but how exactly should a health professional address it? SBIRT (screening, brief intervention, and referral to treatment) is a public health approach to identify and intervene early with individuals who are using drugs and alcohol in unhealthy ways, and to assist individuals who might have a substance use disorder to access specialty care.

### **Overview**

The 3-hour course equips health and behavioral health professionals with the knowledge, skills, and confidence to have conversations with people about their use of substances and intervene appropriately. SBIRT (Screening, Brief Intervention, and Referral to Treatment) is an evidence-based approach to addressing substance use in various settings.

### **Successful Completion**

This course offers up to 3.0 nursing contact hours. To receive contact hours, participants must submit a completed evaluation and request for credit form and complete the course with a satisfactory grade of 80% or higher on all module quizzes. CNE, NAADAC, NASW, and non-CE Certificates of Completion are available immediately for electronic download upon satisfactory completion of the course. CHES Certificates will be emailed to you approximately 4-6 weeks after satisfactory completion of the course.

### **Objectives**

By the end of this course, students will be able to:

- Define Screening, Brief Intervention, and Referral to Treatment (SBIRT).
- Explain the importance of screening for substance abuse and other mental health conditions.
- Use effective communication skills to assist with behavior changes.
- List the four steps of a Brief Intervention based on Motivational Interviewing principles.
- Explain when a Referral to Treatment is appropriate.

### **Relevant Financial Relationships:**

In accordance with continuing education guidelines, the contributing authors and/or planning committee members have relevant financial relationships with ineligible companies. Ineligible companies are those whose primary business is producing, marketing, selling, re-selling, or distributing healthcare products used by or on patients.

Subject Matter Experts: Christina Boyd, LCSW, LCAC and Michelle Levy, LMSW have no relevant financial relationships with ineligible companies to disclose.

Planning Committee: Erin Hobbs, Sharon Colbert and Angela Bolen have no relevant financial relationships with ineligible companies to disclose.

Kristin Metcalf-Wilson, DNP, WHNP-BC, serves on the board for Afaxys (Medication) and is a Nexplanon trainer for Organon Pharmaceuticals.

*All relevant financial relationships listed for these individuals have been mitigated.*

**Commercial Support** – There is no commercial support for this program.

### **Accreditation Statements:**

#### **Continuing Nursing Education (CNE)**

The University of Missouri-Kansas City School of Nursing Continuing Nursing and Health Studies is accredited as a provider of continuing nursing professional development by the American Nurses Credentialing Center's Commission on Accreditation.

*This activity offers up to 3.0 contact hours for nurses.*

**Certified and Master Certified Health Education Specialists (CHES):**

Sponsored by the University of Missouri-Kansas City School of Nursing and Health Studies, a designated provider of continuing education contact hours (CECH) in health education by the National Commission for Health Education Credentialing, Inc. This course is designated for Certified Health Education Specialists (CHES) to receive up to 3.0 total Category I continuing education contact hours.

**National Association of Social Workers (NASW)**

This program is Approved by the National Association of Social Workers (Approval # 886867499-3651) for 3.0 continuing education contact hours.

**Association for Addiction Professionals (NAADAC)**

The Addiction Technology Transfer Center (ATTC) National Coordinating Office (Provider #64973), located at the University of Missouri – Kansas City (UMKC) School of Nursing and Health Studies, is an accredited NAADAC continuing education provider. This activity has been approved for 3.0 CE. The ATTC Network Coordinating Office (NAADAC Provider #64973) is responsible for all aspects of its programming.

**Enduring Materials:**

Contact hours will be awarded for this program through January 31, 2027.

Contact Angela Bolen at [bolena@umkc.edu](mailto:bolena@umkc.edu) or 816-235-6611 if you have questions regarding continuing education credit.