

Getting in front of substance use with Screening, Brief Intervention and Referral to Treatment

What is Screening, Brief Intervention and Referral to Treatment (SBIRT)?

SBIRT is a comprehensive, integrated, public health approach to the delivery of early intervention and screening for individuals with risky alcohol and drug use. SBIRT also helps patients get intensive substance use treatment more quickly if they're at high risk for developing a substance use disorder or already dependent upon substances.

The Substance Abuse and Mental Health Services Administration (SAMHSA) defines SBIRT as:

- Brief (typically about 15 to 30 minutes for brief intervention; about 30 minutes for brief treatment).
- Universal.
- Targeting one or more behaviors regarding risky alcohol and drug use.
- Delivered in a public health, nonsubstance abuse treatment setting, such as a primary care setting.
- Comprehensive, comprising screening and referral.
- Involving research, evaluation and collection of experiential evidence to assess the model's effectiveness.

When we say:	We mean:
Screening	<ul style="list-style-type: none"> • A 15- to 30-minute consultation to identify the right amount of treatment • Commonly used screening tools: Alcohol Use Disorders Identification Test (AUDIT), CAGE and ASSIST • Billed with code 99408
Brief intervention	<ul style="list-style-type: none"> • One to five sessions • Each session lasts five minutes to one hour • Goals: <ul style="list-style-type: none"> - Educate patients - Increase motivation to reduce risky behavior • Bill with code 99408 if 15 to 30 minutes • Bill with code 99409 if more than 30 minutes
Brief treatment	<ul style="list-style-type: none"> • Five to 12 sessions • Goals: <ul style="list-style-type: none"> - Change the immediate behavior or thoughts about a risky behavior - Address longstanding problems with harmful drinking and drug misuse - Help patients with higher levels of disorder obtain more long-term care • Bill with code 99408 if 15 to 30 minutes • Bill with code 99409 if more than 30 minutes
Referral to treatment	<p>If a patient meets the diagnostic criteria for substance dependence or other mental illnesses as defined by the <i>Diagnostic and Statistical Manual of Mental Disorders, Fifth Edition (DSM-5)</i>, we recommend you refer him or her to a specialty provider. Referrals can be complex and involve coordination across different types of services — we can help!</p>

Procedure codes 99408 and 99409 are limited to one structured screening and brief intervention per individual, only one time per year when billed by the same provider. This screening and intervention visit does not count toward the number of annual office visits allowed per year for an individual.

SBIRT services are available for reimbursement only one time per year, per member, per provider.

SBIRT services do not require prior authorization.

Who delivers SBIRT services?

Primary care centers, hospital emergency rooms, trauma centers and community health settings offer the best chance to intervene early with at-risk substance users and prevent more severe consequences. Primary medical providers and physician assistants, as well as behavioral health providers, play a role in SBIRT. Services can be performed by the following mid-level licensed individuals under the supervision of a physician.

Reimbursement for services will be restricted to the following places of service (POS) and corresponding POS codes:

- 04 – Homeless shelter
- 11 – Office
- 20 – Urgent care facility
- 23 – Emergency room
- 50 – Federally qualified health center (FQHC)
- 72 – Rural health clinic (RHC)

In order to be reimbursed correctly for these services, the appropriate POS codes must be used.

Sources:

1 *Screening, Brief Intervention and Referral to Treatment (SBIRT) in Behavioral Healthcare*, 4/1/2011, www.SAMHSA.gov.

2 *Alcohol Screening and Brief Intervention: A Guide for Public Health Practitioners*, American Public Health Association, Page 8.

Implementing SBIRT into care management

- Choose a screening tool. We recommend the AUDIT, CAGE, TWEAK, 4P's or CRAFFT screening tools. More information about these tools can be found online or on our website at www.anthem.com/inmedicaiddoc.
- Decide who will conduct the screening and intervention and when it will occur. It can be as simple as a nurse performing a brief screening while taking a patient's blood pressure.
- If needed, refer patients for further treatment.

Call our Provider Services department at the following numbers:

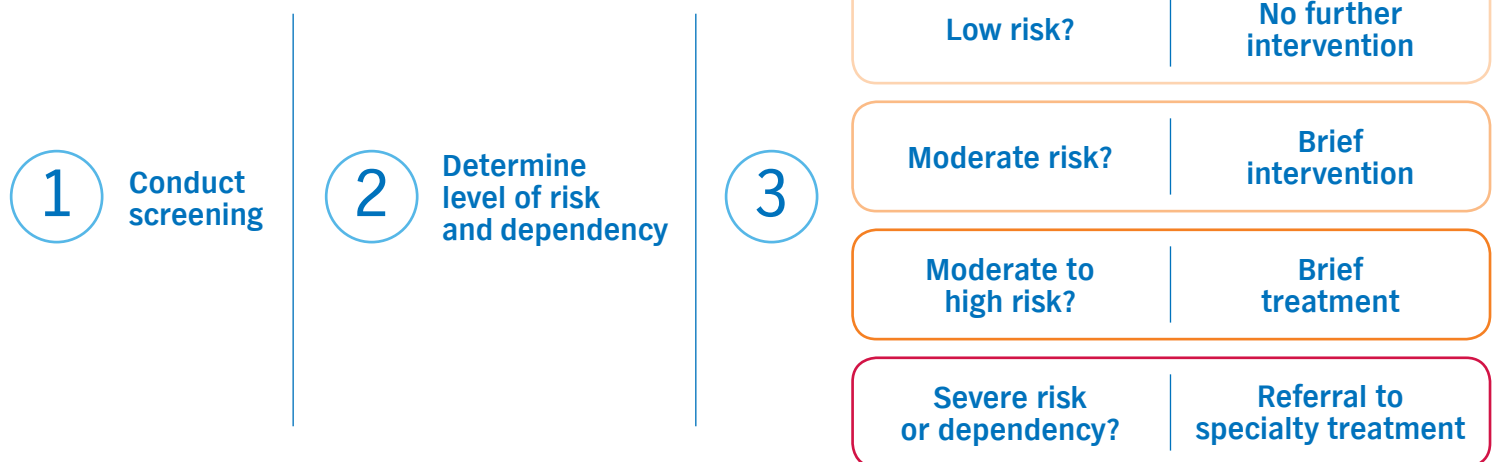
- Hoosier Healthwise: **1-866-408-6132**
- Healthy Indiana Plan: **1-844-533-1995**
- Hoosier Care Connect: **1-844-284-1798**



We're glad to help you provide Anthem Blue Cross and Blue Shield (Anthem) members the care they need.

For claims inquiries and questions, email the Behavioral Health mailbox at Anthembehavioral@anthem.com.

SBIRT process flow



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