

# LET'S TALK

A GUIDE FOR HEALTHCARE PROVIDERS

ABOUT INCORPORATING  
ALCOHOL SBI INTO YOUR  
HEALTHCARE PRACTICE



**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** ([HTTPS://FINDTREATMENT.GOV/](https://findtreatment.gov/)).
- The National Institute on Alcohol Abuse and Alcoholism (NIAAA) supports the **NIAAA ALCOHOL TREATMENT NAVIGATOR®** ([HTTPS://ALCOHOLTREATMENT.NIAAA.NIH.GOV/](https://alcoholtreatment.niaaa.nih.gov/)), 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** ([HTTPS://WWW.AA.ORG/FIND-AA](https://www.aa.org/find-aa)).

## 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** ([HTTPS://WWW.SAMHSA.GOV/SBIRT/CODING-REIMBURSEMENT](https://www.samhsa.gov/sbirt/coding-reimbursement))
- CMS provides details on **MEDICARE AND MEDICAID SBIRT BILLING** ([HTTPS://WWW.CMS.GOV/OUTREACH-AND-EDUCATION/MEDICARE-LEARNING-NETWORK-MLN/MLNPRODUCTS/DOWNLOADS/SBIRT\\_FACTSHEET\\_ICN904084.PDF](https://www.cms.gov/outreach-and-education/medicare-learning-network-mln/mlnproducts/downloads/sbirt_factsheet_icn904084.pdf))

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

NIAAA offers **THE HEALTHCARE PROFESSIONAL'S CORE RESOURCE ON ALCOHOL** ([HTTPS://WWW.NIAAA.NIH.GOV/HEALTH-PROFESSIONALS-COMMUNITIES/CORE-RESOURCE-ON-ALCOHOL](https://www.niaaa.nih.gov/health-professionals-communities/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** ([HTTPS://WWW.CDC.GOV/ALCOHOL-PREGNANCY/HCP/TOOLKIT/MATERIALS-FOR-PATIENTS.HTML](https://www.cdc.gov/alcohol-pregnancy/hcp/toolkit/materials-for-patients.html))  
**ALCOHOL SCREENING TOOL** ([HTTPS://WWW.CDC.GOV/ALCOHOL/CHECKYOURDRINKING/INDEX.HTML](https://www.cdc.gov/alcohol/checkyourdrinking/index.html))
- For All Patients (Spanish): **EL CONSUMO DE ALCOHOL Y SU SALUD** ([HTTPS://ORAU.GOV/FASDCHAMPIONS/RESOURCES/Infographic2\\_AlcoholUse\\_SPA.PDF](https://orau.gov/fasdchampions/resources/Infographic2_AlcoholUse_SPA.PDF))
- For Patients Who Can Become Pregnant: **LET'S TALK PATIENT MATERIALS** ([HTTPS://ORAU.GOV/FASDCHAMPIONS/RESOURCES/PT\\_RESOURCES.ZIP](https://orau.gov/fasdchampions/resources/PT_RESOURCES.ZIP))

## 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 ([HTTPS://STACKS.CDC.GOV/VIEW/CDC/26542](https://stacks.cdc.gov/view/cdc/26542)) 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, evidence-based CDS tools ([HTTPS://WWW.CDC.GOV/ALCOHOL-PREGNANCY/HCP/ALCOHOLSBI/IN-PRACTICE.HTML](https://www.cdc.gov/alcohol-pregnancy/hcp/alcoholsbi/in-practice.html)) to support delivery of alcohol SBI that can be integrated in electronic health records and other digital formats.

---

### 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.<sup>1</sup>

THE GOAL OF SBI IS TO MOTIVATE THEM TO CUT BACK OR STOP DRINKING TO REDUCE RISK OF ADVERSE HEALTH OUTCOMES.

---

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.

---

### 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



IN A DAY  
FOR MEN



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

FOR MORE INFORMATION, VISIT [WWW.CDC.GOV/FASD](http://WWW.CDC.GOV/FASD)

1. Centers for Disease Control and Prevention. Check Your Drinking: Make a Plan to Drink Less. <https://www.cdc.gov/alcohol/CheckYourDrinking/index.html>