

## MEDICAID PROVIDER BULLETIN

December 2016

This is an update about information in the provider manual. For access to the latest manual, go online to <https://mediproviders.anthem.com/ky>.

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

Anthem Blue Cross and Blue Shield Medicaid is adopting SBIRT, a comprehensive and integrated approach to the delivery of early intervention and treatment services for persons with substance use disorders or those who are at risk of developing these disorders. SBIRT is an assessment tool used in a primary care setting to identify and reduce ongoing use, dependency and abuse of alcohol and other substances. The screening will provide opportunities for early intervention for those at-risk for alcohol and other substance abuse.

All eligible members will be required to have an annual SBIRT screening by their assigned primary care physician. An SBIRT can be assessed by a primary care physician, nurse practitioner or a physician assistant who has completed SBIRT training. Screening is recommended beginning at age 9.

SBIRT practice consists of:

- Screening — identifying the appropriate level of treatment and the severity of substance use.
- Brief intervention — focusing on increasing insight and awareness regarding substance use and motivation toward behavioral change.
- Referral to treatment — providing those identified as needing more extensive treatment with access to specialty care.

Additional resource:

Substance Abuse and Mental Health Services Administration guidelines surrounding SBIRT:  
[http://www.integration.samhsa.gov/sbirt/Reimbursement\\_for\\_SBIRT.pdf](http://www.integration.samhsa.gov/sbirt/Reimbursement_for_SBIRT.pdf)

If you have questions, contact your Provider Relations representative or the Provider Services department at **1-855-661-2028**.

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