



Take time

FAQ for alcohol and substance use Screening, Brief Intervention, Referral to Treatment (SBIRT)

Aetna Better Health[®] of Kentucky

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Take a moment to talk with your patients about their potential risk for substance abuse. SBIRT can be an effective way to address substance use disorder.

How can I easily use SBIRT in my office?*

You can include a few brief screening questions in a written health history form. Patients can complete the form once a year.

Can my office staff give out the form?*

Yes. Staff members can be trained to review the responses and identify patients with positive screens. Next, the patient will get a written self-report to complete alone in the exam room.

How long does it take to complete the form?

Usually five minutes or less. However, every patient is different and you may need to take more time discussing results.

How effective is self-report screening?*

Self-report screening using a validated instrument is quick, accurate and effective. It also is an effective tool for identifying risk behaviors.

Brief intervention

Brief intervention focuses on patients who identify as at risk for substance use disorder. It's a conversation with the patient to discuss their self-report screening results and possible treatment options.

How effective is brief intervention?

It's most effective with at-risk patients who are not addicted. In some cases, simply educating patients about the health risks of their substance use may lead to behavior change.

Can I get reimbursed for my time talking with the patient?

Yes. The Kentucky Cabinet for Health and Family Services, Department for Medicaid Services, allows doctors to be reimbursed for SBIRT codes 99408, 99409, H0049.

Code 99408 allows reimbursement for behavioral health providers. Code 99408 is for screening and brief intervention services lasting 15 – 30 minutes. Code 99409 is for services greater than 30 minutes.

Both codes are separate from all other evaluation and management services performed during the same clinical session.

Be sure to document these codes in the clinical record. For more information on SBIRT, go to samhsa.gov/sbirt.

***Screening tool resources:** For information on screening tools to use, visit integration.samhsa.gov, go to "Clinical Practice," then select "Screening Tools."

How do I refer a patient to treatment?

For help locating a provider who specializes in substance use treatment, go to aetnabetterhealth.com/kentucky/find-provider or call **1-855-300-5528**.

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