



Community of Practice (CoP) Integrating Addiction Treatment Services Into Primary Health Care

Mental Health/Substance Use Disorder Integration Technical Assistance

December 18, 2025

Health Resources and Services Administration (HRSA), Bureau of Primary Health Care (BPHC)

Vision: Healthy Communities, Healthy People



Disclosure

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Session Five

Partnering with the Patient: Strategies to Support Behavior Change in the Context of Addiction



Today's Agenda



Welcome, Recap from Previous Session, Objectives



Delivering Patient-Directed Interventions Based on
Screening/Assessment Results



Reflection and Assessment: Interactive Discussion and
Plan-Do-Study-Act (PDSA) Activity



Session Wrap-Up and Office Hours



Your Facilitators



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Session Objectives

Participants of today's session will be able to:

- Name evidence-based behavioral and medication interventions for addiction treatment
- Apply motivational interviewing strategies to conversations about a patient's positive screening/assessment result
- Understand how to develop a patient-driven treatment plan



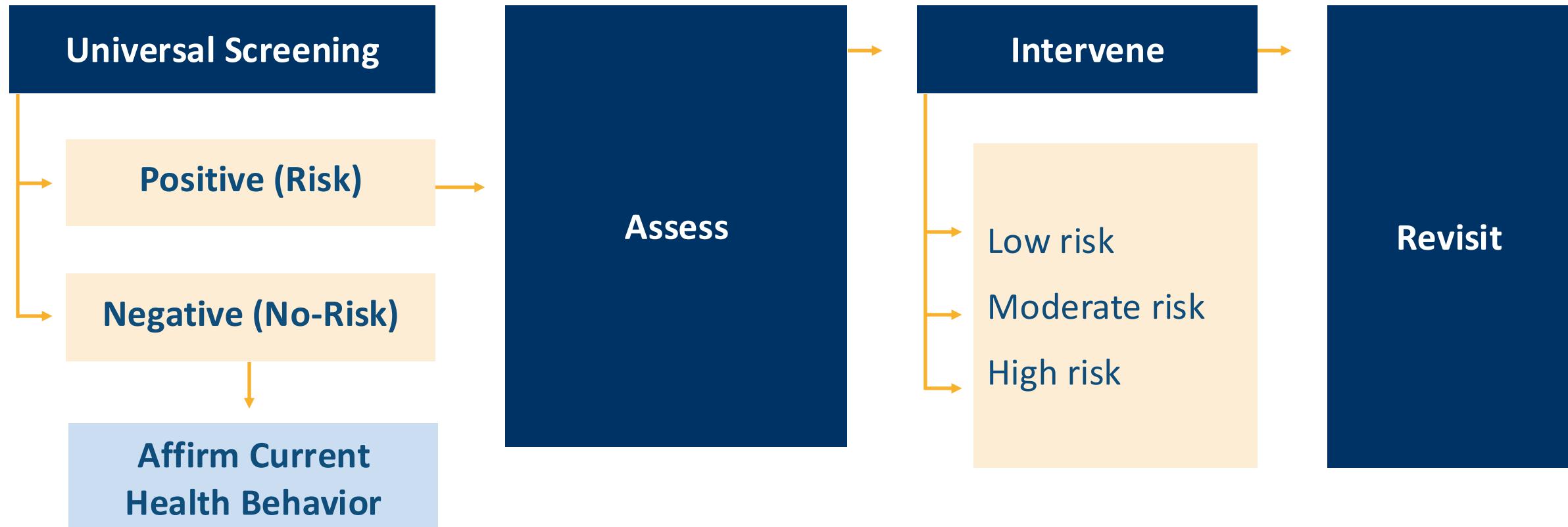
Using the Screening/Assessment Results to Start a Conversation



Screening is a process for evaluating the potential presence of a problem.



Response to Screening for Substance Use



Discussing Screening/Assessment Results



Screening is a process for evaluating the potential presence of a problem.



Gather More Information



Treatment Approaches



Interventions to Support Behavior Change

- Screening, Brief Intervention, and Referral to Treatment (SBIRT)
- Motivational Interviewing (MI)
- Cognitive-Behavioral Therapy
- Mindfulness-based
- Contingency Management
- 12-Step Program/Rationale Recovery
- Couples or family therapy



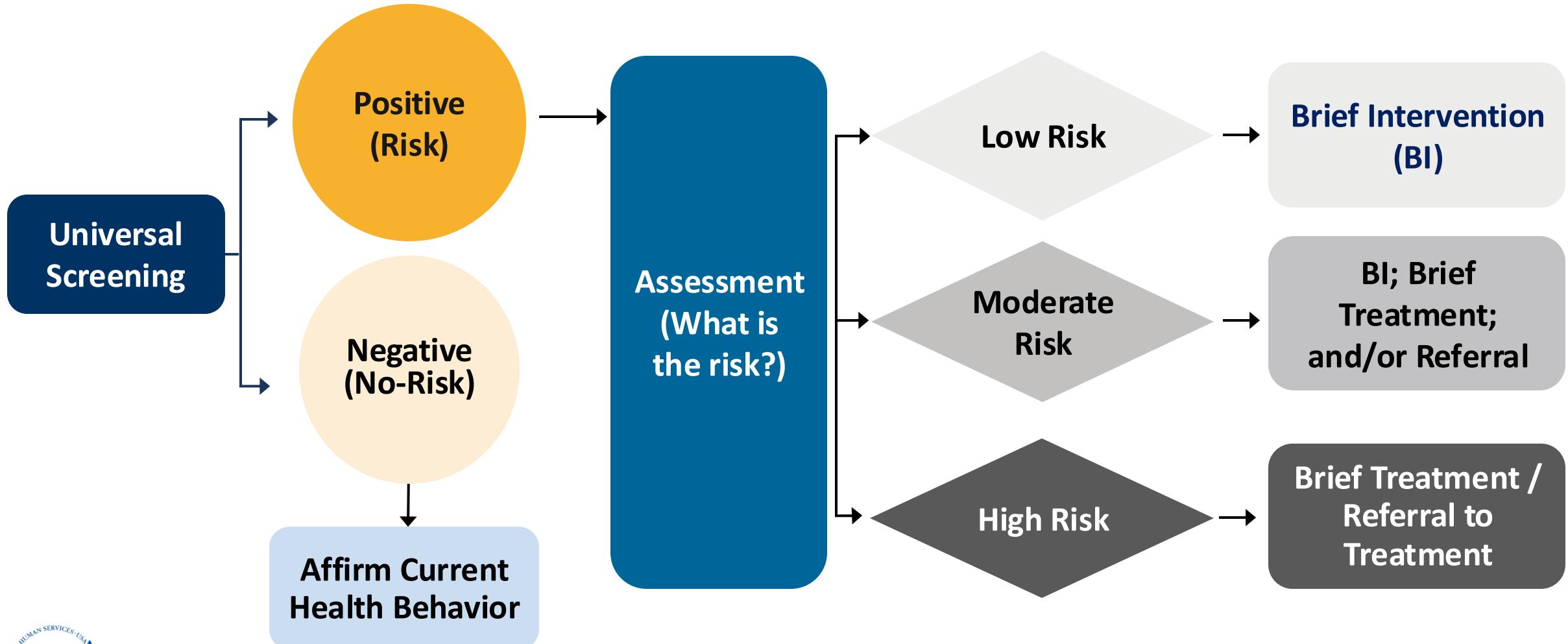
What is SBIRT?



A comprehensive, integrated, public health approach to the delivery of universal screening, brief motivational interventions and referral to treatment services for behavioral health risks.



SBIRT Workflow



SBIRT: Brief Intervention (BI)

A structured, 5–15-minute counseling conversation using motivational techniques to help patients reduce risky substance use and prevent progression to more serious problems

- Focuses on patient's own reasons for change
- Provides personalized feedback about risk
- Collaborative non-confrontational approach
- Can be delivered by various healthcare providers



Brief Intervention



- How do you collaborate with the patient to deliver the BI?
- Who delivers the BI?

What is MI?



“A collaborative conversation style intended to strengthen someone’s motivation and commitment to change and willingness to accept treatment.”

MI Process



- Engage
- Focus
- Empower
- Negotiate a plan



A Taste of MI Role Play

Let's use MI to support discussing smoking cessation.

1. Why would you want to make this change?
2. If you decide to make this change, how might you go about it to succeed?
3. What are the three best reasons for you to make this change?
4. How important is it for you to make this change on a scale of 0 to 10, where 0 is not important at all and 10 is extremely important? And why are you at this number rather than a 0?
5. Give back a short summary of what you heard of the person's motivations for change.
6. So, what do you think you will do?



Medication Treatment Options

Depending on the acuity and results of the conversation—medication may be part of a treatment plan.

Alcohol

Acamprosate, Disulfiram, and Naltrexone

Opioid Use Disorder

Buprenorphine, Methadone, and Naltrexone

Tobacco

Varenicline, Bupropion SR, and nicotine replacement medicines (nicotine patch, lozenge, gum, oral inhaler, and nasal spray)



Reassessment

It is important to regularly assess progress as part of the treatment plan.

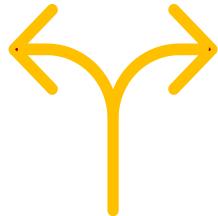
- What was the result of the intervention?
- Is the patient following through?
- What evidence do you have of follow through (i.e., numbers down, liver function improvement)?



Reflection and Assessment

Health center's integrated screening/assessment process

Patient's response to treatment



- What is the current progress toward the stated goals? What have you learned from the results so far?
- What is working well that you can continue or expand on?
- What needs to be adjusted or modified in your approach moving forward?



Q&A



Health Center Satisfaction Assessment

We'd love your feedback
on today's session!

Please take 2 minutes to
complete the Health Center TA Satisfaction
Assessment.

You must complete the assessment to claim
continuing education credit.

Thank you for your time!



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Thank You!



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