

# Facilitating Alcohol Screening & Treatment in Colorado (FAST)

March 4, 2020

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Department of  
Family Medicine

# Agenda Overview

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- FAST Project Overview
- Screening, Brief Intervention, Referral, and Treatment (SBIRT) Training
- Medication Assisted Treatment (MAT) Overview
- Change Package Training
- FAST Data & Quality
- Wrap up/next steps/next meeting

# University of Colorado, Department of Family Medicine Project Team

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- Key personnel:
  - Perry Dickinson - PI
  - Bonnie Jortberg – Project Manager
  - Miriam Dickinson and Doug Fernald – Evaluation Co-leads
  - Allyson Gottsman – Recruitment, Partner Relationships
  - Dionisia Delacerda – Data Manager
  - Stephanie Kirchner, Andrew Bienstock, Kellyn Pearson, Robyn Wearner, Jennifer Halfacre – Practice Transformation
  - Kyle Knierim, Beka Mullen, Linda Zittleman – Co-investigators

# FAST Overview

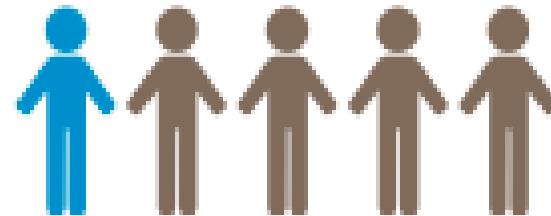
- Funded by the Agency for Healthcare Research & Quality (AHRQ)
- Overall grant objective is to improve the delivery of approaches to identifying and managing unhealthy alcohol use (UAU) among adults
- AHRQ's focus - to implement screening and brief intervention (SBI) for UAU plus medication-assisted treatment for patients with alcohol use disorder, with referral for treatment (RT) for more complicated or unresponsive patients
- Six statewide cooperatives received 3-year grants - Oregon, Illinois, Michigan, Virginia, North Carolina

# Why Focus on Unhealthy Alcohol Use in Primary Care?

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- Alcohol use causes an estimated 88,000 deaths yearly and is the 3<sup>rd</sup> actual cause of death in the U.S.
- Unhealthy alcohol use (UAU) impacts 27% of adults
- Primary care is recognized as the ideal context for implementation of SBIRT and MAT
- Natural follow-up project to the Colorado State Innovation Model initiative

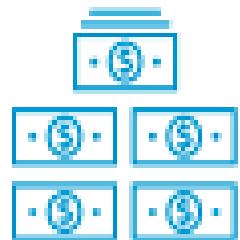
## EFFECTS OF EXCESSIVE DRINKING IN COLORADO:



**1 IN 5 ADULTS**  
drink excessively

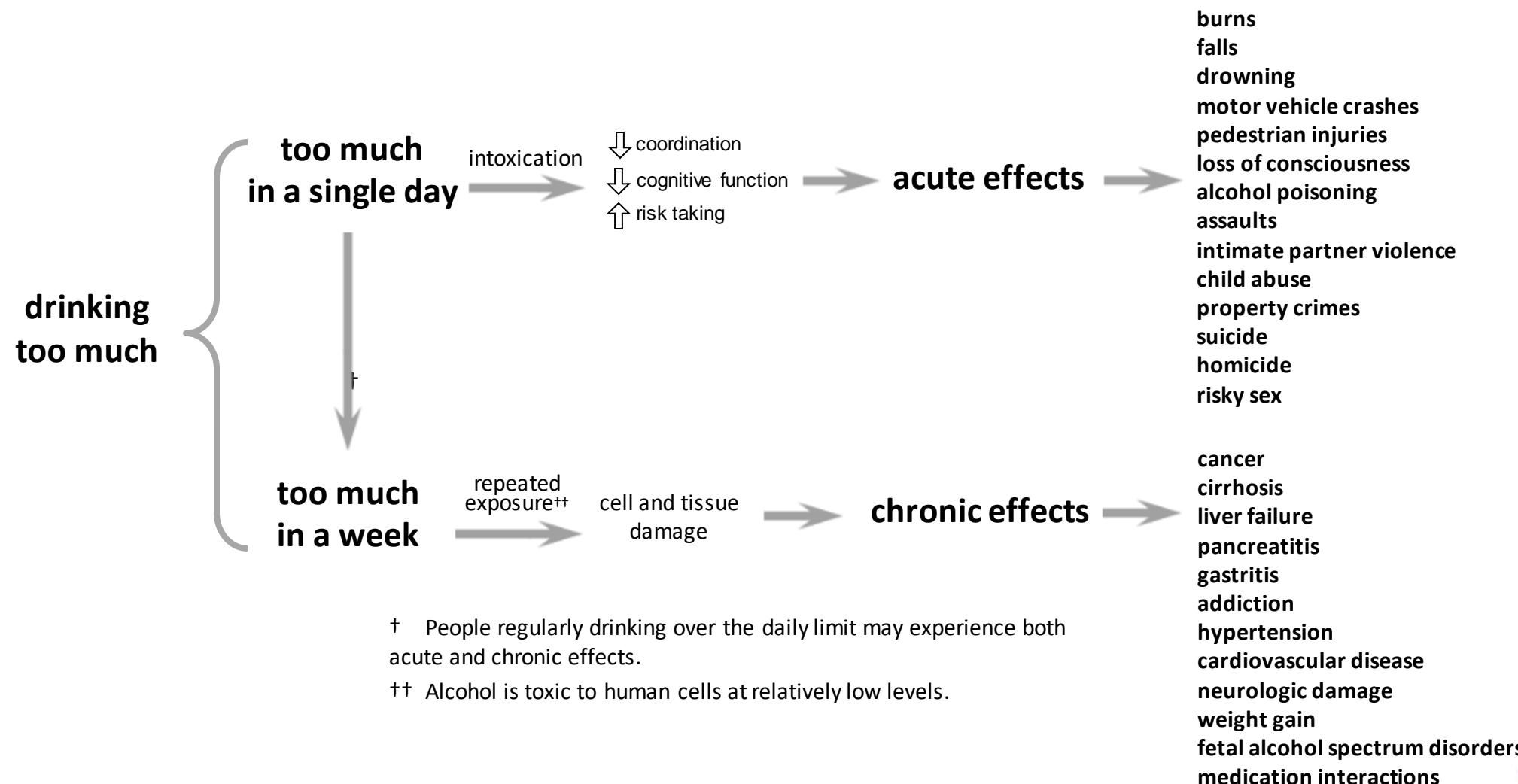


**5 DEATHS PER DAY**  
on average are due  
to excessive drinking



**\$5 BILLION**  
in economic cost

# Drinking Too Much: Acute and Chronic Health Effects



Adapted by D Hungerford from: Cole S, Bogenschutz M, Hungerford D (2011).

Motivational interviewing and psychiatry: use in addiction treatment, risky drinking and routine practice. FOCUS, 9:42-54.



# Overall Project Design

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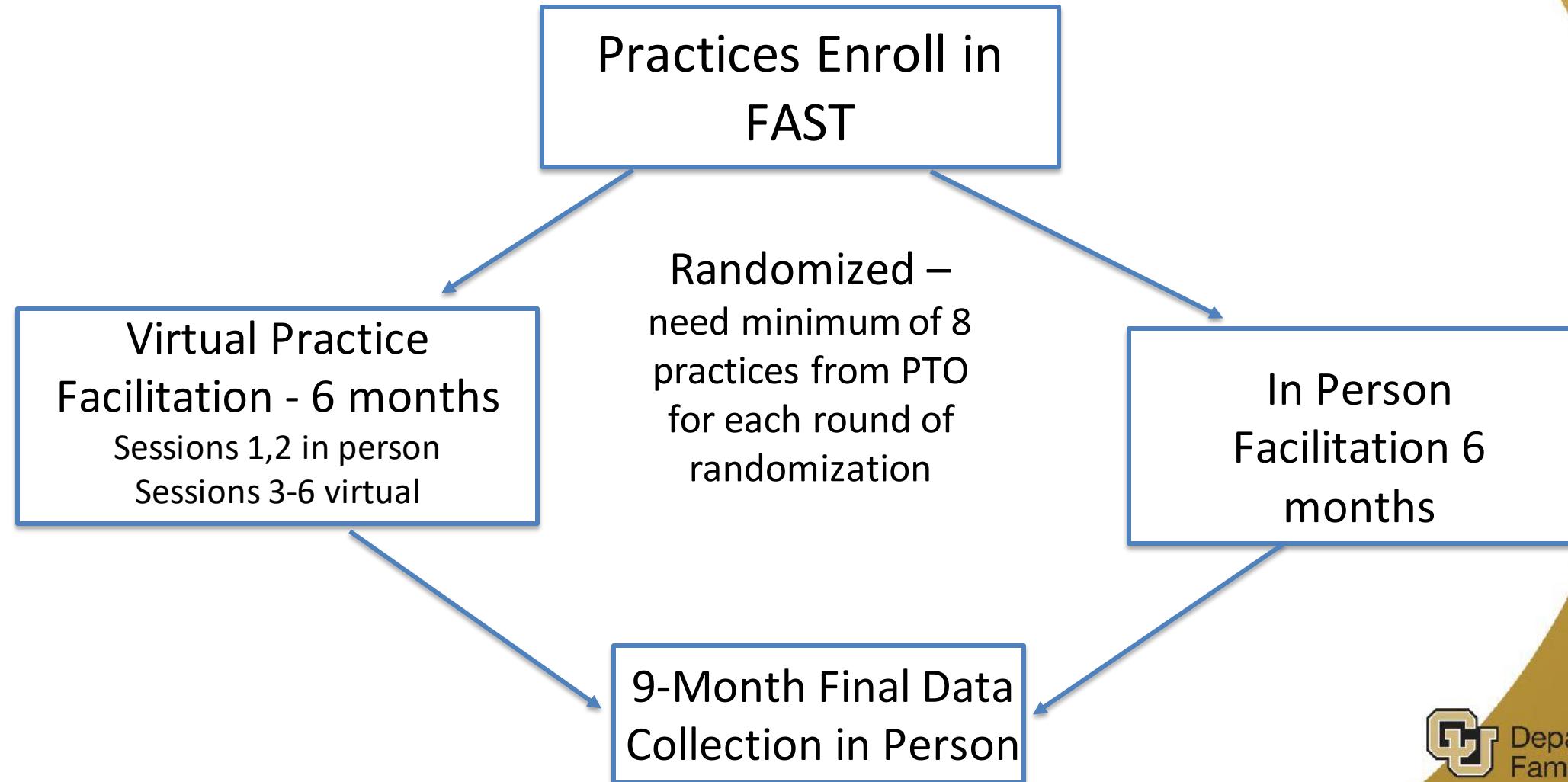
- FAST Objective: To compare two practice facilitation approaches (in-person versus mostly virtual) to improve primary care management of UAU
- Non-inferiority study comparing in-person to virtual practice facilitation – same impact for less cost???
- Will randomize ~125 primary care practices serving adult patients
- Practices will participate for 9 months
  - 6 months of active practice facilitation
  - Then 3 months of self-directed work, with a final, follow-up assessment at 9 months

# FAST Timeline

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- 3 year grant - 10/1/2019 to 9/30/2022
- First group of practices will start April, 2020
- Then, groups of practices will be randomized in clusters until we hit our target of 125 total – final group to start by Summer or early Fall, 2021

# FAST Project



# What do the Practices Receive for FAST Participation?

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- Practice facilitation for:
  - Evidence-based interventions to help patients with UAU
  - Training for staff, providers, and behavioral health professionals on SBIRT and MAT
- Access to experts in medical & behavioral treatments for UAU
- “Warm line” support for clinicians for MAT
- \$1000 for practice time spent on research-related activities (two \$500 payments)

# What's Expected from the Practices?

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- Leadership support for FAST practice improvement activities
- QI teams to meet monthly with their PF either in person or virtually
- Report data on # of patients screened, referred, and treated for UAU
- Complete baseline & final assessments
- For a few selected practices, one round of confidential interviews with 2-3 clinicians & staff

# FAST Assessments

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- Assessments will include:
  - Practice surveys done in group with practice facilitator:
    - Practice Monitor (implementation of the first 6 building blocks for high performing primary care) - baseline and 9 months
    - SBIRT Implementation Checklist - baseline and 9 months
  - Quarterly - track number of patients screened for UAU, provided brief intervention, receiving MAT, and receiving referral



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Alcohol  
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## Questions or Comments?

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