

School SBIRT

Screening, Brief Intervention and Referral to Treatment

Training Goal

For participants to systematically implement SBIRT with fidelity into your school. Training involves the following:

- Pre-training reading and assignment (1 hour)
- Creation of an initial implementation plan
- Initial training (1 day) which is experiential and skills-focused
- Initial delivery of SBIRT with simple data tracking
- Follow-up training (1 day)



A well-established, evidence-based, comprehensive public health model used to address selected health behaviors within a population. Originally designed for delivery in healthcare, SBIRT is readily adapted for delivery in middle and high schools by members of the pupil services team.



Why SBIRT?

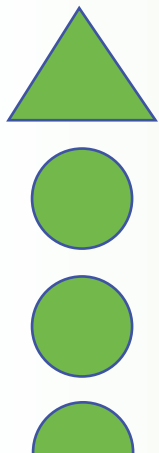
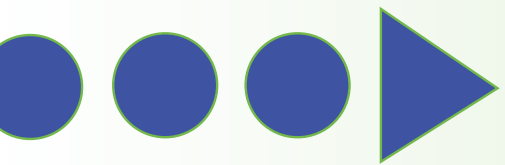
1. **An evidence-based practice** to address adolescent's involvement with alcohol and other drugs. Expected outcomes include: reduced frequency of use, reduced problem symptoms, and increased engagement in services.
2. **A promising practice** to address a range of other adolescent behavioral health and academic concerns including: mental health, fighting, classroom conduct, attendance, and homework completion.
3. **Good developmental "fit"** with adolescents and is student-friendly. It also fits with student services philosophy as a student-centered and strength-based approach.
4. **Fits within the Response to Intervention/ PBIS framework** as a Tier 2 selective intervention or Tier 3 individual intervention. Response to brief intervention is readily ascertained to allow evaluation of effectiveness.
5. **Implementation is efficient and flexible.** You have flexibility to decide the behavioral focus of the brief intervention and how many sessions to deliver. Typically, the number of sessions is 3 or 4, lasting about 15 minutes each.

Screening: Administer, score, and interpret standardized instruments to efficiently assess a student's level of risk

Brief Intervention: Protocol-guided and delivered with Motivational Interviewing, the focus is on a single target behavior across 1-4 sessions with student (about 15 minutes each)

Referral to Treatment: For high risk students who do not respond to the Brief Intervention

Intervention: For alcohol and other drugs, attendance, fighting, homework completion, classroom conduct, and mental health



For more information about
School SBIRT and training, please go to
<http://www.wishschools.org/resources/schoolsbirt.cfm>

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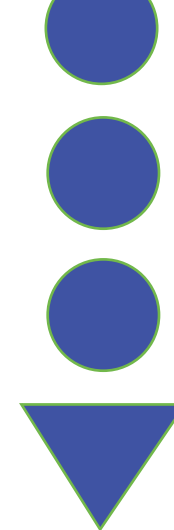
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