



# Let's get there

## Screening, Brief Intervention and Referral to Treatment program

### Support your patients

Do you have patients with alcohol or substance abuse issues? Our Screening, Brief Intervention and Referral to Treatment (SBIRT) program can help. It can identify alcohol and drug abuse. It can also reduce and prevent dependence on these substances. Health care professionals can get reimbursed to screen for alcohol and substance use.

It can be used by any of the following:

- Physicians
- Clinical psychologists
- Physician assistants
- Clinical social workers
- Nurse practitioners
- Certified nurse-midwives
- Clinical nurse specialists

The patient must have Aetna medical benefits and be nine years of age or older.



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## Help improve patient outcomes

Substance misuse and abuse often results in poor health outcomes and substantial costs. It can lead to increased illnesses, hospitalizations, motor vehicle injuries and premature deaths.

Research has shown that SBIRT can reduce:

- Health care costs
- The severity of drug and alcohol use
- Risk of trauma (distressing events that may have a long-lasting, harmful effect on a person's physical and emotional health and well-being)
- The percentage of at-risk patients who go without specialized substance use treatment

People screened in an emergency room, hospital or primary care office had fewer:

- emergency department visits and hospitalizations
- non-fatal injuries
- arrests
- motor vehicle crashes

SBIRT services are simple to use. You can systematically screen and assist patients who may not seek help. Many patients will not self-identify as having a substance use issue. Or they may not have a detectable problem.

## How the SBIRT process works

**Step 1: Screening** Screen and assess patients for risky substances using standardized tools. These tools include the Alcohol Use Disorders Identification Test (AUDIT) manual and the Drug Abuse Screening Test (DAST). Learn more about screening tools: [integration.samhsa.gov/clinical-practice/screening-tools](https://integration.samhsa.gov/clinical-practice/screening-tools).

**Step 2: Brief Intervention** Engage patients who show risky behaviors in short conversation, providing feedback, motivation and advice. This consists of up to five counseling sessions.

**Step 3: Referral to Treatment** Provide a referral to brief therapy for patients who show a need for additional services.

## Reimbursement

The initial screening and brief intervention are eligible for reimbursement. (Note: Reimbursement for capitated membership is included in capitation payments.) Your office can bill for each screen by submitting:

- 99408: Alcohol and/or substance (other than tobacco) abuse structured screening (for example, AUDIT, DAST) and brief intervention (SBI) services of 15 to 30 minutes.
- 99409: Alcohol and/or substance (other than tobacco) abuse structured screening (for example, AUDIT, DAST) and SBI services greater than 30 minutes. Member's copay will apply.

**Start moving forward**  
with SBIRT today.

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