

School SBIRT - Screening, Brief Intervention and Referral to Treatment



WHAT IS SBIRT?

SBIRT offers an efficient, evidence-based, and comprehensive service to address selected behavioral health concerns among adolescents. Although originally designed as a universal prevention approach (Tier 1), SBIRT is readily adapted for delivery in middle and high school settings by existing student services staff as a selected (Tier 2) or indicated (Tier 3) intervention. SBIRT is based on the principles of Motivational Interviewing.

WHY DELIVER SBIRT SERVICES IN SCHOOLS?

- Expands the capacity of student services to **effectively and efficiently address a range of behavioral health concerns** which, in turn, promotes school engagement and learning outcomes.
 - **Can be used to address alcohol, drug use, vaping, mental health, attendance**
- Fits with a student-centered, strength-based philosophy.
- Is student friendly, culturally relevant, and highly engaging.
- Fits with Response to Intervention. Screening provides baseline data, then approximately 30 days later, follow up screening ascertains individual student response to Brief Intervention.
- Implementation allows for flexibility. Staff are trained to use a protocol which guides delivery of services. Staff decide the focus of intervention, number of BI sessions, and format of delivery (individual or small groups).



TO PARTICIPATE IN THE SCHOOL SBIRT PROJECT:



SUBMIT A PROJECT APPLICATION

- A school or district representative submits an application to the project, due in September. **See p. 2 for project requirements.**
 - *Person submitting the application should share project requirements, their implementation plan, and a copy of the submitted application with all team members.*



ATTEND A TRAINING OR BOOSTER SESSION

TRAINING (2 days - in-person, for project participants new to SBIRT)

- (Day 1) Includes an overview of SBIRT, introduction to the requisite skills (motivational interviewing), and practice on delivering protocol-guided Brief Intervention services. Participants will submit an audio-recording of Brief Intervention delivery, for feedback from trainers.
- (Day 2) Participants receive individualized feedback from fidelity review of audio-recording. Continue skill building, practice delivering SBIRT, and plan for effective implementation.

BOOSTER (2 hours - virtual, for returning project participants)

- Refresher of foundational skills of motivational interviewing and opportunity for SBIRT skills
 - *Practitioners or schools involved in the project for 2+ years and have already completed booster training should sign up to receive coaching for implementation support.*



DELIVER SBIRT & COLLECT DATA

- As a part of the project each practitioner should deliver SBIRT to 1-2 new students per month.
- Practitioners collect and enter SBIRT data to a customized dashboard for their school district.



RECEIVE IMPLEMENTATION SUPPORT & CONTINUE LEARNING

- Practitioners are invited to participate in two virtual Community of Practice Sessions to continue learning and connect with other schools.
- Receive periodic emails with implementation tips.
- Connect with your Implementation Support contact - a WISH Center SBIRT Trainer.

KEY ACTIONS FOR EFFECTIVE IMPLEMENTATION

- Explore readiness for implementation
- Establish Administrative support and policies and procedures that allow for time to practice SBIRT
 - Develop internal and external referral pathways
- Train staff to deliver SBIRT
- Ongoing and sustained professional learning (ex: Book studies, PLC Teams)



To learn more about School SBIRT and the support provided by the WISH Center visit <https://www.wishschools.org/resources/schoolsbirt.cfm> or contact your WISH Center Regional Coordinator



SCAN FOR TRAINING INFO

School SBIRT - Project Application + Requirements

This project is open to **new school teams** and **returning school teams** (previously trained and have implemented SBIRT with students in the last 1-2 years.) Schools must apply to be a part of the School SBIRT Implementation Project Cohort for 2023-2024 and each school that is accepted and participates is eligible for a \$2,000 stipend upon meeting project requirements. A maximum of \$4,000 per district. **The 2023-2024 School SBIRT [Application](#) is due September 22, 2023.**



NEW SCHOOL	RETURNING SCHOOL	School SBIRT Project Requirements
		Identify a District Administrator/School Leader to engage in decision-making and problem solving for project implementation.
		Identify an existing team or create a SBIRT Implementation Team. The team will be comprised of participating Practitioners, designated Leader/Administrator, and Team Lead.
	For new staff only	New staff (not previously trained) must complete pre-learning, in-person 2-day training, practice sample submission for fidelity review, and regular self-assessments of practice.
n/a		Returning Practitioners must participate in a 2-hour virtual Booster Session.
		Each practitioner delivers SBIRT to 1-2 new students per month and track data.
		Each practitioner participates in 2 virtual follow-up community of practice sessions.
		Each team will receive a customized Google Dashboard to enter their data on a monthly basis for implementation feedback.
		Team Lead submits a final SBIRT data tracking sheet and summary survey to WISH Center Director at the end of the year for project evaluation and reporting.
Optional	Optional	Receive coaching for implementation support. Recommended for returning schools that have already completed Booster training.

Session Dates

PLAN AHEAD! Registration links for training, booster and COP sessions will be provided to accepted school teams. Teams should plan to join the same training session or booster session. Each team member will need to register for a session. There is no registration fee for these sessions and School SBIRT training, booster and COP sessions are reserved for school teams accepted into the project.

TRAINING - In-person
(new schools or practitioners, choose 1 session)
 Location TBD- Nov 14 & Dec 12, 8:30AM-3PM
 At CESA 9 - Oct 26 & Nov 29, 8:30AM-3PM
 At Midstate-Stevens Pt -
 Oct 31 & Nov 28, 8:30AM-3PM

BOOSTER - Online
(returning schools or practitioners, choose 1 session)
 Virtual - Nov 8, 9AM-11AM
 Virtual - Nov 8, 1PM-3PM

COMMUNITY OF PRACTICE - Online
(all project participants, join 1 session each date)
 Virtual - Jan 12, 9AM OR 1PM
 Virtual - Mar 1, 9AM OR 1PM
 Virtual - *Leads Only* - May 1, 9AM

QUESTIONS ABOUT THIS PROJECT? [Contact Your WISH Center Regional Coordinator](#)