



ASPIRE

NEWSLETTER SERIES ON

RECOMMENDATIONS FOR PROVIDING CARE TO

LGBTQ+ PATIENTS AND FAMILIES

ISSUE 10

Considerations for SBIRT Model

SBIRT: Screening, Brief Intervention, and Referral to Treatment

Tips for how to best support LGBTQ+ patients:

- ❑ Adapt the model for transgender and non-binary (TNB) populations by tailoring each step of the SBIRT approach to a TNB patient's unique needs and background. [2]
- ❑ Seek permission from patients to discuss the results of screening tools, as well as limitations for use with transgender and non-binary populations.

The odds of substance use for LGBTQ+ adolescents are, on average, 190% greater than for heterosexual, cisgender adolescents. [3]

For more information and resources, access the AAP clinical guidelines: <https://www.aap.org/en/patient-care/lgbtq-health-and-wellness>

“A tailored, peer-based approach to universal screening with SBIRT could offer affirming experiences for transgender young adults to openly discuss substance use within unique practice settings such as the house/ball community.” [1]



SOURCES

- [1] Michael P. Dentato, Reyna Ortiz, John Orwat, Brian L. Kelly, Trevor G. Gates & Ellie Propper (2019) Peer-Based Education and Use of the SBIRT Model in Unique Settings with Transgender Young Adults, *Journal of Social Work Practice in the Addictions*, 19:1-2, 139-157, DOI: [10.1080/1533256X.2019.1589884](https://doi.org/10.1080/1533256X.2019.1589884)
- [2] Dentato, M. P., Orwat, J., Austin, A., Craig, S. L., Matarese, M. & Weeks, A. (2022). Practice Considerations: Use of the SBIRT Model Among Transgender & Nonbinary Populations. Center of Excellence on LGBTQ+ Behavioral Health Equity. <https://lgbtgequity.org/wp-content/uploads/2022/08/SBIRT-TNB-Guidance2022.pdf>
- [3] Marshal MP, Friedman MS, Stall R, et al. Sexual orientation and adolescent substance use: a metaanalysis and methodological review. *Addiction*. 2008;103(4):546-556. doi:[10.1111/j.1360-0443.2008.02149.x](https://doi.org/10.1111/j.1360-0443.2008.02149.x)