



# SBIRT-in-SBHCs


## Screening, Brief Intervention, and Referral to Treatment in School-Based Health Centers

WE HAVE A RESPONSIBILITY TO DO EVERYTHING WE CAN TO MAKE SURE YOUNG PEOPLE GROW UP TO HAVE HEALTHY, STRONG FUTURES.

And one thing that stands in the way of that is drug and alcohol use. Drinking and substance misuse can negatively affect young people's school performance, future job prospects, and physical and mental health, damaging their lives well into adulthood.

### SCREENING, BRIEF INTERVENTION, AND REFERRAL TO TREATMENT (SBIRT)

is an evidence-based practice used to identify, reduce, and prevent abuse and dependence on alcohol and drugs.



MOST SUBSTANCE USE BEGINS IN ADOLESCENCE OR YOUNG ADULTHOOD, AT THE **height of brain development**<sup>1</sup>



THE EARLIER ADOLESCENTS START USING SUBSTANCES, **the higher their risk** of developing addiction later in life<sup>2,3</sup>




BUT TOGETHER, WE CAN **prevent this from happening.**  
It's our job to support policies and programs that prevent and reduce drug use among adolescents

**School-based health centers (SBHCs) are uniquely positioned to address substance use among adolescents**

STUDENTS ARE 21X MORE LIKELY TO **visit a school-based health center** for behavioral health care than they are to visit a community clinic<sup>4</sup>

STUDENTS WITH ACCESS TO **behavioral health services at SBHCs** report lower frequencies of cigarette, marijuana, and unauthorized prescription drug use<sup>5</sup>

SBHC STAFF CAN PARTNER WITH SCHOOL STAFF TO OFFER **therapeutic interventions** for substance use as an alternative to suspension



Through the generous support of the Conrad N. Hilton Foundation, the School-Based Health Alliance is addressing youth substance use through our SBIRT-in-SBHCs Initiative, pairing the evidence-based model of SBIRT with the unique school-health center environment to deliver adolescent substance use prevention.

# OUR GOALS & OBJECTIVES



**The ultimate goal of the SBIRT-in-SBHCs Initiative is to ensure healthy, strong futures for young people** as a result of early identification and effective intervention and treatment of youth substance use and mental health issues.

## 1

### FACILITATION OF A NATIONAL VIRTUAL LEARNING COLLABORATIVE TO TRAIN SBHC ADMINISTRATORS AND PROVIDERS IN SBIRT AS A STANDARDIZED CLINIC PROTOCOL.



School-based health care provider organizations from across the country are using Zoom technology to participate in a web-based learning community grounded in the innovative Project ECHO model. Through a partnership with NORC at the University of Chicago, participating organizations receive the Learner's Guide to Adolescent SBIRT curriculum and access to the Kognito Screening and Brief Intervention for Adolescents client/patient virtual simulation training program.

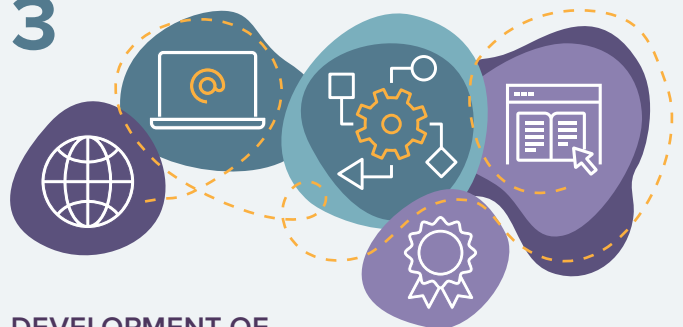
## 2



### LEADERSHIP OF THE NATIONAL SCHOOL-BASED SBIRT LEARNING COMMUNITY,

bringing together a diverse range of providers, experts, researchers, and administrators to collaborate and disseminate collectively agreed upon school-based SBIRT best practices to the field for widespread adoption and standardized implementation.

## 3



### DEVELOPMENT OF A COMPREHENSIVE WEB-BASED TOOLKIT

to create a sustainable legacy of school-based SBIRT learning tools so that SBHCs nationwide can implement the model.

1. Principles of Adolescent Substance Use Disorder Treatment: A Research-Based Guide. National Institute of Drug Abuse. January 2014. [http://www.drugabuse.gov/sites/default/files/podata\\_1\\_17\\_14.pdf](http://www.drugabuse.gov/sites/default/files/podata_1_17_14.pdf).
2. Hingson RW, Heeren T, Winter MR. Age at drinking onset and alcohol dependence: age at onset, duration, and severity. *Arch Pediatr Adolesc Med.* 2006; 160(7): 739-746.
3. SAMHSA. Results from the 2009 National Survey on Drug Use and health Vol 1. Summary of National Findings.
4. Juszczack L, Melinkovich P, Kaplan D. Use of health and mental health services by adolescents across multiple delivery sites. *J Adolescent Health.* 2003; 32(6 Suppl): 108-118.
5. Paschall MJ, Bersamin, M. (2018). School-based mental health services, suicide risk, and substance use among at-risk adolescents in Oregon. *Preventive Medicine.* 106; 209-215.



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**QUESTIONS?** Contact School-Based Health Alliance at [info@sbh4all.org](mailto:info@sbh4all.org)