

## SBI WITH ADULTS

*SBI with Adults* prepares healthcare providers to conduct substance use screening & brief intervention using the evidence-based SBI framework and motivational interviewing techniques with adult patients. This virtual learning experience provides a concept review, coaches learners through a simulated case scenario, and then evaluates their competency in two assessment scenarios. In the practice scenario, users lead a brief intervention in a telehealth environment. In the assessment scenarios users are evaluated on their ability to screen a patient using validated measures and conduct a brief intervention following the Brief Negotiated Interview framework while using a motivational style.

### CONTENTS & LEARNING GOALS

- Standard drink size, risk guidelines, and health consequences of alcohol misuse
- Screening for alcohol use with the NIAAA single-question alcohol screening
- Building rapport and use of motivational interviewing throughout a brief intervention.
- Best practices for engaging clients and patients in a telehealth setting
- Assessment of users' competency in conducting a brief intervention following the Brief Negotiated Interview framework



### CASES

<b>NAME</b> Mark Walker	<b>AGE</b> 31	<b>PRONOUNS</b> he, him, his	Conversation Time: <b>15 min</b> Conversation Skills Didactic: <b>25 min</b>	
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#### SCENARIO

Mark is a veteran of the Marine Corps, and was recently diagnosed with pre-diabetes. He drinks alcohol several times a week, which may have contributed to his pre-diabetes.

#### GOALS

Learn to use validated screening tools with patients to assess substance use risk and practice leading a patient encounter. Conduct a brief intervention to elicit Mark's motivation to change.

<b>NAME</b> Sam Davis	<b>AGE</b> 48	<b>PRONOUNS</b> he, him, his	Conversation Time: <b>3 min</b>
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#### SCENARIO

Sam is a pastor coming in for an annual physical who may be using alcohol in excess of recommended limits.

#### GOALS

As an assessment challenge, perform an initial alcohol screening using the National Institute on Alcohol Abuse and Alcoholism (NIAAA) validated single-question screen.

<b>NAME</b> Jessica Thomas	<b>AGE</b> 31	<b>PRONOUNS</b> she, her, hers	Conversation Time: <b>26 min</b>
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#### SCENARIO

Jessica is coming in for an IUD replacement. Her screening results indicate her alcohol use places her in the at-risk category, and she may benefit from a brief intervention.

#### GOALS

As an assessment challenge, use the OARS approach to conduct a brief intervention to talk about Jessica's drinking habits, discuss the risks of alcohol abuse, and elicit her motivation to change.

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