



Have You Met R.O.S.S.?

NACC has partnered with R.O.S.S. – The Recovery Organization of Support Specialists in treatment and recovery.

R.O.S.S. services that are available include:

- Individual peer supporting person, phone, and/or virtual means
- Assistance navigating the substance use disorder system of care
- Peer Coaching/Mentoring
- Assistance in obtaining resources
- Transportation
- Attend support groups with recipients when needed
- Engaging individuals at risk for overdose
- Education on substance use disorder
- Support for family members

Reach out to us to learn more about the referral process! You can also visit their website at: www.ross4u.org

Using Antidepressants to Treat Depression

Mental health includes cognitive, behavioral, and emotional well-being. Conditions such as depression, stress, anxiety can disrupt a person's routine. Over 264 million people are suffering from depression at this moment and more than 800,000 people commit suicide every year.

Many people suffering from depression do not receive the proper treatment. Often inaccurate assessments are to blame due to the lack of resources. The consequences of inadequately treated depression are significant. Antidepressant medications are meant to make an individual feel emotionally stable and help follow a normal daily routine.

Promote antidepressant medication adherence by encouraging patient to keep taking antidepressants for at least six months, offering strategies to help them take their medication daily, and explain possible side effects including how long they will last and what to do to manage them.

It is crucial to inform patients that some depression drugs must be stopped gradually, or a relapse of depression or possible withdrawal symptoms could occur.

Suicide Warning Signs

These signs may mean someone is at risk for suicide. Risk is greater if a behavior is new or has increased and if it seems related to a painful event, loss, or change.

- ◆ Talking about wanting to die or to kill oneself.
- ◆ Looking for a way to kill oneself, such as searching online or buying a gun.
- ◆ Talking about feeling hopeless or having no reason to live.
- ◆ Talking about feeling trapped or in unbearable pain.
- ◆ Talking about being a burden to others.
- ◆ Increasing the use of alcohol or drugs.
- ◆ Acting anxious or agitated; behaving recklessly.
- ◆ Sleeping too little or too much.
- ◆ Withdrawing or feeling isolated.
- ◆ Showing rage or talking about seeking revenge.
- ◆ Displaying extreme mood swings.

Want to join our email list?

We send out important alerts and announcements. Visit our website and select "Medical Management Meetings" and fill out the form to join.

Has your information changed?

To be sure that we have the most up-to-date information, please let us know if your contact information or provider roster has changed.

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SBIRT: Screening for Substance Use Disorders

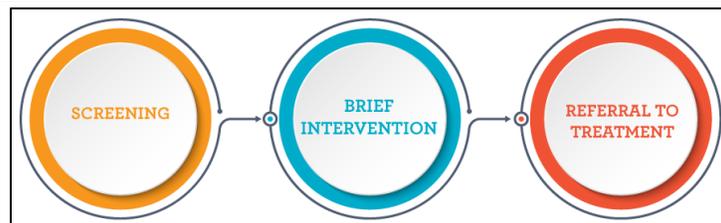
The Alabama Department of Public Health has listed Mental Health and Substance Use to be Alabama's #2 concern, with access to care being the #1 concern. According to druguse.alabama.gov, 14,516 people across NACC's region received treatment for substance abuse in 2020. Across the same region, there were 1,894 ambulance calls for overdoses in 2019 and nearly 100 opioid deaths reported in 2018. Early intervention and treatment is one of the best ways we can combat these sobering statistics.

SBIRT is an evidence-based, comprehensive, integrated, public health approach to the delivery of early intervention and treatment services for children, adolescents, and adults with substance use disorders, as well as those who are at risk of developing these disorders. SBIRT provides opportunities for early intervention with at-risk substance users before more severe consequences occur. It is a low-cost and quick approach to identifying and addressing substance use.

- **S**creening: Universal screening for quickly assessing use and severity of alcohol; illicit drugs; and prescription drug use, misuse, and abuse.
- **B**rief **I**ntervention: Brief motivational and awareness-raising intervention given to risky or problematic substance users.
- **R**eferral to **T**reatment: Referrals to specialty care for patients with substance use disorders.

Our 3rd Quarter Medical Management Meetings were led by Dr. Angelique Andrews, Chief Medical Officer of HAPPI Health. Dr. Andrews spoke at length about the use of SBIRT with her pediatric patients. If you were unable to join us for our 3rd Quarter Medical Management Meeting, we encourage you to visit our website where we have posted the PowerPoint and video recording of her presentation.

www.northalcc.org/2021-past-presentations



SBIRT: Screening – Brief Intervention – Referral to Treatment

SBIRT Documentation

Documentation Requirements from the Alabama Medicaid Provider Manual

- The need for and method of identification of the need for SBIRT as established during a pre-screening process.
- Identification of the screening tool used to conduct the full screening process.
- The results of the full screening process.
- Brief intervention goals unique to each individual.
- Summary report of each brief intervention session conducted, including the implementation of established motivational strategies.
- Referrals made and outcomes.
- Follow-up services provided