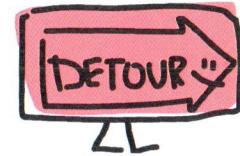


SBIRT (Screening Brief Intervention and referral to Treatment)

- Identify early warning signs of youth substance use disorder (SUD)
- Early identify signs of potential addiction
- Early identify youth self-medicating
- Motivational interviewing to elicit and strengthen positive change
- Education concerning substance use and effects on brain development and performance
- Referral to treatment

SBIRT: Screening Brief Intervention and Referral to Treatment



Based in
research

- evidence-based
- gives health care providers skills to discuss health behavior changes with their patients
- proven to be particularly effective at motivating individuals to change harmful substance use

Proactive,
not just
reactive

- using SBIRT as an early intervention can reduce risky alcohol and drug use before it leads to more severe consequences or dependence

SBIRT: Screening Brief Intervention and Referral to Treatment

Screening

Determines the severity of substance use

Brief Intervention

Builds motivation through collaborative conversation using **Motivational Interviewing** techniques

Can reduce resistance to change

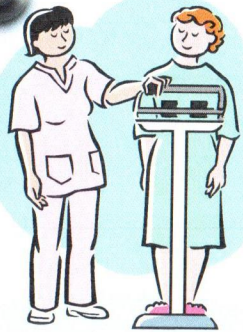
Helps patients realize their own reasons and motivations to make healthy choices.

Referral to Treatment

Directly links patient with appropriate, requested services

Minimizes outward barriers to seeking services

Creates an environment for success



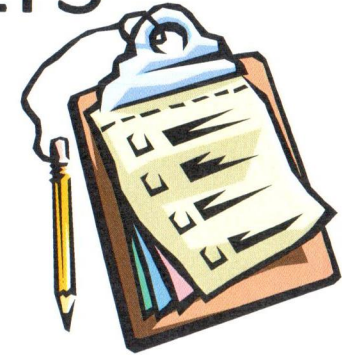
NPS PROTOCOL

- Universal screen-all 9th grade students
- Parental education, notification and opt-out
- Paper screen, student opt-out
- Non-use: positive reinforcement
- Score lower than 2: motivational interview
- Score greater than or equal to 2: referral for follow-up
- Outside referral resources at the ready
- Issues of confidentiality and documentation



Pikt

NPS SCREENING RESULTS MAY 2013



- 229 total freshman
- 7 opted out by parents; 1 opted self out
- 34 with positive pre-screen; (when noted) 16 for alcohol, 6 for marijuana, 0 other
- 4 of those already under care
- Of those screened in, 5 with positive CRAFFT
- 4 referrals to in-school counseling; 1 already under care
- 24 brief interventions (mostly around the "C")
- 197 students received information and/or positive reinforcement

Screening Tool: CRAFFT



Part A (Pre-Screen)

During the PAST 12 MONTHS, did you:

1. Drink any alcohol (more than a few sips)?
2. Smoke any marijuana or hashish?
3. Use anything else to get high? (“anything else” includes illegal drugs, over the counter and prescription drugs, and things that you sniff or “huff”)

Part B (CRAFFT)

1. Have you ever ridden in a **CAR** driven by someone (including yourself) who was “high” or had been using alcohol or drugs?
2. Do you ever use alcohol or drugs to **RELAX**, feel better about yourself, or fit in?
3. Do you ever use alcohol or drugs while you are by yourself, or **ALONE**?
4. Do you ever **FORGET** things you did while using alcohol or drugs?
5. Do your **FAMILY** or **FRIENDS** ever tell you that you should cut down on your drinking or drug use?
6. Have you ever gotten into **TROUBLE** while you were using alcohol or drugs?