

SBIRT IN SCHOOLS

Brief Intervention Protocols



Find the **CRAFT+N: SBIRT in Schools** screening tool in English and other translations at masbirt.org/schools

REACT (No Use)

Reinforce

- Tell me a little about why you've made the healthy decision to not use alcohol, other drugs, nicotine, or tobacco.
- Use a reflection and/or affirmation to reinforce their reasons for not using.**

Educate

- Elicit:** What do you already know about the risks of using these substances? Would it be okay if I share some information with you?
- Provide: Share 1-2 salient risks.**
- Elicit:** What are your thoughts about that?

Anticipate Challenges of Tomorrow

- What situations could make it hard for you to continue to avoid using these substances? How might you handle those situations?
- What might you do or say if offered one of them?
- Summarize conversation and thank them for sharing.**

Salient Risks

Nicotine (Vaping Devices, E-cigs, Tobacco Products)

- Some vape pods have as much nicotine as 20 cigarettes
- Nicotine can harm the brain, including memory and ability to learn
- Aerosol from vaping is not water vapor, it may contain cancer-causing chemicals

Alcohol (Beer, Wine, Liquor)

- The brain is developing until age 25, alcohol use during the teen years can interfere with healthy brain development
- Alcohol is particularly damaging to the part of the brain that is important for memory and learning (the hippocampus)
- Alcohol impairs safe driving by causing vision impairment, slower reaction times, lower concentration and difficulty multi-tasking

Cannabis (Marijuana)

- Effects of cannabis on attention, memory, and learning can last for days or even weeks and cause disruption to eating and sleeping
- Depending on the source and mode of use, cannabis can vary greatly in its effect and potency
- Cannabis can increase risks of chronic cough, anxiety and depression

Brief Negotiated Interview (Any Use)

Build Rapport	<ul style="list-style-type: none"> 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? 	VERY HOW CONFIDENT ARE YOU? 10 9 8 7 6 5 4 3 2 1 HOW IMPORTANT IS IT TO YOU? 1 2 3 4 5 6 7 8 9 10 NOT AT ALL
Explore Pros and Cons	<ul style="list-style-type: none"> What do you like about using [X]? What do you like less or regret about using [X]? Explore problems mentioned in CRAFT+N: 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? 	
Provide Feedback	<ul style="list-style-type: none"> 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? 	
Use Readiness Ruler	<ul style="list-style-type: none"> 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. 	
Negotiate Action Plan	<ul style="list-style-type: none"> 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. 	

Referrals

MA Substance Use Helpline
(800) 327-5050
helplinema.org

This is Quitting
Text "VapeFreeMass" to 88709
truthinitiative.org

My Life, My Quit™
Call or text "Start My Quit"
to (855) 891-9989
mylifemyquit.com

What's in Your Cup?



Resources

masbirt.org/schools | mass.gov/maclearinghouse | getoutraged.org