SBIRT IN SCHOOLS
Screening and Brief Intervention Protocols

1. **Introduce Screening**
   - Screening is universal
   - Goal is to improve health, safety and success in school.

2. **Address Confidentiality**
   - Anything you tell me will be kept confidential unless I think there is an immediate risk to your safety, or someone else’s. In that case, I will let you know and we will figure out next steps together.

3. **Define Substances**
   - By alcohol we mean beer, wine, wine coolers, or liquor. By drugs we mean anything that one might use for the feeling it causes including: marijuana, heroin, prescription drugs like OxyContin, etc.
   - Mention prevalent drinks/drugs being used in your school.

   **CRAFFT Screening Tool**
   **PART A: During the past 12 months, on how many days did you...**
   1. Drink more than a few sips of beer, wine, or any drink containing alcohol.
   2. Use any marijuana (e.g., pot, weed, hash or in foods) or ‘synthetic marijuana’ (e.g., ‘K2’ or ‘Spice’)?
   3. Take a prescription medication or pill that was NOT prescribed to you or MORE than was prescribed to you (e.g., prescription pain pills or ADHD medications)?
   4. Use anything else to get high? (e.g., other illegal drugs or over-the-counter medications, and things that you sniff or ‘huff’)?

   **If no days of use, ask the CAR question only, then STOP.**

   **C** Have you ever ridden in a CAR driven by someone (including yourself) who was ‘high’ or had been using alcohol or drugs?

   **R** Do you ever use alcohol or drugs to RELAX, feel better about yourself, or fit in?

   **A** Do you ever use alcohol or drugs while you are by yourself, or ALONE?

   **F** Do you ever FORGET things you did while using alcohol or drugs?

   **F** Do your FAMILY or FRIENDS ever tell you that you should cut down on your drinking or drug use?

   **T** Have you ever gotten into TROUBLE while you were using alcohol or drugs.

   **If any days of use, ASK ALL CRAFFT questions BELOW.**

   **Build Rapport**
   - I’d like to learn a little more about you...
   - What is important to you? What hopes/goals do you have?
   - What is a typical day like for you? How does your use of [X] fit in?

   **Explore Pros & Cons**
   - What do you enjoy/like about using [X]?
   - What do you enjoy less or regret about your use of [X]?
   - Explore problems mentioned in CRAFFT:
     - You mentioned ... Can you tell me more about that?
     - So, on the one hand you said [PROS], and on the other hand you said [CONS]. Emphasize CONS.

   **Provide Feedback**
   - What do you know about the risks of using [X]?
   - Would you mind if I shared some health/safety information about [X]?
   - Provide 1-2 salient substance-specific health/safety effects.
   - Then: What are your thoughts about that?

   **Use Readiness Ruler**
   - On a scale of 1-10, how ready are you to change any aspect of your [X] use?
   - Why did you choose a [X] and not a lower number like a 1 or 2?
   - Reflect back student’s reasons for change.
   - If “0”: What would need to happen to consider a change?

   **Negotiate an Action Plan**
   - Given our discussion, what might you do to stay healthy and safe?
   - On a scale of 1-10, how confident are you that you could meet this goal? What might help you to get to a higher number? What helped you succeed with changes in the past? What obstacles do you anticipate?
   - When/if making suggestions, use Elicit-Provide-Elicit.
   - Summarize plan. THANK student.

   *Adapted from the BNI-ART Institute [http://www.bu.edu/bniart/]

   **NOT READY / CONFIDENT**
   **VERY READY / CONFIDENT**

   ![Readiness/Confidence Ruler](image)

   **Referrals:** Helpline (800) 327-5050 or [http://helplinema.org](http://helplinema.org)

   **Resources:** [www.masbirt.org/schools](http://www.masbirt.org/schools)