



# Screening, Brief Intervention, Referral to Treatment (SBIRT) FAQs



Take a moment to speak with your patients about their potential risk for substance abuse. SBIRT can be an effective way to address substance use disorder.

# What is SBIRT?

An evidenced-based approach designed to identify and address substance use disorders through early intervention.

## How effective is self-report screening?

Self-report screening using a validated instrument is quick, accurate and effective. It is a valuable tool for identifying risky substance use patterns.

## What is a brief intervention?

Brief interventions focus on members who identify as at risk for substance use disorder. It's a conversation with the member to discuss their self-report screening results and possible treatment options. In some cases, simply providing education and resources about the health risks of their substance use may lead to behavior change.

## How do I refer a member to treatment?

For help locating a provider who specializes in substance use treatment, go to:

- Find a provider:  
[AetnaBetterHealth.com/Oklahoma/financial-provider](https://www.aetnabetterhealth.com/Oklahoma/financial-provider)
- When substance misuse is identified, schedule appropriate follow-up treatment. Frequent contact early on will help keep the member connected and motivated for treatment.

## Can I get reimbursed for my time talking to the member?

There are add on payments for certain services to support health care quality assurance and access improvement initiatives including SBIRT screenings. Please refer to [SoonerSelect Provider Incentive DPP.pdf](#) for more information.

## How can I easily use SBIRT in my office?

You can include a few short screening questions in a written health history form to be completed once a year. For more information on evidence-based screeners, visit [AetnaBetterHealth.com/Oklahoma](https://www.aetnabetterhealth.com/Oklahoma) or scan the QR code below.



## Additional extra benefits



### Mental Health Coaching

Members 13 years or older have access to mental health coaching that assists in strengthening emotional health. The app provides access to tools and support for depression, substance abuse, tobacco cessation, early pregnancy and more.



### Behavioral health follow-up visit

Members ages 6 and older can get a \$20 reward for each follow-up visit (up to 4) completed with a mental health practitioner within 30 days following discharge from an acute behavioral health inpatient hospitalization, residential treatment or detoxification for substance use disorder.

For more information, contact our Clinical Transformation Specialist and Care Advocate Team Referrals [ABHOKCareAdvocateTeamReferrals@Aetna.com](mailto:ABHOKCareAdvocateTeamReferrals@Aetna.com)

For more benefit information contact Member Services at **1-844-365-4385 (TTY: 711)**.



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