

NNA & NONL Convention (November 30, 2017 ~3:00–4:00 pm)

Title: Screening, Brief Intervention, and Referral to Treatment for Nurses

Presenter(s): Jennifer Hettema, PhD

Description: Screening, Brief Intervention, and Referral to Treatment (SBIRT) is designed to provide universal screening, secondary prevention (detecting risky or hazardous substance use before the onset of abuse or dependence), and early intervention and treatment for people who have problematic or hazardous alcohol problems within primary care and other health care settings. This training will provide participants with the opportunity to gain awareness around epidemiological trends and data regarding percentage of US population participating in risky alcohol and other drug use; and medical conditions associated with risky drinking and drug use. Participants will also be exposed to a standardized SBIRT protocol and see it demonstrated; and emphasis will be placed on the three core brief intervention strategies that are consistent with a motivational interviewing approach, including avoiding roadblocks, reflective listening, and evoking change talk.

Presenter: Jennifer Hettema, PhD. Associate Professor at the University of New Mexico, Dr. Hettema is a Screening and Brief Intervention/Motivational Interviewing (SBI/MI) content expert consultant with extensive experience in researching and training motivational interviewing with a special emphasis on medical and allied health professionals, providing feedback as part of effective teaching/learning, substance use, and the use of telehealth technologies. Dr. Hettema is currently conducting research in this topic area and works within the Department of Family and Community Medicine at the University of New Mexico. Dr. Hettema is a member of the Motivational Interviewing Network of Trainers and was a National Institute on Drug Abuse Postdoctoral Fellow.