SBIRT in Schools: Identifying and Addressing Substance Use

SBIRT in Schools Project

Massachusetts Department of Public Health (MDPH) School Health Unit

Massachusetts Department of Public Health (MDPH) Bureau of Substance Addiction Services (BSAS)

MASBIRT Training & Technical Assistance (MASBIRT TTA)

School Health Institute for Education and Leadership Development (SHIELD)

UMass Medical School Center for Tobacco Treatment Research & Training (CTTRT)
Who Are We?

Trainer
MASBIRT TTA

Moderator
SHIELD

Zoom – Options for Interaction!

Video:
Click Start Video on bottom left of screen

Chat:
Appears as side panel or separate window

Annotation:
Appears as dashboard with editing tools

Polls:
Will pop up when host allows

Issues:
Private chat
SHIELD moderator
How to **Complete this Course** and Claim Credit

1. Register for Course
2. Complete self-paced activities on NEPHTC
3. Attend entire Zoom session
4. After live session return to NEPHTC to finish self-paced activities
5. After live session complete post-test and evaluation (you will receive an email)

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**Review of Course Objectives**

- Describe the impact of substance use on teens
- Utilize the state approved verbal substance use screening tool
- Summarize the elements of the REACT model (negative screens)
- Summarize the elements of the Brief Negotiated Interview (positive screens)
- Identify statewide referral resources
- Describe why MI is an effective counseling style when working with individuals with substance use
- Describe how the components of the Spirit of MI facilitate conversations about change
- Comply with MA regulatory requirements to implement a school based verbal substance use screening program
What region are you working in?

- Nurse
- Adjustment Counselor / Social Worker
- Guidance Counselor
- Psychologist
- Administrator
- Teacher
- Other

What is your role in your school?
Section I: Prevalence and Risks

What is SBIRT?

- **S**: SCREENING
  - Universal screen to identify unhealthy substance use

- **BI**: BRIEF INTERVENTION
  - Brief intervention to address screening results

- **RT**: REFERRAL TO TREATMENT
  - Referral for further services as needed
Adolescent 12-17 Past Month Alcohol Use in US

Massachusetts 10.8%

Adolescent 12-17 Past Month Cannabis Use in US

Massachusetts 9.7%
Adolescent 12-17 Past Month Tobacco Use in US

**Figure 17b Tobacco Product Use in the Past Month among Youths Aged 12 to 17, by State:** Percentages, Annual Averages Based on 2018 and 2019 NSDUHs

Source: SAMHSA, Center for Behavioral Health Statistics and Quality, NSDUH, 2018 and 2019.

Massachusetts 3.9%

High School Electronic Vapor Use in MA

**Percentage of Massachusetts High School Students by Grade reporting Electronic Vapor Product Use, 2017**

Data source: Massachusetts Youth Risk Behavior Survey 2017

MA Overall
- Ever 41.1%
- Past 30 Days 20.1%
What are Some Risks of Teen Substance Use?

If you were to ask a 14 year old, what do you think they would say are the top risks?
Section II: Screening

**SCREENING**
Universal screen to identify unhealthy substance use

**BI**
Brief intervention to address screening results

**RT**
Referral to treatment

Referral for further services as needed
Why Screen Universally?

How Can We Help Teens be Forthcoming?

What are some things you make sure to include when starting a conversation about a difficult topic?
DPH Introduction to SBIRT Screening

Introduce screening

I would like to ask a few health screening questions about alcohol, other drugs, nicotine, and tobacco use that we are asking all students in your grade.

Address confidentiality

There is no written record of this screening that includes information that specifically identifies you. Anything you tell me will be kept as confidential as possible. One reason why this information would not be kept confidential is if something you say indicates that there is an immediate risk to your safety or someone else’s safety. Additionally, you, your parent, or your guardian, could request the information we discussed today. In any case, we would figure out next steps for support together. Do you understand?

Ask permission to ask questions

Is it okay to ask you these questions?

CRAFFT+N: SBIRT in Schools Overview

- Screens for alcohol, other drug, nicotine and tobacco use in adolescents.
- Developed and validated by John Knight, MD and colleagues at Boston Children’s Hospital in 1990’s - has gone through several versions.
- Three parts to this version - employs a skip pattern to broadly screen for risk and apply further assessment as needed.
- Available in many languages.

CRAFFT+N Part A:
Ask These Questions to Everyone

The CRAFFT+N Interview
SBIRT in Schools

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? Say "0" if none.

2. Use any marijuana (cannabis, weed, oil, wax, or hash by smoking, vaping, dabbing, or in edibles) or "synthetic marijuana" (like "K2," "Spice")? Say "0" if none.

3. Use anything else to get high like other illegal drugs, pills, prescription or over-the-counter medications, and things that you sniff, huff, vape, or inject? Say "0" if none.

4. Use a vaping device* containing nicotine and/or flavors, or use any tobacco products? Say "0" if none.

*Such as e-cigs, mods, and devices like Juuls, disposable vapes like Puff Bar, vape pens, or e-hookahs. Cigarettes, cigars, cigarillos, hookahs, chewing tobacco, snuff, snus, dissolvables, or nicotine pouches.

If the student answered...

- "0" for all questions in Part A, Ask 1st question only in Part B below, then STOP
- "1" or more for Q. 1, 2, or 3, Ask all 6 questions in Part B below
- "1" or more for Q. 4, Ask all 10 questions in Part C on next page

CRAFFT+N Part B:
Employ Skip Pattern

If the student answered...

"0" for all questions in Part A, Ask 1st question only in Part B below, then STOP
"1" or more for Q. 1, 2, or 3, Ask all 6 questions in Part C
"1" or more for Q. 4, Ask all 10 questions in Part C on next page

Part B

- 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?
- D. 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?
CRAFFT+N Part C: Employ Skip Pattern

- Each yes response to the CRAFFT questions in Part B scores 1 point
- The higher the score, the higher the likelihood of a need for further assessment and/or referral
- Scores should not take the place of clinical judgment
CRAFFT+N: Scoring Part C (AKA HONC)

- Each yes response in Part C scores 1 point
- Any yes response indicates some loss of autonomy to nicotine use - consider referral if student is open
- The higher the score, the higher extent of loss of autonomy to nicotine use

Demo Part A

The CRAFFT+N Interview
SBIRT in Schools

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? Say "0" if none.
2. Use any marijuana (cannabis, weed, oil, wax, or hash by smoking, vaping, dabbing, or in edibles) or "synthetic marijuana" (like "K2," "Spice" ? Say "0" if none.
3. Use anything else to get high (like other illegal drugs, pills, prescription or over-the-counter medications, and things that you sniff, huff, vape, or inject)? Say "0" if none.
4. Use a vaping device* containing nicotine and/or flavors, or use any tobacco products? Say "0" if none.

If the student answered...

- "0" for all questions in Part A
  - Ask 1st question only in Part B below, then STOP
- "1" or more for Q. 1, 2, or 3
  - Ask all 6 questions in Part B below
- "1" or more for Q. 4
  - Ask all 10 questions in Part C on next page
Poll

What numbers would you put in the boxes next to questions 1-4 in Part A corresponding to the number of days of use over the last 12 months?

A. 0 – 52 – 0 – 10  
B. 0 – 12 – 0 – 10  
C. 0 – 8 – 0 – 10  
D. 0 – 1 – 0 – 10

Poll

After you’ve asked Part A of the tool, based on her answers, what would you do next?

A. Inform her that she has completed the screening and then go into the Brief Intervention  
B. Ask the 1st Question only (Car Question) of Part B and then go into the Brief Intervention  
C. Ask the remaining questions in Part B and then go into the Brief Intervention  
D. Ask the remaining questions in Part B and Part C and then go into the Brief Intervention
Pay close attention to answer the upcoming poll!

Demo Part B

If the student answered...

"0" for all questions in Part A
Ask 1st question only in Part B below, then STOP

"1" or more for Q. 1, 2, or 3
Ask all 6 questions in Part B below

"1" or more for Q. 4
Ask all 10 questions in Part C on next page

<table>
<thead>
<tr>
<th>Part B</th>
<th>Circle one</th>
</tr>
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<tbody>
<tr>
<td>C Have you ever ridden in a CAR driven by someone (including yourself) who was “high” or had been using alcohol or drugs?</td>
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Poll

What score would you assign to Parts A+B based on the screening results?

A. 18
B. 2
C. 3
D. 20
Additional training on Tobacco, Nicotine and Vaping – including a review of Part C - is available!

5 Min Stretch Break!
Section III: The Brief Intervention

**S**
SCREENING
Universal screen to identify unhealthy substance use

**BI**
BRIEF INTERVENTION
Brief intervention to address screening results

**RT**
REFERRAL TO TREATMENT
Referral for further services as needed
**Basic Workflow**

**Screen Part A**
- **Screen negative**
  - For alcohol, other drugs, nicotine or tobacco
- **Ask 1st Question Part B** (Car Question)
- **REACT:**
  - Reinforce, Educate, Anticipate Challenges of Tomorrow

**Screen positive**
- for alcohol, other drugs, nicotine or tobacco
- **Further Assess for Level of Risk with Parts B and /or C**
- **Brief Negotiated Interview**
- +/- Referral

**Two Types of Brief Intervention**

**BI**
**BRIEF INTERVENTION**
Brief intervention to address screening results

**REACT for Negative Screens**
- Three steps
- Reinforce student’s decision not to use
- Explore any safety concerns
- Plan for the future

**BNI for Positive Screens**
- Five steps
- Raise awareness of potential harms
- Build motivation towards risk reduction
- Offer referral, if needed
Use Your Orange Card!

**BI**

**BRIEF INTERVENTION**

Brief intervention to address screening results

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**REACT**

**REACT for Negative Screens**

Three steps:

1. **Reinforce** student’s healthy decision not to use
2. **Educate** about potential risks
3. **Anticipate Challenges of Tomorrow**
REACT

BI
BRIEF INTERVENTION
Brief intervention to address screening results

REACT Skill Practice – Step 1: Reinforce

Teen says:

“I don’t drink or use other drugs because no one has ever offered them to me.”

You say:

“But if they did, you would say ‘no’, right?”

Check Out the Toolkit!
Brief Negotiated Interview

BNI for Positive Screens

Five Steps:
1: Build Rapport
2: Explore Pros and Cons
3: Provide Feedback and Educate
4: Use Readiness Ruler
5: Negotiate Action Plan

Brief Negotiated Interview

BI

BRIEF INTERVENTION
Brief intervention to address screening results

Five Steps:
1: Build Rapport
2: Explore Pros and Cons
3: Provide Feedback and Educate
4: Use Readiness Ruler
5: Negotiate Action Plan

I’d like to learn a little more about you.
- What are some important things/hopes/goals in your life?
- OR What is a typical day like for you?
- How does your use of [X] fit in?

What do you like about using [X]?
- What do you like less or regret about using [X]?
- Explore problems mentioned in CRAFFT+1.
  - 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]. Where does that leave you?

Elicit: What do you already know about the risks of using [X]?
- Would it be okay if I share some information with you?
- Provide, Share 1-2 salient substance specific risks.
- Elicit: What are your thoughts about that?

On a scale of 1-10, how ready are you to change any aspect of your [X] use?
- Why did you choose [X] and not a lower number like 1 or 2?
- If “1”, what would need to happen for you to consider making a change?
- Use a reflection to reinforce their reasons for change.

Given our discussion, what might you do?
- If making suggestions or a referral, use Elicit-Provide-Elicit.
- On a scale of 1-10, how confident are you that you could meet this goal?
- Why did you choose [X] and not a lower number like 1 or 2?
- What might help you to get to a higher number?
- What obstacles do you anticipate? What helped you succeed with changes in the past?
- Summarize conversation and thank them for sharing.
BNI Skill Practice – STEP 2: Pros and Cons

You say:

Teen says:

“I like feeling tipsy and partying with my friends. There’s nothing really that I don’t like. I would be annoyed if my parents found out.”

BNI Skill Practice – Step 3: Feedback

You say:

Teen says:

“Well I mean... I’ve heard of some kids having issues with like cocaine, but I’ve never done anything like that. Lots of kids use Adderall to study.”
BNI Skill Practice – Step 4: Ruler

You say: How could you respond?

Teen says: “Um. Honestly probably a 1 right now. I really don’t see it as a big deal.”

BNI Skill Practice – Step 5: Action Plan

Teen says: “I might be okay with trying to cut back, but marijuana is the only thing that really helps with my anxiety…”

You say: “What else have you tried?

What’s a reflection you could use instead?”
Case

Isaac: 14 year old male

Background:
• Lives with mom and siblings
• Social and popular kid – has many friends
• Used to skip class sometimes with friends to play basketball or grab food, almost kept back for this
• Thinks he wants to go into a trade after graduation, like becoming an electrician, or maybe college

Screening:
• Agrees to go through the screening questionnaire
• Reports smoking cannabis about once or twice per week
• Reports drinking a few times in the past year
• Says yes to the questions about using to RELAX, using ALONE, getting in TROUBLE with mom

Case

Brief Intervention – START PRACTICE HERE:
• Likes smoking because it’s fun and makes him laugh, helped him cope with mom and dad’s separation
• Used to smoke with friends, but now doing it alone more often
• Doesn’t like feeling foggy the next morning, but usually that goes away
• Only drinks occasionally, not that into it
• Somewhat worried about being held back and having to repeat Freshman year
• Not sure he’s ready to change anything right now, on a scale of 1-10 he is about a 3
• Open to hearing what the provider has to say, and to talking more with them later on as long as they don’t tell him what to do or lecture
Practice a BNI!

**Break Out Rooms**
- You’ll need: BNI Case (linked) & Orange Card (linked)
- **You choose who starts as the provider**
  - Start with the BNI – Step 1
  - Make it your own!
- You’ll have about 10 minutes
- We will be here to help out – Chat us if needed!
- We will come back to debrief together

**Debrief**
- How have these conversations gone in the past? Similarities and differences in approach?
- What stood out as most helpful about this interaction? What would you change?
- What new techniques might you experiment with when go back to your practice?
Section IV: Referrals

S
SCREENING
Universal screen to identify unhealthy substance use

BI
BRIEF INTERVENTION
Brief intervention to address screening results

RT
REFERRAL TO TREATMENT
Referral for further services as needed
Levels of Referral

1. Follow-up conversation for assessment with person doing SBIRT.
2. Follow-up conversation for assessment with another school professional.
3. Referral for assessment or services (can be in-school or out of school).
4. Referral for immediate medical emergency OR as required by state law.

Statewide Referral Resources for Alcohol and Other Drugs

Massachusetts Substance Use Helpline

- Statewide public resource for finding substance use treatment and recovery services
- [https://hellinema.org](https://hellinema.org)
- Call: 1-800-327-5050
Adolescent Substance Use Treatment Services

- Outpatient services (A-CRA)
- Detox or stabilization units
- Residential treatment
- Recovery high schools
- Medication-assisted treatment
- School based intervention programs

Office of Youth and Young Adult Services at BSAS, DPH

- State office responsible for the oversight of state funded, substance use related services for youth and young adults, ages 12-26
- Call: (617) 624-5111

Outpatient Treatment

Adolescent Community Reinforcement Approach (A-CRA) is:

- Evidence based treatment developed by Chestnut Health Systems
- For youth & young adults ages 12-24
- Brief treatment
- Teaches coping skills
- Delivered in the community, clinics, schools or homes
- Includes family sessions
- Delivered by A-CRA trained and certified clinicians
Referral Resources for Nicotine, Tobacco, Vaping

Call or text
“Start My Quit” to
1-855-891-9989
mylifemyquit.com

“This is Quitting” Customized for Massachusetts Youth and Young Adults

Text
“VapeFreeMass” to 88709

Section V:
Knowing Your Resources and Planning for Implementation
DPH Data Collection in CheckBox

De-identified data submitted within 90 days of SBIRT completion

Where to Go for Additional Resources?

Available at: www.masbirt.org/schools

Check Out the Toolkit!
Regional School Nurse Consultant Contacts

<table>
<thead>
<tr>
<th>Region</th>
<th>Name</th>
<th>Title</th>
<th>Phone</th>
<th>Email</th>
</tr>
</thead>
<tbody>
<tr>
<td>Boston</td>
<td>Mary Jane O'Brien, PhD, RN, CPNP, NCSN</td>
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<td><a href="mailto:mobrien@bostonpublicschools.org">mobrien@bostonpublicschools.org</a></td>
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<td></td>
</tr>
<tr>
<td>Metro West</td>
<td>Jill Connolly, MEd, BSN, RN, NCSN</td>
<td>(781) 848-4000 x7841</td>
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<td>(978) 420-1919</td>
<td><a href="mailto:shanyn.toulouse@haverhill-ps.org">shanyn.toulouse@haverhill-ps.org</a></td>
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<td>Southeast</td>
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<td>(508) 580-7363</td>
<td><a href="mailto:annlinehan@bpsma.org">annlinehan@bpsma.org</a></td>
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<td>Western</td>
<td>Veronica Webb Barrett, MSN, MA, RN, HNB-BC</td>
<td>(413) 896-8100</td>
<td><a href="mailto:webbv@springfieldpublicschools.com">webbv@springfieldpublicschools.com</a></td>
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DPH and MA Health Promotion Clearinghouse Resources

Available at: mass.gov/maclearinghouse

Training & Technical Assistance Resources

MASBIRT Training & Technical Assistance (MASBIRT TTA)
• Email: MASBIRT@bmc.org
• Web: MASBIRT.org

MA Department of Public Health, School Health Unit
• Assistant Director of School Health Services: Caitlin Pettengill, DNP, RN
  • Email: Caitlin.pettengill@state.ma.us
  • Web: mass.gov/orgs/school-health-services

MA Department of Public Health, Bureau of Substance Addiction Services (BSAS)
• Web: mass.gov/orgs/bureau-of-substance-addiction-services

School Health Institute for Education and Leadership Development (SHIELD)
• Web: sites.bu.edu/shield/

UMASS Medical School Center for Tobacco Treatment Research & Training
• Web: umassmed.edu/tobacco/
One thing you learned, realized or were surprised by today?

Questions or Comments?
Please fill out evaluations!