



## MARYLAND FYI

Family & Youth Interventions for Substance Use

# KOGNITO SCREENING AND BRIEF INTERVENTION (SBI)

Identifying and Supporting Students with Substance Use Concerns in Schools

**Kognito Screening and Brief Intervention (SBI)** training is *free* to all Maryland middle and high school mental health and health support staff (e.g., counselors, nurses, psychologists, social workers, community-partnered school mental health clinicians) to enhance their capacity to identify, support, and refer as needed students with substance use concerns. Trainees will learn the skills of substance use screening, brief intervention, and referral to treatment (SBI) in 3 engaging one-on-one simulations with a student.

**Kognito SBI** training takes approximately 60-90 minutes to complete and can be repeated to practice your skills as many times as you like. [Click here](#) to view a quick preview of how the simulation works.

### TO ACCESS THE TRAINING:

#### For new Kognito users

- Go to [md.kognito.com](http://md.kognito.com)
- Create an account by selecting "Click here"
- Select the Point of View "SBIRT for School Health/Mental Health Personnel"
- Click "launch" to begin the simulation

#### For current Kognito users

- Login to your [md.kognito.com](http://md.kognito.com) account
- Scroll to the far right of the course menu (top)
- Click "Enroll" on *SBI with Adolescents*
- Select "Add Point of View"

Supported browsers: Safari, Chrome, Firefox and Edge ♦ Javascript and cookies must be enabled, and Pop-ups allowed



**HELPFUL HINT:** Once the simulation has launched, the training outline will appear. Scroll down to "Additional Materials and Resources". This section includes an overview of SBI, review intervention example phrases, and other helpful resources to support application and implementation.

This FREE professional learning opportunity is available to Maryland providers through a collaboration between the **Maryland State Department of Education (MSDE)**, the State of Maryland, Department of Health, **Behavioral Health Administration (BHA)**, and the **National Center for School Mental Health (NCSMH)**, a national resource center at the University of Maryland for advancing school mental health research, training, policy, and practice. The NCSMH is facilitating evidence-based trainings related to substance use prevention, screening, support, and referral to treatment.

**For more information on substance use prevention and intervention training opportunities available through the NCSMH, please contact:**

Melissa Ambrose, LCSW-C  
Training Director for Substance Use Initiatives  
National Center for School Mental Health  
[mambrose@som.umaryland.edu](mailto:mambrose@som.umaryland.edu)