

PREVENTION SERVICES:

Brief Motivational Interventions for Alcohol and Drug Use for the Elderly

SERVICE DEFINITION: Brief interventions for alcohol and drug use are time-limited, patient-centered services focused on reducing or eliminating drinking and drug use. Brief interventions are characterized by five or fewer sessions of relatively brief duration, such as a few minutes to an hour. Brief motivational interventions follow positive screenings, whereby the patient received an assessment for risk factors.

Brief motivational interventions such as motivational interviewing and motivational enhancement therapy are designed to increase motivation to change behaviors. Often used to reduce alcohol consumption among individuals with at-risk or hazardous drinking, brief interventions can also motivate patients to seek and engage in additional treatment as needed. Brief interventions can provide immediate attention to individuals at-risk and help facilitate the level of care needed to address substance use problems and prevent or minimize potential consequences.

Target Population	Adults age 55 and over.
Program Requirements	<p>This service should be provided on an individual basis. It should be a regular practice for all patients 55 years or older seeking regular medical care</p> <p>The activities that may occur within this service depend on the risk factors identified in the risk assessment and may be used along a spectrum of patterns of use. These activities may include:</p> <ul style="list-style-type: none"> • Prevention/education for patients identified as non-drinkers. • Brief advice for patients identified as light to moderate drinkers. • Brief intervention for patients identified as light to moderate drinkers, as well as others with heavy drinking or mild dependence. • Formalized special treatments for patients identified as heavy drinkers or having mild to severe dependence. <p>No MH/SUD treatment or therapy should be provided as part of this service.</p>
Provider Requirements	<p>One-on-one brief interventions can take place as part of regular visits for primary care or other health services or on separate scheduled occasions.</p> <p>This service should not be delivered in a location where MH/SUD services are unavailable or inaccessible.</p>

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Staffing Requirements	<p>This service can be offered by a wide range of licensed professionals, such as primary care physicians, ER doctors, social workers, nurses, psychologists/psychiatrists, and physician assistants.</p> <p>The competencies required to provide the service include:</p> <ul style="list-style-type: none"> • Knowledge of prevention of brief intervention strategies for substance abuse in older adults • Ability to conduct a screening interview • Ability to deliver brief prevention interventions • Ability to identify and refer people with more severe problems to treatment <p>Ongoing provider training may include:</p> <ul style="list-style-type: none"> • How to conduct brief preventive interventions involving 1-5 sessions, often delivered in the patient’s home. • How to use the BRITE Health Promotion Workbook, a modified version of the workbook published within Treatment Improvement Protocols 26 and 34, to interview the client. • How to screen for alcohol and medication problems. • When to refer patients for further assessment and treatment.
Documentation Requirements	<p>Facility records and clinician case notes.</p>
Service Exclusion	<p>N/A</p>
Admission/Service Criteria	<p>N/A</p>
Continuing Service Criteria	<p>This service is delivered in one short session (15-20 minutes) but there is generally some follow-up after six months to see how the patient is progressing (often this occurs during regular medical visits).</p>
Discharge Criteria	<p>N/A</p>
Service Authorization Period	<p>N/A</p>
Service Authorization Unit	<p>N/A</p>
Benefit Limits	<p>N/A</p>