



BACK TO BASICS

A Research Brief from Georgia's Brief Assessment, Screening, Intervention and Continuum of Care System¹
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Does SBIRT work in Georgia emergency departments? Preliminary results say... YES!

Introduction and Rationale: Screening, brief intervention, and referral for treatment (SBIRT) programs like GA BASICS are considered effective when they reduce risky alcohol and drug use behavior. Binge drinking—consuming 5 or more drinks in one sitting for men or 4 or more drinks for women—is one of these risky behaviors. People who binge drink are more likely to experience negative consequences due to alcohol use, such as unintentional injuries, arrests, damage to internal organs, and relationship problems. Below we examine preliminary results on the effectiveness of our SBIRT services (brief interventions) in reducing the total number of past month binge drinking days reported by our patient participants. We also compare patients receiving a brief intervention to those not receiving one.

Method:

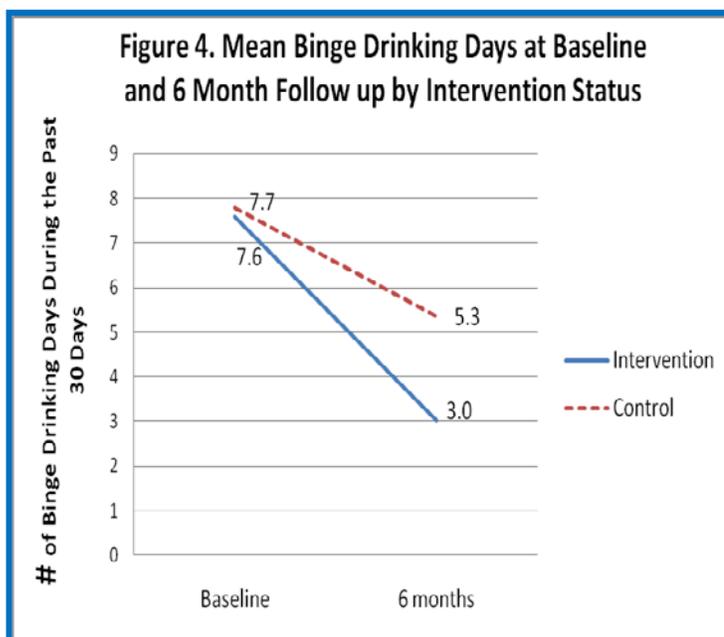
- Patients who entered the Medical Center of Central Georgia (MCCG) emergency department (ED) between February of 2009 and April of 2010 were asked how many days they binge drank in the past 30 days and were given either (1) a brief intervention on their alcohol use OR (2) no brief intervention. These patients were called 6 months later and were asked the same question about their past 30 day binge drinking.

Sample:

- 332 *control* patients who received no brief intervention.
- 109 *intervention* patients who received a brief intervention.

Results/ Conclusion:

- Intervention participants reported 2.3 fewer binge drinking days than did controls at 6 month follow up which means they reported 43% fewer binge drinking days than control participants at 6 month follow up.
- These results highlight the effectiveness of brief interventions conducted by GA BASICS Health Education Specialists. Future research will examine additional substance use outcomes of our project.



¹ For more information contact gabasics@gsu.edu.