



# Maryland SBIRT

Change the Conversation for Better Health

Maryland SBIRT is a statewide health care improvement initiative to encourage health care providers and patients to discuss alcohol and drug use as part of routine medical visits.



*A brief conversation can make  
a big difference.*

## What is SBIRT?

- **SCREENING** for risky alcohol or drug use. This includes 4-5 questions to identify patients who may misuse alcohol or drugs.
- **BRIEF INTERVENTION** is a short conversation between patients and primary care providers about screening results and next steps.
- **REFERRAL TO TREATMENT** is provided for patients who have moderate to high-risk alcohol or drug misuse and who wish to receive further assessment and treatment.

## What can you expect?

After answering a few questions about your use of alcohol and drugs, you and your health care provider will discuss whether your alcohol or drug use could be affecting your health. If needed, you and your provider can develop a plan to reduce the risk of health problems now or in the future. Your provider can also refer you for further assessment or treatment for substance misuse.

[www.MarylandSBIRT.org](http://www.MarylandSBIRT.org)

## More than 22 million Americans misuse alcohol. Learn how much is too much!

Alcohol and drug misuse is widespread in Maryland. Maryland SBIRT aims to change the way patients and health care providers talk about alcohol and drug use, making these conversations a part of routine medical visits.

### SOME THINGS YOU SHOULD KNOW...

- **Alcohol and drug misuse is common.** During their lifetime, nearly 1 in 3 adults have an alcohol use disorder, and 1 in 10 adults experience a drug problem.
- **Alcohol abuse can cause liver disease, heart disease, pancreatitis, cancer and other health problems.**
- **In Maryland, only 25% of people with high-risk substance use receive treatment.**
- **SBIRT is proven effective** to identify and help patients who are at risk for alcohol and drug problems.

If you drink alcohol more often than this you could be at risk for illness and/or injury.

**Drinks per week**

**Drinks per occasion**

**Men**

14

4

**Women**

7

3

**Age>65**

7

3

Children, adolescents and pregnant women should not drink alcohol.  
\*Standard drink = 12 oz beer, 5 oz wine, 1.5 oz liquor

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**Maryland SBIRT** is a collaborative initiative of the Maryland Department of Health and Mental Hygiene Behavioral Health Administration (BHA), Behavioral Health System Baltimore (BHSB) and the Mosaic Group. For more information, contact BHSB at 410-637-1900.

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