eSBIRT (ˈēz 'birt)
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eSBIRT is a secure web based system built to collect the information and support service provision for Screening Brief Intervention and Referral to Treatment (SBIRT) programs. eSBIRT supports unlimited users, programs, sites, and locations.

eSBIRT walks users step-by-step through the SBIRT assessment and service process.

Demographics ➤ Prescreen ➤ Full Screen ➤ Drinking comparison ➤ Readiness to change ➤ Personal feedback report ➤ …

As users respond to questions, it dynamically tailors its self so that no unnecessary information or assessments are ever presented. Questions and information are provided a page at a time making it easier for users to contextualize the content and respond. Data quality checking is built into the system highlighting issues for the user before the data is saved. This user experience has been used successfully by both trained SBIRT staff and untrained users. All assessments are available in English or Spanish.

At the conclusion of the assessment process eSBIRT enumerates the individual’s risks and recommends a service that is specific to their needs.

Services for most individuals are based upon motivational interviewing techniques. Because of this, a Personal Feedback Report is generated for each individual to support motivational enhancement. This report describes the various risks the individual faces, compares their current behaviors with normative data, and offers specific behavioral change recommendations based on their current readiness to change. In addition to its use during motivational interviewing, the report is printed, allowing individuals to take it home for further reflection.

eSBIRT provides evidence base manualized service guidance for a single brief (about 15 minutes) session and for those needing the next step up in services, five one hour sessions. For each type of session, providers are briefly reminded of the topics to cover and the approach to be taken. Each session includes an explicit evaluation by the staff and patient to help measure their impact. For individuals needing referral eSBIRT tracks warm hand off activities.

In sum, eSBIRT provides a usable, secure, and flexible platform for the provision and reporting of SBIRT services.