

Moving forward  
on **population health,**  
**wellness, and prevention.**

**Final Report: August, 2018**

**SBIRT Outcomes**

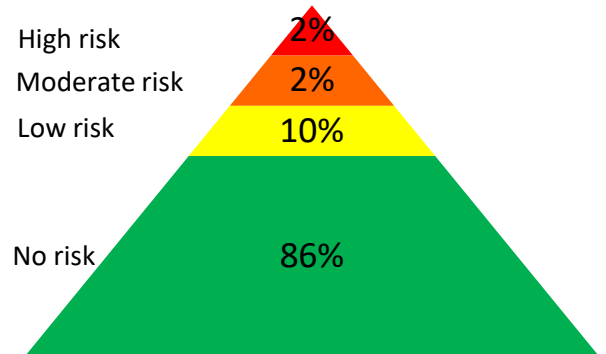
**91,711**  
screens completed

**8,937**  
interventions



At least 2 of every  
3 people at risk  
received an  
intervention (70%)

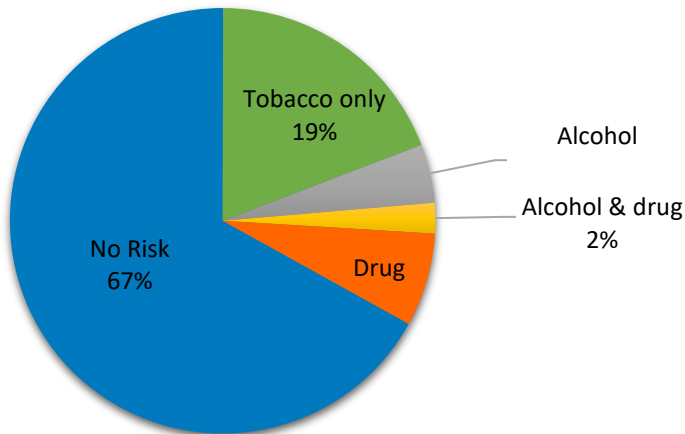
14% of patients had some level of risk.



**Percent of Patients Reporting Risky use of Tobacco,  
Alcohol, and/or Drugs**

57% of patients  
with risk use of  
alcohol, drugs or  
both **also report  
using tobacco.**

27% of all patients  
screened reported  
using tobacco.



**Gender:**

- 56% Female
- 44% Male

**Age**

- 47.5 Average age

**Race**

- 92.5% White
- 2.7% Black/African American
- 2.3% Belonging to more than 1 race
- 1.9% Asian
- 0.5% American Indian

**Ethnicity**

- 1.4% Hispanic/Latino

For more information about VT SBIRT please visit <http://sbirt.vermont.gov/>.



Nearly 1 of every 2 (44%) individuals who received an intervention for risky alcohol use were either within recommended drinking limits 6 month later or abstinent.

**When asked what was helpful, one patient shared:**

"Shining a light on the frequency of the alcohol consumption. Looking at the past 30 days, the past 6 months, makes you reflect on a larger scale."

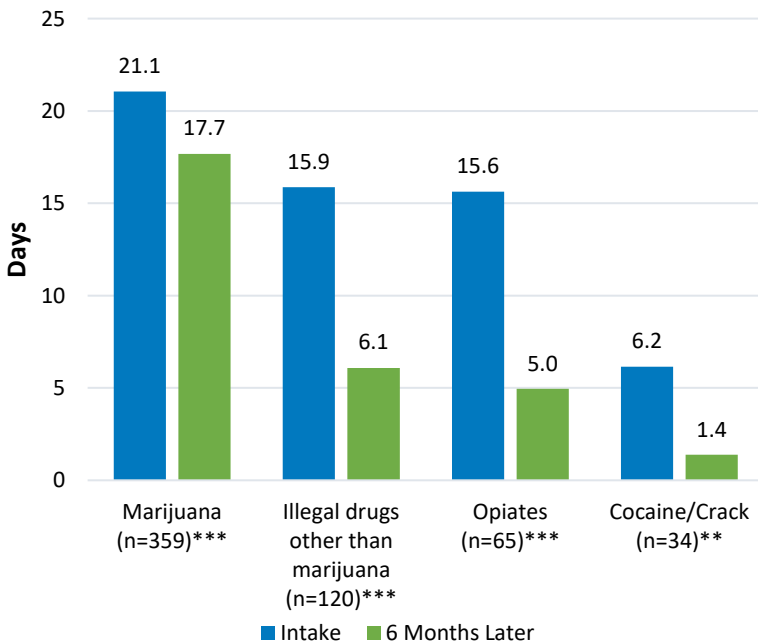
Over 1 of every 5 (22%) individuals who received an intervention for risky drug use either had significantly reduced their use 6 month later or were abstinent.



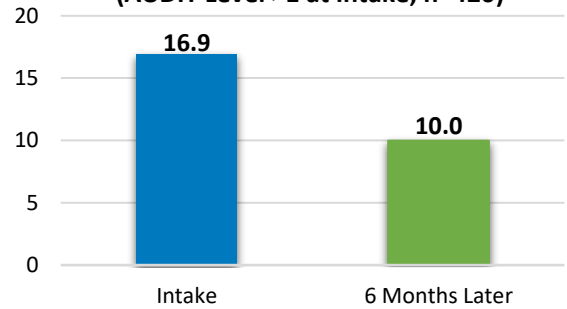
**Another patient shared:**

"When you're at the doctors, you're never sure if you should tell them. I'm highly functional so it's an issue I've been able to avoid because I don't look like a stoner. It was nice to have it addressed. People are so fine with it in VT - it's not discussed here because it's looked at like it's not a big deal. But if I have trauma, I want to deal with it - I don't want marijuana to have power over me."

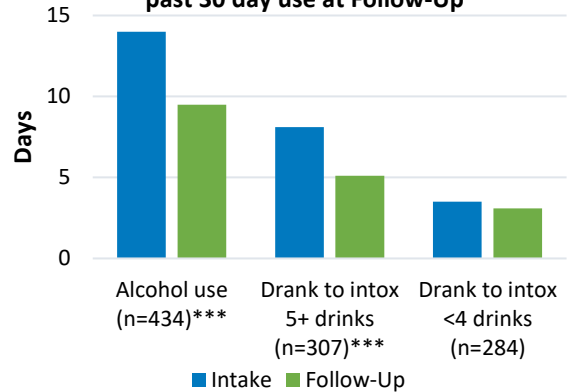
**Patients who reported drug use at Intake reported significant decreases in drug use at Follow-Up (Average number of days used in past 30 days)**



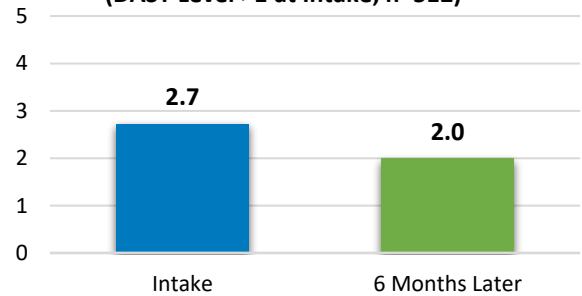
**Average AUDIT scores decreased significantly (AUDIT Level >1 at Intake; n=420)**



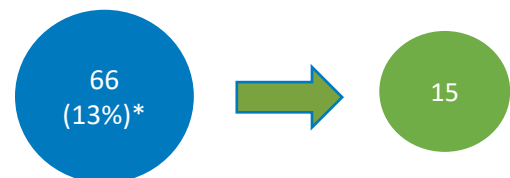
**Patients who reported risky alcohol use at Intake reported significant decreases in past 30 day use at Follow-Up**



**Average DAST scores decreased significantly (DAST Level >1 at Intake; n=512)**



**There was a 77% decrease in the number of people reporting past month OPIATE use.**

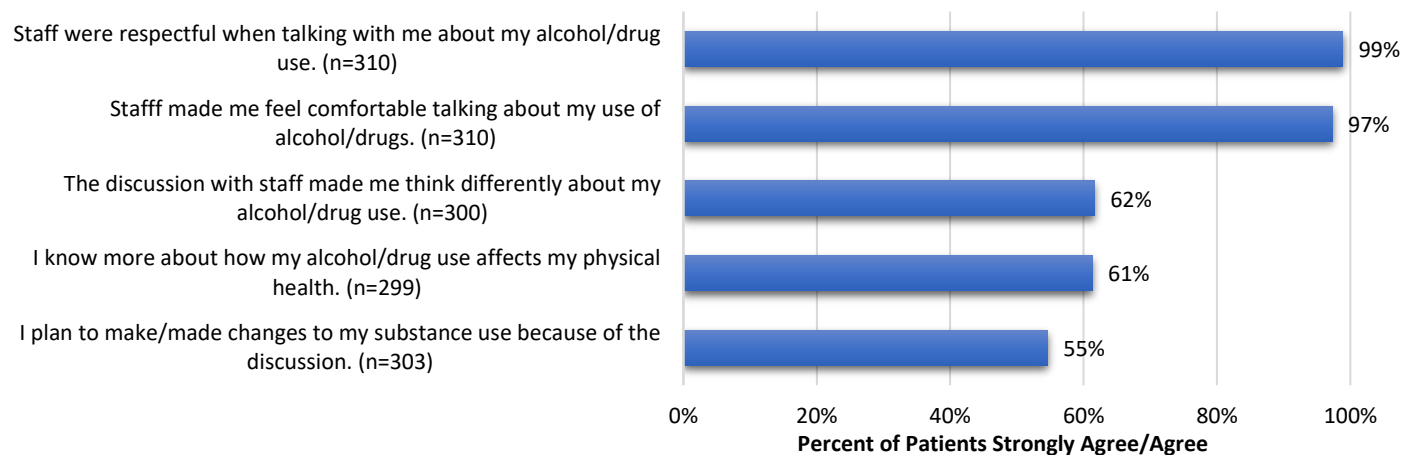


\*Of those with risky drug use & who were enrolled in the 6

\*p<.05; \*\*p<.01; \*\*\*p<.001

## Patient Satisfaction with Intervention

## Percent of Patients who Strongly Agree or Agree with Satisfaction Statements at Follow-Up Interview (n=325 patients who recall discussion with staff.)



## In patients' own words: How SBIRT was helpful

"My doctor is extremely compassionate and non-judgmental. She had a lot of scientific information and just the right amount of appropriate humor. She was extremely sincere. I stopped three months ago; I put myself into the hospital for detox. I can't say enough good things about my doctor; she really got through to me. I felt like I was dead back when I was drinking, now I feel alive and I want to help other people."

"The main purpose, I think, was to force me to reflect on my drinking and drug use, which I did. I am more optimistic about my use now, since I've cut down quite a bit."

"The two different people I spoke to were very attentive. They listened open-minded with me. Based on my experience, they explained some things that I haven't been aware of. Getting another perspective so I could better understand myself."

"He (clinician) was really supportive - and the way he reached out to me. He was really awesome. He talked to me, not at me."

"When I met [SBIRT clinician], I was over-medicated through the clinic. I was 80 lbs. I was taking Valium, Synthetic Marijuana, Oxies 5 times a day, and Fentanyl patches. I had taken myself off Benzos - the Valium and the Synthetic marijuana. I went into the ED and my husband asked about "over-medicating" - that's all it took. That word got back to the pain clinic and they took me off all the meds suddenly. I went through stages of euphoria, pain, and then rage. It affected my family - my husband and my son. I had such bad symptoms, I went to the ED and the doc there had no clue. My husband had to take me in - I couldn't walk. I was suffering so bad. The nurse there was an angel - she had [SBIRT clinician] call me. We made an appointment and he explained to me what was happening - that I was in withdrawal. When I first saw him, I could barely walk or understand him, but thanks to [SBIRT clinician], he helped me understand what I was going through; he gave me worksheets and told me what I could do to help myself. He is a VERY good listener. He really has a way of saying "forget the past. What are you going to do now?" The way he said it really reached me. He gave me a "feelings and consequences" chart that I keep on my refrigerator. It's so simplistic! I'm doing things now that I never thought I would be able to do. I had been medicated for seven years. Where I'm at today, I can say "I'm proud of myself". I haven't been proud of myself for years. I would not be here today without Tim. I haven't had a life for years. It's still affecting my son. I'm going to go back to school in the spring to get my certification for drug and alcohol counseling. I want to be a [SBIRT clinician]."