



## MARYLAND FYI

Family & Youth Interventions for Substance Use

# Screening, Brief Intervention, & Referral to Treatment SBIRT Provider Training

\*\*\* Adaptable for online implementation \*\*\*

### TWO TRAINING OPTIONS!

SBIRT with Adolescents

SBIRT in Schools

**Screening, Brief Intervention & Referral to Treatment (SBIRT)** is an evidence-based practice used to identify, reduce, and prevent problematic use, abuse, and dependence on alcohol and illicit drugs.

**SBIRT with Adolescents** teaches participants how to apply SBIRT in a variety of general adolescent-serving roles. **SBIRT in Schools** is an equivalent training, with a focus on SBIRT use with students and the unique needs of school-based providers.

In both trainings, providers learn how to screen adolescents for substance use, reinforce their healthy lifestyle choices, utilize the steps of the brief intervention, and facilitate referrals to appropriate treatment. SBIRT is brief, widely utilized, and benefits individuals at all levels of substance use (including abstinence).

#### **SBIRT** Consists of Three Major Components:

- **Screening** – a provider (nurse, counselor, social worker, psychologist) assesses a student for risky substance use behaviors using standardized screening tools.
- **Brief Intervention** – the provider engages the student in a short conversation providing feedback and advice related to substance use.
- **Referral to Treatment** – the provider offers a referral for therapy or additional treatment to individuals in need of additional supports or services.

**\*\* PLEASE NOTE \*\*** The length of this training varies, typically 5-6 hours. Eligible participants will receive up to four (4) Category A/I continuing education credits.

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 on 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:**

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