

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

Semi Annual Report: Fall, 2017

SBIRT Outcomes

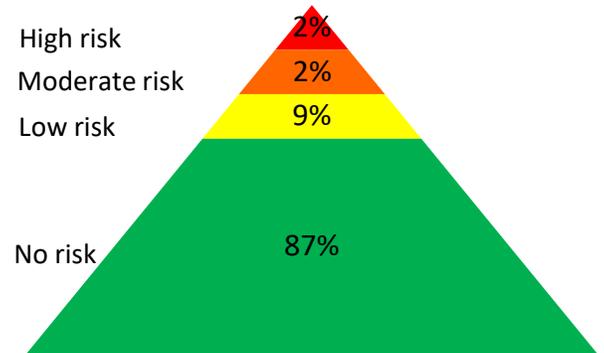
74,500
screens completed

6,300
interventions



2 of every 3
people at risk
received an
intervention

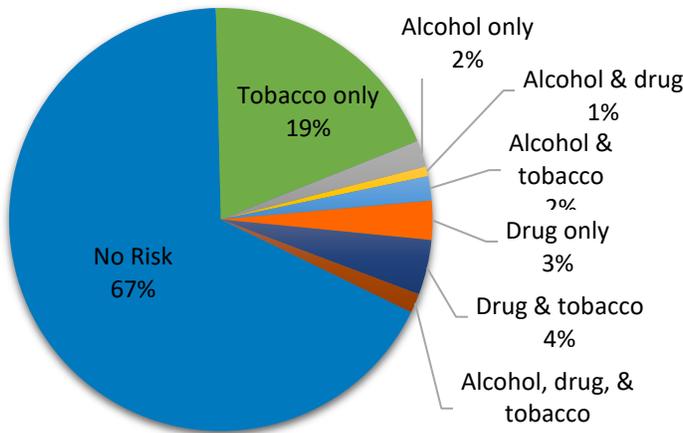
13% of patients had some level of risk.



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.



Patient's stories:

"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."

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



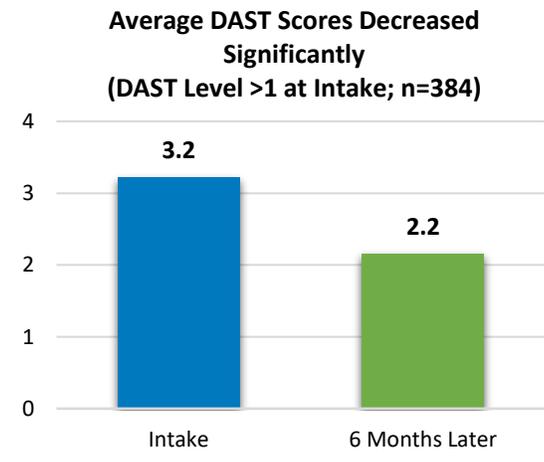
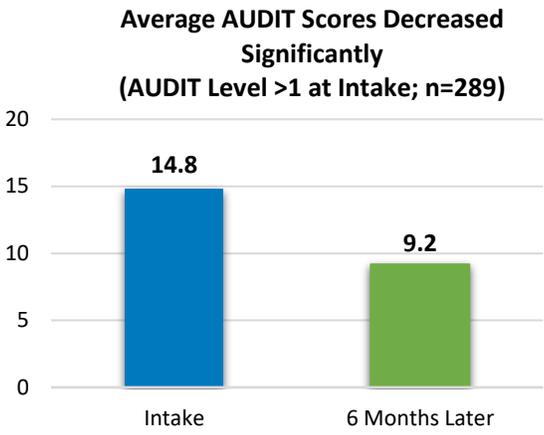
Nearly 1 of every 2 (46%) individuals who received an intervention for risky alcohol use were either within recommended drinking limits 6 month later or abstinent.

When asked what was helpful, one patient shared:
 “Their recommendation - I went to rehab. The conversation changed my attitude. I could see it in their faces that they were really concerned. I haven't had anyone really care.”

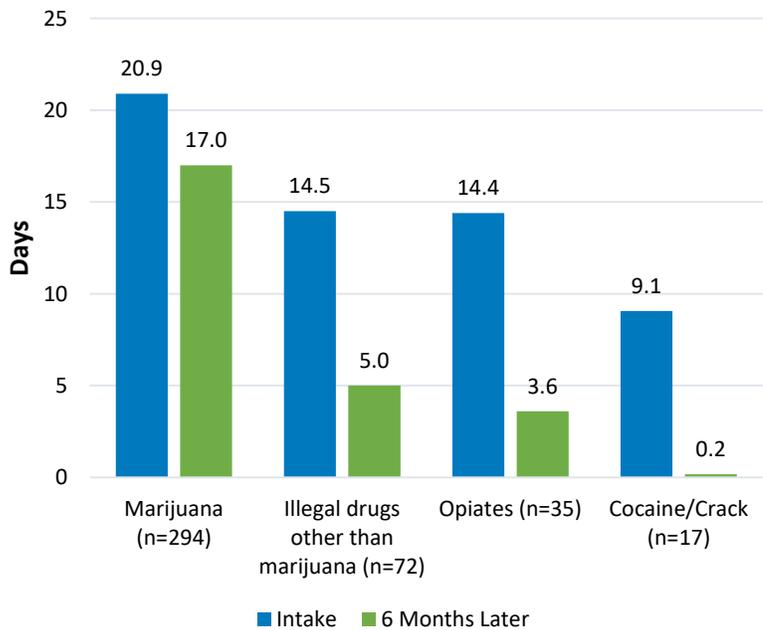
Over 1 of every 5 (23%) individuals who received an intervention for risky drug use either had significantly reduced their use 6 month later or were abstinent.



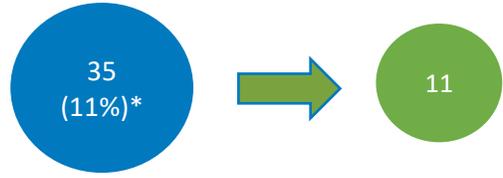
Another patient shared:
 “It kind of made me think twice - putting specific numbers to my use. I feel like I still drink as frequently, but I have fewer drinks. I'm slightly down on marijuana use - when I smoke, I can't do as much homework.”



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)



There was a 69% decrease in the number of people reporting past month OPIATE use.

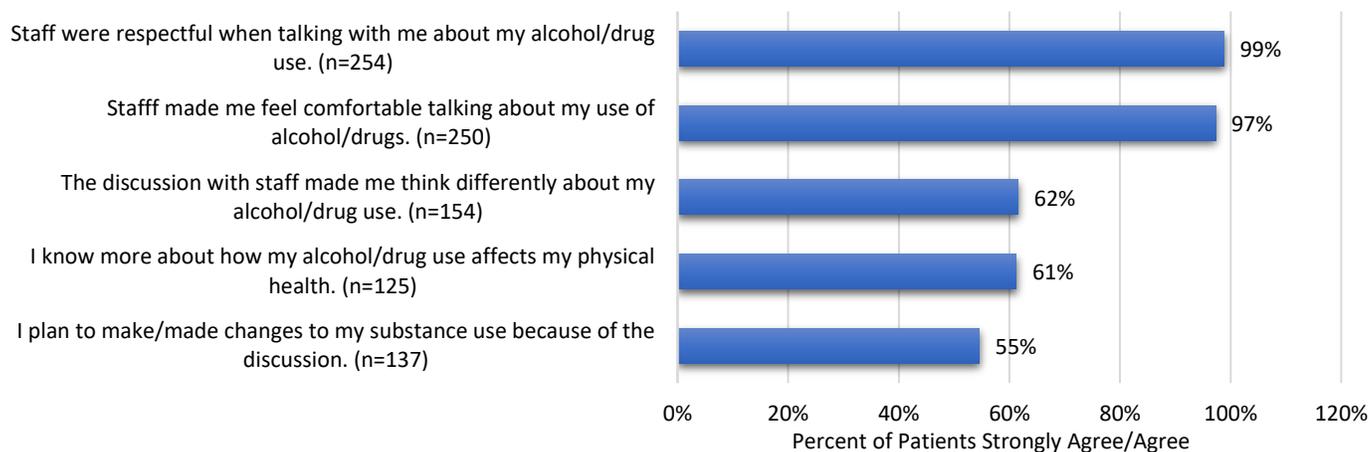


*Of those with risky drug use & who were enrolled in the 6 month follow up (n = 321)

Another patient shared:
 “I didn't realize alcohol was harmful to the whole body. I didn't know it affected pretty much everything. I'm into fitness and good health and I don't want to ruin my fitness and good health. It made me think a little more before I drink.”

Patient Satisfaction with Intervention

Percent of Patients who Strongly Agree or Agree with Satisfaction Statements at Follow-Up Interview (n=262 patients who recall discussion with staff.)



In patients' own words: How SBIRT was helpful

"It gave me faith and hope - positive re-enforcement...that someone was listening and taking the time to listen. It was the start of a new era for me and definitely encouraging. Sticking to my guns and taking care of it!"

"I was able to open up about it. I never told too many people; I kept it under wraps. I'm not one to open up - that initial step took quite a bit. Her (clinician's) understanding about what drugs do to people and her getting back to me right away was helpful."

"It made me know that someone was standing behind me. They made me feel like I have the courage to do it and they support me. They were genuinely concerned - there was no judgment."

"I didn't feel quite so embarrassed or intimidated. They worked with me to find better ways to cope with things. I was scared and I didn't know how to deal with it or who to turn to for help and they helped."

"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]."