



LET'S TALK

ABOUT **INCORPORATING
ALCOHOL SBI INTO YOUR
HEALTHCARE PRACTICE**

A GUIDE FOR HEALTHCARE PROVIDERS



For more information, visit

[WWW.CDC.GOV/FASD](https://www.cdc.gov/fasd)

ALCOHOL SCREENING AND BRIEF INTERVENTION (SBI) is recommended by the U.S. Preventive Services Task Force (USPSTF) and endorsed by major medical professional organizations, such as the American College of Obstetricians and Gynecologists, American Academy of Family Physicians, American Medical Association, and American Academy of Pediatrics, as well as CDC.

CDC has engaged healthcare providers (HCPs) to identify the most common challenges they face in consistently and completely conducting alcohol SBI, and to learn what supports they would like. Many tools and resources are available to help HCPs overcome barriers to conducting alcohol SBI with all adult patients.

NEED HELP IDENTIFYING REFERRAL AND TREATMENT OPTIONS FOR YOUR PATIENTS?

- The Substance Abuse and Mental Health Services Administration (SAMHSA) supports a [BEHAVIORAL HEALTH TREATMENT SERVICES LOCATOR](#).
- The National Institute on Alcohol Abuse and Alcoholism (NIAAA) supports the "[NIAAA ALCOHOL TREATMENT NAVIGATOR®](#)," which helps adults find alcohol treatment for themselves or for an adult loved one.
- Alcoholics Anonymous (AA) is a fellowship of people who come together to solve their drinking problem. [AA'S WEBSITE PROVIDES A WAY TO FIND LOCAL RESOURCES](#).

WANT TO LEARN HOW TO SEEK REIMBURSEMENT FOR CONDUCTING ALCOHOL SBI?

MANY HEALTHCARE PROVIDERS ARE SURPRISED TO LEARN THAT PROVIDERS
MAY BE REIMBURSED FOR THEIR TIME CONDUCTING SBI.

- SAMHSA provides an overview of [CODING FOR SBI REIMBURSEMENT](#)
- CMS provides details on [MEDICARE AND MEDICAID SBIRT BILLING](#)

**ONE OF THE MOST COMMON CHALLENGES
WITH ALCOHOL SBI SERVICES IS FAILING
TO DELIVER A BRIEF INTERVENTION TO
PATIENTS WHO SCREEN POSITIVE.**

**ALCOHOL SBI IS RELATIVELY SIMPLE
TO DO, AND PRIMARY CARE PROVIDERS
ARE UNIQUELY POSITIONED TO EFFECT
SIGNIFICANT CHANGE.**

INTERESTED IN FREE, ONLINE CONTINUING EDUCATION CREDITS ABOUT ALCOHOL SBI?

NIAAA offers [THE HEALTHCARE PROFESSIONAL'S CORE RESOURCE ON ALCOHOL](#). It includes opportunities for earning free CME/CE credit.

LOOKING FOR PATIENT EDUCATION MATERIALS TO SUPPORT SHARED DECISION-MAKING CONVERSATIONS ABOUT ALCOHOL USE?



FOR ALL PATIENTS (ENGLISH):

[ALCOHOL USE AND YOUR HEALTH
ALCOHOL SCREENING TOOL](#)



FOR ALL PATIENTS (SPANISH):

[EL CONSUMO DE ALCOHOL Y SU SALUD](#)



FOR PATIENTS WHO CAN BECOME PREGNANT:

[LET'S TALK PATIENT MATERIALS](#)

ALCOHOL SBI CAN HELP YOU IDENTIFY THE

1/3 OF U.S. ADULTS

who do not have alcohol use disorder, but **WHO DRINK IN WAYS THAT PUT THEMSELVES AND OTHERS AT RISK OF HARM.**¹ The goal of SBI is to motivate them to cut back or stop drinking to reduce risk of adverse health outcomes.

THE DATA INDICATE THAT MORE THAN 90% OF PATIENTS SAY THEY ARE COMFORTABLE ANSWERING ALCOHOL SCREENING QUESTIONS FROM HEALTHCARE PROVIDERS.²

NEED A GUIDE TO HELP YOU INCREASE SUPPORT FOR ALCOHOL SBI IN YOUR CLINIC AND IMPLEMENT IT IN STANDARD WORKFLOWS?

CDC's [ALCOHOL SBI IMPLEMENTATION GUIDE](#) provides the step-by-step process and resources on how to implement alcohol SBI in your practice.

SEARCHING FOR CLINICAL DECISION SUPPORT (CDS) TOOLS FOR ALCOHOL SBI INTEGRATION?

CDC has free, [EVIDENCED-BASED CDS TOOLS](#) to support delivery of alcohol SBI that can be integrated in electronic health records and other digital formats.

TO REDUCE THE RISK OF ALCOHOL-RELATED HARMS,

NONPREGNANT ADULTS OF LEGAL DRINKING AGE CAN CHOOSE NOT TO DRINK, OR TO DRINK IN MODERATION BY LIMITING CONSUMPTION TO

2
DRINKS
OR
LESS

IN A DAY
FOR MEN

1
DRINK
OR
LESS

IN A DAY
FOR WOMEN

WHAT IS ONE DRINK?



**A SINGLE
BEER**

OR

12 FL. OZ

ABOUT 5%
ALCOHOL

=



**A SINGLE
SHOT**

OR

1.5 FL. OZ

ABOUT 40%
ALCOHOL

=



**A SINGLE
GLASS OF
WINE**

OR

5 FL. OZ

ABOUT 12%
ALCOHOL

1. Centers for Disease Control and Prevention. Check Your Drinking: Make a Plan to Drink Less. <https://www.cdc.gov/alcohol/CheckYourDrinking/index.html> 2. Centers for Disease Control and Prevention. Planning and Implementing SBI for Risky Alcohol Use: A Step-by-Step Guide for Primary Care Practices. <https://stacks.cdc.gov/view/cdc/26542>