

## SBI with ADOLESCENTS



Many health professionals report having little time, training, tools, and treatment resources to conduct screening and brief interventions for adolescents' use of alcohol, tobacco and other drugs. The American Academy of Pediatrics recommends adolescent substance use screening and education as part of routine care, using the universal Screening, Brief Intervention, and Referral to Treatment (SBIRT) process developed by the Substance Abuse and Mental Health Services Administration.

Kognito's *SBI with Adolescents* is a conversation simulation designed to prepare health professionals to screen young patients for substance use, conduct brief interventions using evidence-based principles of motivational interviewing, and, when necessary, refer patients to further support. This simulation helps practitioners learn basic facts about adolescent substance use, as well as techniques to screen patients and conduct brief interventions to drive positive change in health behaviors.

### LEARNING OBJECTIVES

1. Screen patients using evidence-based tools
2. Conduct brief interventions using motivational interviewing to build patients' trust and motivation to implement lifestyle changes
3. Make collaborative action plans with patients
4. Refer patients to treatment service and follow up on referrals

### SIMULATION FEATURES

- Available online 24/7
- Customizable resources – Include local information for referrals, billing codes, screening tools, or added content.
- Evaluation services: Kognito can provide program administrators with detailed usage reports and include customized baseline and follow-up surveys.
- Completion of the program includes continuing education credits for health professionals
- Hosting and Technical Support – Kognito hosts the program on its secure web server and provides technical support to all users

This simulation was developed in collaboration with NORC at the University of Chicago with support from the Conrad N. Hilton Foundation.

## SIMULATION WALKTHROUGH

Coach Amanda will help health professionals learn the principles of SBIRT and brief interventions:

- Why SBIRT?
- Screening – Asking Validated Questions
- Risk levels & Clinical Decisions
- Brief Negotiated Interview Model
- Motivational Interviewing Skills

Learners can then practice and assess their SBIRT skills with **three** virtual adolescent patients:



Practice Conversation: **Josh**

*Setting:* Hospital ED

*Condition:* Ankle ligament injury

*Remarks:* Jumped off roof into hot tub

*Screening results:* High-risk/weekly use alcohol



Practice Conversation: **Emily**

*Setting:* School nurse/social worker office

*Condition:* Decreased attention

*Remarks:* Referred by teacher

*Screening results:* High risk/weekly use marijuana



Assessment Conversation: **Kayla**

*Setting:* Primary care

*Condition:* Annual well visit

*Remarks:* None

*Screening results:* Moderate risk/monthly use alcohol

Assessment features:

- Total score
- BNI adherence score
- MI adherence score
- Adaptive feedback

## CONTACT INFORMATION

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