Program Approved by AoA, SAMHSA/Center for Substance Abuse Treatment

Website: http://brite.fmhi.usf.edu/BRITE.htm

Year Program First Implemented in Community Settings: NA
Currently offered in 70 sites nationwide

Program Synopsis

- General description of program
  o Substance abuse screening and intervention program for community-dwelling older adults who are at-risk for and/or experiencing substance abuse problems. Substances include alcohol, prescription medication, over-the-counter medication and illicit drug use. BRITE implements the Screening, Brief Intervention, and Referral to Treatment (SBIRT) initiative of the SAMHSA Center for Substance Abuse Treatment.

- Program goals
  o Identify non-dependent substance use or prescription medication issues and provide effective service strategies prior to an individual’s need for more extensive or specialized substance abuse treatment. Program also screens for depression and suicide risk because of the relationship of depression to older adults’ substance abuse.

- Reasoning behind the program design and elements
  o Misuse of alcohol, drugs, and prescription medications among older adults is on the rise, yet relatively few are screened and far fewer access treatment (Schonfeld et al, 2010).
  o Medication misuse is increasing among older adults. A survey of aging and social services providers suggested that misuse ranged from 18% to 41% among their clients. National Survey on Drug Use and Health projections suggest that in 2020, nonmedical use of psychotherapeutic drugs among baby boomers (those born between 1946 and 1964) will increase from 1.2% (911,000) to 2.4% (2.7 million) (Schonfeld et al, 2010).
  o Substance abuse is increasing among the older adult population, many of whom are unscreened. It is estimated that the number of older adults in need of substance abuse treatment will increase from 1.7 million in 2000/2001 to 4.4 million in 2020. This is due to a 50 percent increase in the number of older adults and a 70 percent increase in the rate of treatment need among older adults (Gfroerer, Penne, Pemberton, & Folsom, 2003).

- Target population
  o Adults 55 years or older

- Essential program components and activities
• Screening (6-question questionnaire)
  - Brief Intervention, approx 1 hour per session (1-5 sessions)
  - Brief Treatment that is solution-focused and goal oriented (1-7 sessions)
  - Referral for specialized treatment services can occur (if necessary)

• Length/Timeframe of Program
  - NA

• Desired outcomes
  - Screen for non-dependent substance abuse
  - Provide solution-focused brief intervention and treatment to reduce depressive symptoms associated with substance abuse behavior

• Measures and evaluation activities
  - NA

Health Outcomes and Evidence Supporting Health Outcomes
• Results from the Florida state pilot study of 3,497 screenings (four counties) illustrated statistically significant reductions in use of alcohol, medications, and illicit drugs, as well as reduced symptoms of depression. Provider agencies offered in-home screening, brief intervention and brief treatment for problems related to alcohol, illicit substances, and prescription and over-the-counter medications (Schonfeld et al, 2010).

Program Costs
• NA

Resource Requirements
• NA

Training Requirements
• Trainer Qualifications
  - Generalist provider or substance abuse specialist

Additional Information
• Refer to http://brite.fmhi.usf.edu/BRITE.htm for the latest information on program implementation, costs and contact information.

References