

## Benefits of SBIRT Screening

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- ⇒ Improved physical and mental health
- ⇒ Builds a plan for change
- ⇒ Increased motivation
- ⇒ Better family, friend, and school relationships
- ⇒ Provides feedback
- ⇒ Reduced health care costs
- ⇒ Decreases severity of drug and alcohol use

A brief Intervention refers to a brief motivational and awareness-raising intervention given to risky or problematic substance users.



## Additional Resources

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Statistics indicate that the SBIRT model is effective in helping people with substance use problems seek help for treatment. Visit the Old Colony website [www.oldcolony.us](http://www.oldcolony.us) for a more extensive list of resources.

Find tools and tips at these websites:

[www.drugfree.org](http://www.drugfree.org)

<https://massclearinghouse.ehs.state.us>

[www.ma-al-anon-alateen.org](http://www.ma-al-anon-alateen.org)

<http://www.mass.gov/oehhs/gov/departments/dph>

[www.nerna.org](http://www.nerna.org)

[parentshelpingparents.org](http://parentshelpingparents.org)

[www.helpline-online.com](http://www.helpline-online.com)

[healthrecovery.org](http://healthrecovery.org)

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## Screening, Brief, Intervention, and Referral to Treatment— SBIRT

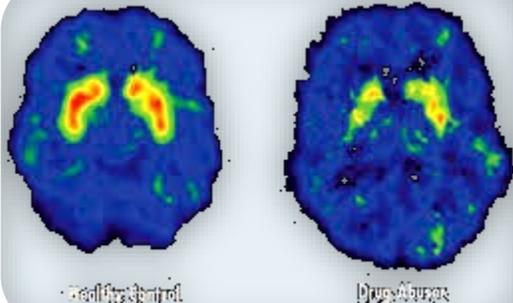
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A Guide for Parents  
and Students

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*With the increase in substance use in today's society, it is more important than ever to teach our young adolescents about the risks associated with substance use and assist those in need of help.*



## What is SBIRT?

SBIRT is an evidence based, integrated, and comprehensive public health approach to the delivery of early identification, intervention, and referral to treatment for individuals with substance use disorders and those at risk of developing such disorders.

Recent legislation has mandated that MA schools provide the SBIRT screening for one grade at the high school level. During this school year, we will screen all grade 9 students. Our school nurse, adjustment counselors, Dean of Students, and Principal have been trained by the MA Dept. of Public Health and the MA Dept. of Education.

## SBIRT Screening Process

The Old Colony school nurse and adjustment counselors will be providing an interview-based screening aiming to help prevent students from starting to use substances or to intervene if early use is reported.

The CRAFFT II screening tool used is evidence based and the most commonly utilized substance use screening tool in MA for adolescents. Student screening sessions will be brief (approx. 5 min.) and will be individualized sessions, conducted both confidentially and in private with each student. Students who are not using substances will have their healthy choices reinforced. The screener will provide brief feedback to any student who reports using substances, or who presents with a future risk for substance use. Further evaluation may be needed.

Results of the screening will not be included in the student's school record, nor will results be shared with any staff other than the SBIRT team.

All students will receive some educational material and a resource list at the time of their screening.

[Alcoholics Anonymous of Eastern MA website is:](http://www.aaemass.org/area30)  
[www.aaemass.org/area30](http://www.aaemass.org/area30)

[Local meetings and information:](#)  
 Mattapoissett—American Legion 2nd Wed. @7:30 p.m.  
 Taunton—Bristol-Plymouth RTHS 1st Thurs. @7:30 p.m.  
 Brockton—Brockton HS 2nd Sun. @9:30 a.m.

## SBIRT Screening Options

As with any screening, you have the right to opt your child out of this screening. Please contact Michelle Humphrey, School Nurse at [mhumphrey@oldcolony.us](mailto:mhumphrey@oldcolony.us) in writing, before the date of the screening, if you wish to exclude your child from this screening.

Screening is voluntary and students may choose not to answer any or all of the screening questions. Screenings will be conducted during your child's physical education or health class during schedules dates. Parents will be notified, in writing, prior to the screening and given the option to "opt out."

Additional information can be found on Old Colony's website, [www.oldcolony.us](http://www.oldcolony.us), under the Parents' link, and by clicking on the Nurse's Notices.



### Determining Risk AUDIT Scores & Drinking Types

The Drinkers' Pyramid:

