

# Interdisciplinary Training in Motivational Interviewing (MI) and SBIRT (Screening, Brief Intervention, Referral to Treatment)

Paul J. Hershberger<sup>a</sup>, Dean A. Bricker<sup>b</sup>, John C. Duby<sup>c</sup>, & Angela K. Castle<sup>a</sup>  
*Departments of Family Medicine<sup>a</sup>, Internal Medicine<sup>b</sup>, & Pediatrics<sup>c</sup>, Wright State University Boonshoft School of Medicine, Dayton Ohio*



## Background

- Unhealthy levels of alcohol use, recreational drug use, and inappropriate use of prescription medications are associated with extensive co-morbidities.
- However, substance use is often not addressed by health professionals.
- Inadequate skill development and lack of confidence contribute to omission of attention to substance use in health care settings.
- Accrediting agencies in health professions education encourage interdisciplinary activities.
- Training in motivational interviewing and SBIRT (Screening, Brief Intervention, Referral to Treatment) can be done with interprofessional groups.

## Aims

- Our interdisciplinary training module aims to develop the skills of health professions students in:
  - Motivational interviewing
  - SBIRT (Screening, Brief Intervention, Referral to Treatment)
- This training will increase the confidence and capability of health professions students to address patients' substance use.

## Methods

### Training Module

- Participants:
- Residents in Family Medicine, Internal Medicine, & Pediatrics
  - Pharmacy Students
  - Nurse Practitioner Students
  - Dental Residents

- Schedule:
- Four 2.5 hour sessions meeting once per week during each 4-week residency block

### Curriculum:

Week One	Review of motivational interviewing (MI) as an approach to patient behavior; video examples.
Week Two	Review of SBIRT (Screening, Brief Intervention, Referral to Treatment) as a method for universal screening and appropriate treatment (or referral) for substance use problems; video examples.
Week Three	Role play practice of MI and SBIRT with myriad of cases involving various co-morbidities.
Week Four	Practice of MI and SBIRT with a trained simulated patient.

## Results

- 89.6% of participants (N = 70) are satisfied with the training experience.
- 93.1% of participants agreed that the material is useful for them in dealing with substance abuse.
- 90.1% of participants agreed that the training enhances skills.
- 95.5% agreed that the training is relevant to their careers.

## Conclusions

- Health professions students can learn useful motivational interviewing (MI) and SBIRT (Screening, Brief Intervention, Referral to Treatment) skills in an interdisciplinary training format.
- Health professions students find this training to be useful and relevant.

## Involved Programs



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