

We have a responsibility to do everything we can to make sure our 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. But together, this is something we can prevent from happening. It's our job to support policies and programs that prevent and reduce drug use among adolescents.

SBIRT-in-SBHCs

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.

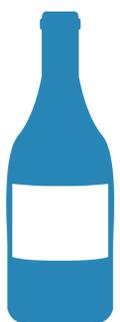
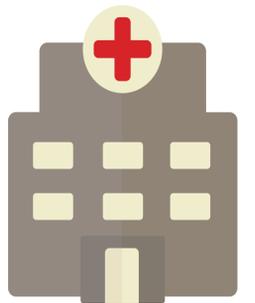


9 SBHCs
Hawaii
Michigan
Connecticut

empower youth

The School Based Health Alliance is working at the intersection of health and education to implement "SBIRT-in-SBHCs" in nine school-based health centers (SBHCs) across the country.

Project goals include: supporting school environments where students get their basic needs met, are engaged in discipline in positive ways, and feel educated and empowered to take action in support of their own health.



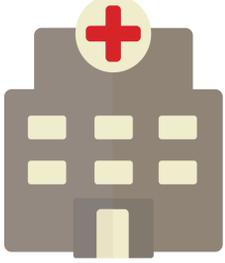
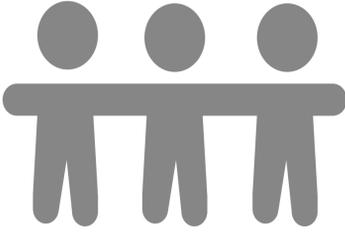
Why SBIRT-in-SBHCs?

Most substance use starts in the teen or young adult years, at the height of brain development.

43% of people with a substance use disorder have a co-occurring mental health disorder.

Students are 21 times more likely to visit a SBHC for behavioral health care than a community-based health center.

objectives & activities

 <p>Objective 1: SBHC providers are trained in SBIRT and how to effectively integrate it into their clinic work flow</p>	 <p>Objective 2: SBHC staff collaborate with youth leaders to ensure engagement and efficacy in SBIRT implementation</p>	 <p>Objective 3: SBHCs work with school leadership to support alternatives to discipline policies</p>	 <p>Objective 4: Adolescents are screened for both substance use and depression, provided brief interventions, and given referrals</p>
---	---	--	---

- | | | | |
|--|---|--|---|
| <ul style="list-style-type: none"> • Develop SBHC-specific SBIRT training curriculum • Obtain Letters of Agreement between SBHCs and schools • Conduct on-site as well as virtual training • Hold monthly coaching calls and provide technical assistance as needed • Support Electronic Health Record (EHR) adaptation for data collection | <ul style="list-style-type: none"> • Offer specific training on youth development in the SBHC setting • Support creation of written youth engagement plans • Encourage regular feedback from youth on SBHC services related to mental health and substance use prevention • Require that SBHC project advisory councils include youth | <ul style="list-style-type: none"> • Require school support for project participation • Survey schools on current discipline practices related to substance use • Meet with administrators to develop rapport and encourage active use of the SBIRT model • Advocate for school policy changes to support alternatives to discipline for substance use infractions | <ul style="list-style-type: none"> • Confidentially screen all SBHC clients for substance use and depression at primary care visits • Provide brief intervention using Motivational Interviewing, tailored to screening results • Refer students with positive screens to SBHC behavioral health services, including Teen Intervene, and/or outside treatment, as needed |
|--|---|--|---|

aspirations



 <p>SBIRT is considered essential, quality health care by adolescents, providers, clinics, and parents.</p>	 <p>Young people are educated about and highly engaged in their own health care, including substance use prevention and mental health.</p>	<p>HEALTHY, STRONG FUTURES FOR YOUNG PEOPLE</p>	 <p>Schools adopt collaborative discipline practices rooted in restorative justice and trauma-informed care.</p>	<p>Substance use and mental health issues are addressed early, treatment is effective, and young people live full, healthy lives.</p>
--	---	---	---	---

Funded by the
Conrad N. Hilton Foundation



Questions?

Contact School-Based Health Alliance at
info@sbh4all.org