



# School SBIRT Training

**(Screening, Brief Intervention, and Referral to Treatment)**  
*A Training Opportunity for Middle and High School Student Services Staff*

## What is SBIRT?

SBIRT offers an efficient, evidence-based, and comprehensive service to address selected behavioral health concerns among adolescents. The service begins with administering a standardized Screening instrument. For students who show moderate or high risk results, a Brief Intervention (BI) is conducted. The BI is delivered with motivational interviewing and is protocol-guided. For those students who show high risk concerns and who do not respond to the BI, a Referral to Treatment may be initiated.

## Why SBIRT in Schools?

- Evidence-based for addressing student alcohol/drug involvement and evidence-informed for addressing a range of other behavioral concerns, including attendance, classroom behavior, and mental health
- Student-centered and strength-based
- Teens rate the service with high levels of satisfaction
- Provides a Tier II and Tier III practice with PBIS
- Response-to-Intervention can be ascertained by using baseline and follow-up screening results

## Training Description:

### ■ A requirement of registration is to complete:

- 1) A Pre-training Reading Assignment, and 2) An initial Implementation Plan
- Both are available at: [www.wishschools.org/resources/schoolsbirt.cfm](http://www.wishschools.org/resources/schoolsbirt.cfm)

**The school implementation plan must be submitted one week prior to training to:** Tracy Herlitzke, [therlitzke@cesa4.org](mailto:therlitzke@cesa4.org)

■ **Initial Training (Day 1)**— Overview of SBIRT, introduction to the requisite skills (Motivational Interviewing), and practice on delivering protocol-guided Brief Intervention services. Audiotape delivery of Brief Intervention.

■ **Adopt SBIRT Into Practice and Continue Implementation Planning**— Staff deliver SBIRT services and track initial implementation. Staff meet with student services leadership to complete Implementation Plan.

■ **Follow-up Training (Day 2)**— Staff receive individualized feedback from fidelity review of audiotape. Continue skill building, practice delivering SBIRT, and refining Implementation Plan.

■ **Implementation Coaching**— Staff will participate in monthly implementation coaching calls.



## Time:

Registration: 8:00am-8:30am;  
Workshop: 8:30am-3:30pm

## Dates/Location:

### ■ January 30 and March 16, 2018

LAUNCH Elmbrook  
(Hosted by Elmbrook School District)  
19601 W. Bluemound Road, Suite 230  
Brookfield, WI 53045

**Contact:** Christine Kleiman, CESA #7  
(920) 617-5645; [ckleiman@cesa7.org](mailto:ckleiman@cesa7.org)

## Register Online:

### ■ Brookfield:

[http://login.myquickreg.com/register/event/event.cfm?from\\_cms=1&eventid=19842](http://login.myquickreg.com/register/event/event.cfm?from_cms=1&eventid=19842)

**Cost:** \$100/per person  
(Lunch and snacks provided)

**Payable to:** CESA #4

### Send Payment to: CESA #4 ATTN:

Mary Devine, 923 East Garland Street,  
West Salem, WI 54669—PLEASE include  
and clearly define: Participant name, exact  
name of workshop, and date, with all  
checks or purchase orders. Thank you!

**Workshop Questions:** Tracy Herlitzke  
(608) 786-4838; [therlitzke@cesa4.org](mailto:therlitzke@cesa4.org)

**Registration Questions:** Mary Devine  
(608) 786-4800; [mdevine@cesa4.org](mailto:mdevine@cesa4.org)

