School SBIRT

Identifying and Addressing Substance Use

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Objectives

• Define SBIRT and the rationale for utilization in schools
• Understand the SBIRT screening process in the school setting
• Describe implementation of SBIRT in the Worcester Public Schools
What is SBIRT

Screening, Brief Intervention, Referral to Treatment

Universal Screen using validated tool to identify substance use in past year

Positive Screen: Brief, Negotiated Interview

Negative Screen: Positive Reinforcement

Referral for students needing additional support/services
SBIRT Is…

- A structured conversation to promote prevention and to identify early risk factors for substance use in middle and high school students
- UNIVERSAL health screening
- Evidence-based
- Pro-active – Not Reactive
- Primary Prevention
What SBIRT is Not

- A targeted screening
- Drug testing
- A treatment program
- To get any students in trouble
Why Do This Screening in the School Setting?

- Screening for substance use among adolescents, combined with appropriate intervention and follow-up, can help reduce substance use related harm
- Teens often do not understand the impact of substance use on health
- Opens up dialogue between provider and student
- Reinforce and support safe choices
- Identify early risk factors and provide early intervention
Screening Process
FAMILY CHECKUP

POSITIVE PARENTING PREVENTS DRUG ABUSE

Parent/ Guardian Informational Letter

Parent/ Guardian and Student Informed Consent
The CRAFFT Screening Questions

Please answer all questions honestly; your answers will be kept confidential.

Part A
During the PAST 12 MONTHS, did you:
1. Drink any alcohol (more than a few sips)? [ ] No [ ] Yes
   If you answered NO to ALL (A1, A2, A3) checks, answer only B1 below, then STOP.

   “anything else” includes illegal drugs, over the counter and prescription drugs, and things that you sniff or “huff”
   If you answered YES to ANY (A1 to A3), answer B1 to B6 below.

2. Smoke any marijuana or hashish?
3. Use anything else to get high?

Part B
1. Have you ever ridden in a CAR driven by someone (including yourself) who was “high” or had been using alcohol or drugs?
2. Do you ever use alcohol or drugs to RELAX, feel better about yourself, or fit in?
3. Do you ever use alcohol or drugs while you are by yourself, or ALONE?
4. Do you ever FORGET things you did while using alcohol or drugs?
5. Do your FAMILY or FRIENDS ever tell you that you should cut down on your drinking or drug use?
6. Have you ever gotten into TROUBLE while you were using alcohol or drugs?

CONFIDENTIALITY NOTICE:
The information on this page may be protected by special federal confidentiality rules (42 CFR Part 2) which prohibit disclosure of this information unless authorized by specific written consent. A general authorization for release of medical information is NOT sufficient.
1. Show your patient his/her score on the graph and discuss level of risk for a substance use disorder.

![Graph showing probability of a DSM-5 Substance Use Disorder by CRAFFT score.]

Intervention

Negative Screens
• Positive Reinforcement
• Based on Motivational Interviewing Principles

Positive Screens
• Brief Negotiated Interview
• Based on Motivational Interviewing Principles
Referral

- In School
  - School Adjustment Counselor
  - Guidance Counselor
  - Other in school resources
- Out of School
  - Community Resources
WPS Implementation Process

- Administrative support
- Involvement of key stakeholders with sharing of information
- MDPH Implementation Planning Grant application
- SBIRT school staff training
- Implementation work plan development
- Communication with parents, students, and staff
WPS SBIRT Team

Nurses, nurse practitioners, counselors, health educators, safety officer, principals, teachers, administration
Role of the School Nurse and SBHC Nurse Practitioner

- Prevention education (individual and group)
- Risk assessment (screening)
- Health assessment for co-morbidities
- Counseling (motivational interviewing)
- Collaboration with parents/guardians and other school support members
- In school referral as indicated
Role of the School Counselor

- Identify resources in community and plan for linkage of students to behavioral/ mental/ substance abuse programs
- Follow-up to initial screening as indicated
- Assessment of need for further outside referral
- Consultation to teachers and other support staff
- Crisis intervention and referral
- Substance use educational forums for families and school staff
Role of the School Support Team

• Delivery of substance use curriculum
• Prevention and early intervention programs
• Substance use educational forums for families and school staff
• Identification of district-wide issues and individual student concerns
• Referral to in-school resources
• Recommendation for program and policy changes
SBIRT in WPS

- Collaborative approach
- School Committee acknowledgement and support
- Protocol and policy development
- Pilot in Sullivan Middle School and Burncoat Middle School 7th grade students to begin school year 2016-2017
Confidentiality and Consent

- Establish communication protocol for referral and parent/guardian notification
- Incorporate SBIRT screening results into current school confidentiality policies and procedures
- Inform and obtain informed consent from students and parent/guardians before SBIRT screening begins (opt-out OR opt-in)
- Conduct screenings privately
Legal Considerations for Privacy and Confidentiality

• M.G.L. c.112, s.12E: Students 12 years of age and older can consent to drug-dependent treatment without parent consent.

• Federal Law 42CFR Part 2: Protects confidentiality of records related to substance use of minors which cannot be shared with anyone, including a parent/guardian, without consent of the minor.

• HIPPA and FERPA school-related laws (603 CMR 23.00)
Screening Documentation and Data Collection

• Data is NOT recorded in the student record or health record
• NO names on any data collection tools
• NO sharing of CRAFT Screening scores with anyone
• Nurses may keep personal notes
• De-identified data submission to MDPH
“Nothing you do for children is ever wasted. They seem not to notice us, hovering, averting our eyes, and they seldom offer thanks, but what we do for them is never wasted.”

--Garrison Keillor, American novelist, humorist, and radio personality.
Thank you!