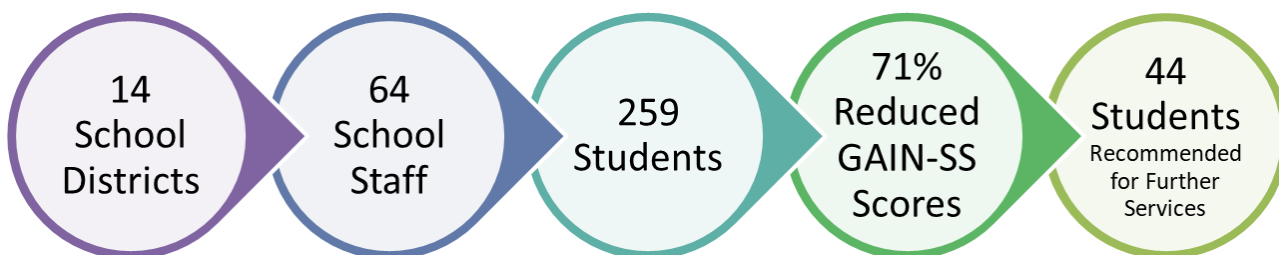


# 2018-2019 School SBIRT Implementation Lessons Learned

## Summary of Report for School Staff delivering SBIRT services



- **On average, each staff delivered SBIRT to 4 students.**
- **Medium sized teams (4-5 staff) delivered SBIRT to more students.**
- **Most referrals (41%) were made by an Administrator or on the basis of an in-school suspension.**
- **Students who received SBIRT needed the services.**
  - Initial screening results showed prevalent moderate-to-high risk “red flag” concerns across a range of symptoms related to mental health, substance use, and conduct problems.
- **Brief Intervention outcomes were positive and robust.**
  - 71% of students showed an average decrease of 2.8 symptoms from initial to follow up screening.
  - Frequency of change target during the past 30 days decreased from 13.31 to 4.37.
- **Choose a Change Target Behavior that can be assessed on the GAIN-SS.**
  - BI was equally effective when the change target was specific to behavioral health issues (i.e., risky substance use, mental health, or conduct problem).
  - When BI was applied to “other” change targets, there was a significant decrease in outcomes.
- **Staff Engagement is Important.**
  - A goal of initial implementation was for each staff to deliver SBIRT with 1 new student per month. If that goal would have been met, twice as many students would have received this needed service.
- **School Leadership Must be Involved.**
  - Articulate “the why” of addressing student behavioral health.
  - Have a vision for how SBIRT fits into the equitable multi-tiered system of support.
  - Help to proactively address barriers to implementation.
  - Help to protect staff time to make SBIRT delivery happen.
  - Ensure that efficient procedures are in place to identify students in need, obtain parent consent for screening, and refer students to SBIRT-trained staff.
  - Provide accountability for staff engagement in the implementation process.

Domain Scores	Initial	Follow up
Internalizing Symptoms*	1.88	1.30
Externalizing Symptoms*	1.80	1.33
Alcohol/Drug Symptoms*	0.71	0.44
Crime/Violence Symptoms*	0.45	0.25
Frequency of change target during the past 30 days*	13.31	4.37

\*p < .001

Full Report is available:

[http://www.wishschools.org/SBIRT/School%20SBIRT%20Implementation\\_2018-2019%20FINAL%20REPORT.pdf](http://www.wishschools.org/SBIRT/School%20SBIRT%20Implementation_2018-2019%20FINAL%20REPORT.pdf)

Read more about School SBIRT: <https://www.wishschools.org/resources/schoolsbirt.cfm>

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