SBIRT: It’s Not Just For Substance Use Any More

Working Collaboratively to Implement School-Based Screening

November 6, 2015
KY School-Based Behavioral Health Screening Initiative History

• In December 2013, Attorney General Conway announced $32 million in settlements with two pharmaceutical companies
  • $12 million allocated directly to residential substance use treatment providers
  • $20 million allocated for KY Kids Recovery, a juvenile SA treatment grant program
• Includes $1 million for the Division of Behavioral Health (DBH), to implement a school-based substance use screening tool to intervene with at-risk youth
• High-level commitment for school-based screenings:
  • First Lady Jane Beshear
  • CHFS Secretary Audrey Tayse Haynes
  • DBHDID Commissioner Mary Begley
  • KDE Commissioner Terry Holliday
SBIRT Implementation

Screening
- What screening tool will we use?
- Who will conduct the screening?
- What will trigger a screen?
- How will screening lead to intervention and referral?

Brief Intervention
- How will school staff intervene once an issue is identified?
- Will the screeners be the ones to intervene?
- What materials will be available for students/caregivers?

Referral to Treatment
- Who will complete the referral?
- To whom will referrals be made?
- Is there a protocol for follow up?
Initiative Implementation Phases

Jan – Jun 2014
Phase I: Demonstration
- Implementation in six districts, based on readiness
- Engaged local collaborative partners

Apr – May 2015
Phase II: Expansion
- Used summer months to evaluate implementation
- Expanded to remaining districts in selected counties

May – Dec 2015
Phase III: Statewide Rollout
- Roll out to remaining districts
- Continue technical assistance
Phase I Steps Taken

<table>
<thead>
<tr>
<th>January 2014</th>
<th>February 2014</th>
<th>March 2014</th>
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<tr>
<td>• Settlement funding announced</td>
<td>• Identified screening tool for demonstration</td>
<td>• Developed training curriculum</td>
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<td>• First workgroup meeting held</td>
<td>• Narrowed down demonstration districts</td>
<td>• Identified and engaged collaborative partners</td>
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<td>• Explored screening tools</td>
<td>• Explored training needs</td>
<td>• Developed referral process</td>
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<td>• Researched potential</td>
<td>• Identified evaluation needs</td>
<td>• Conducted outreach to potential demonstration districts</td>
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<td>demonstration districts</td>
<td>• Presented implementation plan and budget to state leaders</td>
<td>• Confirmed Demonstration Districts</td>
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<td>• Developed implementation</td>
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<td>plan and budget</td>
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Phase I: Demonstration
-Deciding Demonstration Districts-

- Need
- Fit
- Resource Availability

- Evidence of Outcomes
- Readiness for Replication
- Capacity to Implement
Phase I: Participating Districts

- Campbell
- Christian
- Livingston
- Perry
- Shelby
- Whitley
Phase I: In Schools

Participating districts selected:
• 1 High School
• 1 Middle School
• 1 Additional School (alternative, day treatment, etc.)
• A district-level point of contact for project

Participating schools:
• Identified 2-3 screeners at each school
• Completed online training
• Shared information and feedback for evaluation
• Conducted screenings
• Made referrals for assessment, when appropriate
Phase I = Demonstration

Phase I ≠ Perfection
To Start the Expansion Phase, a Joint Letter Went to All Superintendents:

March 27, 2015

Dear Superintendents:

As you know, 20-25% of adolescents experience a diagnosable mental health disorder before age 18. Untreated mental health problems in adolescents can lead to an increased risk for the use of addictive substances. So often, behavioral health issues (which include mental health and substance use disorders) often present in the classroom in a wide array of internalized and externalized behaviors. Although these behaviors may seem to be “correctable,” they are often symptoms of greater behavioral health issues. Through screening, school staff may be able to identify of students need services and then intervene with appropriate support so students can stay on track toward college and career readiness.

You may be aware that the Department for Behavioral Health, Developmental and Intellectual Disabilities and the Kentucky Department of Education have been working together for over a year to launch the School-Based Behavioral Health Screening Initiative. This initiative, which is funded by legal settlements between Attorney General Jack Conway’s Office and two pharmaceutical companies and is supported by First Lady Jane Beshear, has several objectives:

1. To assist school-based staff in identifying students who may be dealing with behavioral health challenges.
2. To provide access to a low-cost, easy-to-administer screening tool and associated training, and ultimately,
3. To screen students for behavioral health challenges and refer them for additional assessment and services, if needed.

Last spring, six school districts across the Commonwealth participated as “demonstration districts” in the initiative. Within a very short timeframe, these districts were successful in training over 30 school-based staff on the use of an evidence-based behavioral health screening tool and, in turn, screened nearly 50 students. The demonstration districts have continued with their implementation this school year, and based on their valuable input, feedback, and evaluation, we are excited to be moving into the second phase of the initiative, which includes expanding to additional districts throughout the state.

Sincerely,

Mary Beth Saylor
Commissioner Mary Beth Saylor
Department for Behavioral Health,
Developmental & Intellectual Disabilities

Terry Holliday
Commissioner Terry Holliday
Kentucky Department of Education

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## Phase II Steps Taken

### April 2015
- Worked with Demonstration Districts to enhance sharing of information
- Identified Expansion Districts
- Developed toolkit for schools
- Developed website with KDE

### May 2015
- Developed a training tool for using the GAIN-SS
- Trained Expansion Districts
- Posted toolkit and other information to KDE website
- Continued work with Demonstration Districts to expand screening within their districts
Phase III Steps Taken

### Summer--Fall 2015

- Several outreach activities including in-state education conference presentations
- Worked with KDE to target outreach to specific districts
- Worked to streamline data sharing
- Developing sustainability plan
Lots of different systems had to work together:
There Were Challenges:

- Parental Permission (Active Vs. Passive)
- Basis Of Knowledge
- Time Requirements
- Buy-In
- Timely Assessment
But Also Successes:

- Ease of Training
- More Appropriate Referrals Led to Better Outcomes
- GAIN Management
- Districts Helped One Another
- Data Was Used For Improvements
KY Was Able To Implement Some Strategies To Address The Challenges

**Challenges**
- Basis Of Knowledge
- Timely Assessment
- Buy-In
- Time Requirements

**Strategies**
- Consultation with Legal Teams
- Worked with CMHCs to Expedite Referrals
- Reached Out to Staff at Various Levels; Solicited Feedback
- Made Resources Available Online and Offered Training Via Recordings
Making Connections

• Persistence to Graduation
• Response to Intervention
• Positive Behaviors Intervention Supports (PBIS)
• Suicide Prevention
• Coordinated School Health Program (CSHP)
• Red Ribbon Week (Substance Use Prevention)
• Truancy Prevention
• Safe and Drug Free Schools
• SB 200 Implementation
• Bullying Prevention
• Project AWARE
And We Still Have A Lot To Do

Sustainability

Funding

Data Tracking

Ongoing Communication

Sustainability
Participating Districts—Phase I

Demonstration Phase (2013-14)

- Ballard
- Carlisle
- Graves
- Fulton
- Hickman
- Calhoun
- Calloway
Participating Districts—Phase II

- **Demonstration Phase (2013-14)**
- **Expansion Phase (2014-15)**

Erlanger-Elsmere Ind.  
Fulton Ind.
Participating Districts—Phase III (to date)

- Demonstration Phase (2013-2014)
- Rollout Phase (2015-2016)

Updated 12/3/2015
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Resources

• Kentucky Department of Education SBBHSI webpage: http://education.ky.gov/educational/int/Pages/School-Based-Behavioral-Health-Screening-Initiative-(SBBHSI).aspx

• Child Trends: Research articles on policies and practices to improve outcomes for youth. This article is about predictors of substance abuse: http://www.childtrends.org/?research-briefs=school-policies-school-connection-and-adolescents