



**SCHOOL-BASED
HEALTH ALLIANCE**
Redefining Health for Kids and Teens

It Takes a Village: Substance Abuse Screening for Adolescents SBIRT in SBHCs

School-Based Health Alliance

Letitia D. Winston, MEd, NCC

November 5, 2015

Advancing School Mental Health Conference





SCHOOL-BASED
HEALTH ALLIANCE
Redefining Health for Kids and Teens

Presenter Disclosures

Letitia D. Winston

The following personal financial relationships with commercial interests relevant to this presentation existed during the past 12 months:

No relationships to disclose.



SCHOOL-BASED
HEALTH ALLIANCE
Redefining Health for Kids and Teens

Who's in the room?



Objectives

By the end of this session, participants will be able to:

- Explain the three components of the SBIRT (Screening, Brief Intervention, and Referral to Treatment) model for adolescents, to provide substance abuse screening, intervention and treatment services.
- Formulate effective strategies in addressing substance use and abuse in the public health and mental health settings.
- Demonstrate ways to integrate SBIRT into their current health services.

Substance Abuse: A National Public Health Problem

There are over **22 million** Americans who meet the medical definition of abuse or addiction to drugs and alcohol

Over **94%** of those Americans are unaware that they need help and have not sought treatment or intervention

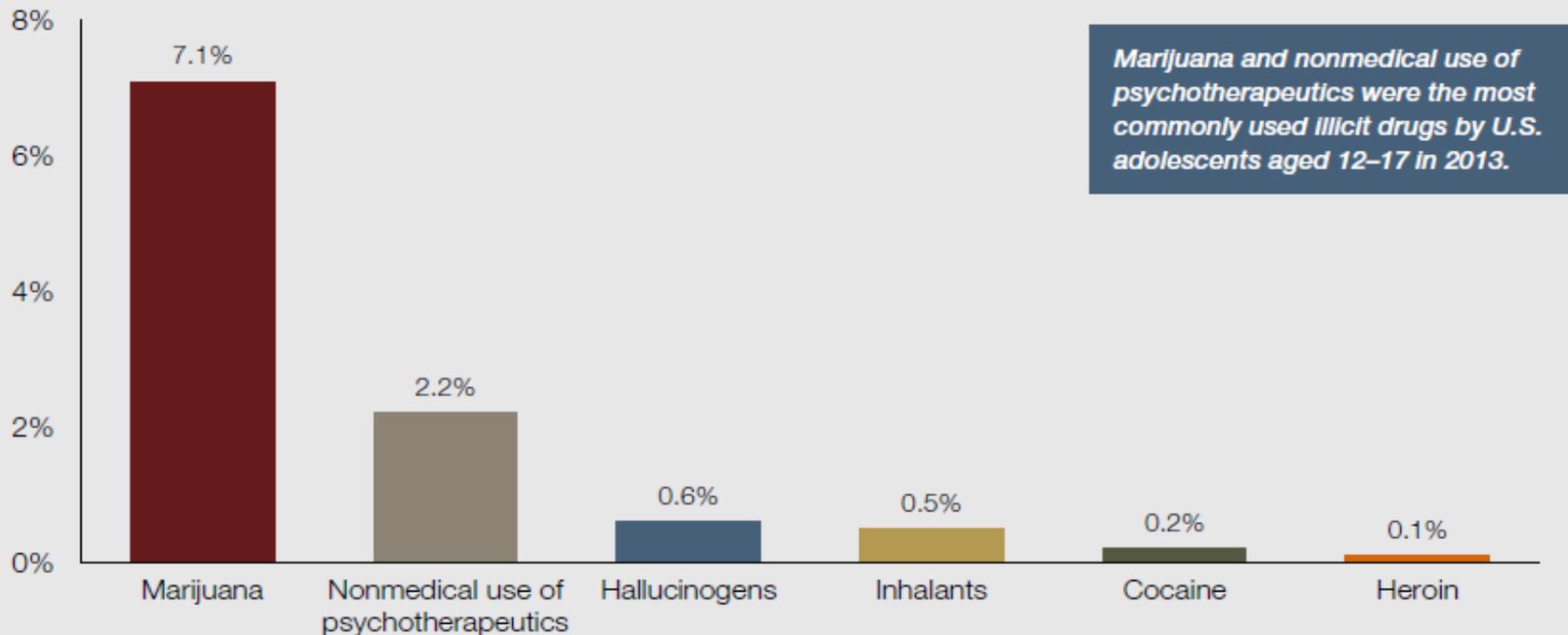
Approximately **10%** of U.S adolescents (ages 12-17) report use of illicit drugs within the past month

Nearly **18%** of U.S. adolescents report binge drinking within the past month

An estimated **50%** of high school seniors report using marijuana at least once

U.S. Adolescent Past-Month Illicit Drug Use

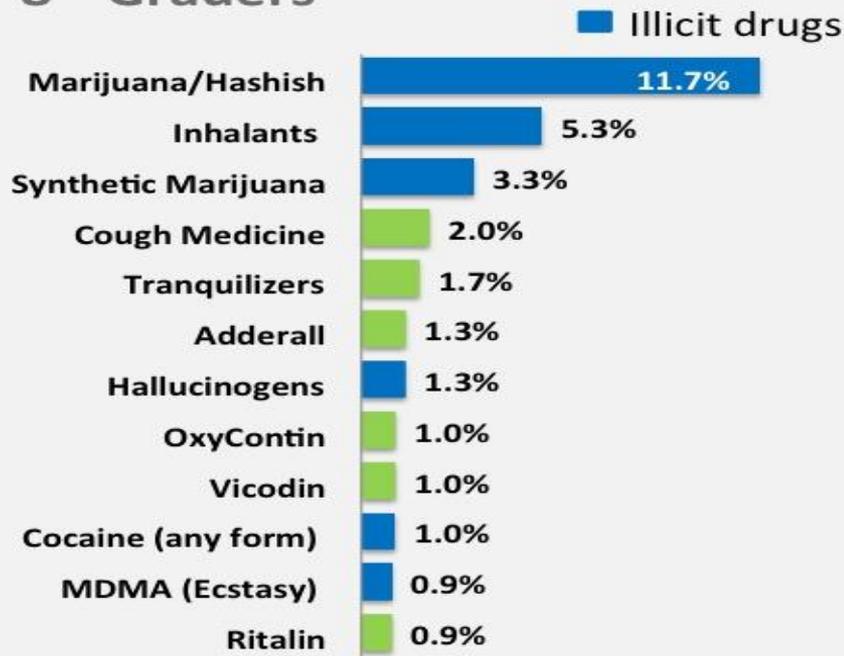
Past-Month Illicit Drug Use Among Adolescents Aged 12–17 (2013)



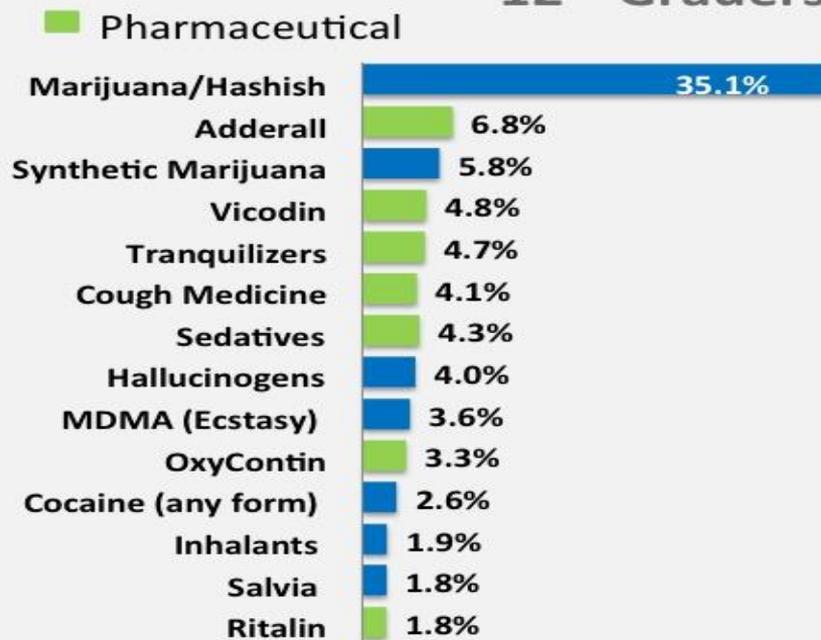
Source: SAMHSA, Center for Behavioral Health Statistics and Quality, National Survey on Drug Use and Health, 2013.

Top Drugs among 8th and 12th Graders, Past Year Use

8th Graders



12th Graders



* Only 12th graders surveyed about sedatives use

Source: University of Michigan, 2014 Monitoring the Future Study

Correlation of Substance Use During Adolescence & Young Adulthood

- Brain damage
- Injuries (intentional, unintentional)
- Emergency room visits (e.g., overdose)
- School failure
- Violence
- Arrests, incarceration
- Sexual assaults
- Unprotected intercourse
- Sexually transmitted diseases
- HIV/AIDS
- Fetal alcohol syndrome



SCHOOL-BASED
HEALTH ALLIANCE
Redefining Health for Kids and Teens

SBIRT IN SBHCS INITIATIVE



Conrad N. Hilton Foundation Adolescent SBIRT Initiative

The Conrad N. Hilton has funded substance abuse prevention since 1982.

Focus on Youth Substance Use Prevention and Early Intervention

3-Year \$1.5 million grant focused on adolescents

SAMHSA-project health centers, large pediatric practices and school-based health clinics

SBIRT in SBHCs Initiative

Started September 2014

Ultimate Goals:

- Test adolescent-specific SBIRT integration in non-traditional settings (SBHCs)
- Test use of evidence-based intervention *Teen Intervene* in SBHCs
- Develop a dissemination strategy for integrating adolescent-specific SBIRT and *Teen Intervene* into SBHCs on a national scale



PARTICIPATING SITES

Cohort 1 (September 2014-15)

California
Skyline HS
United for Success MS
Madison MS/HS

Oregon
Merlo Station HS
Beaverton HS

Cohort 2 (January 2015-16)

District of Columbia
Coolidge HS
Dunbar HS

Illinois
Auburn Gresham MS

Maryland
St. Frances
Academy HS

New Mexico
Grant MS
Wilson MS



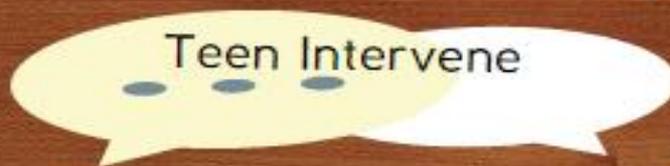
STEPS

1. Screening



Well Child
&
Behavioral

2. Brief Intervention



Based in
motivational
interviewing

3. Referral to
Treatment



4. Daily Logging
&
Quarterly Reporting



SCHOOL-BASED
HEALTH ALLIANCE
Redefining Health for Kids and Teens

WHAT IS SBIRT?



SBIRT Components

Screening

Application of a simple test to determine if a patient is at risk for or may have an alcohol or substance use disorder



Brief Intervention

Explanation of screening results, information on safe use, assessment of readiness to change, advice on change

Referral to Treatment

Patients with positive results on a screening may be referred for an in depth substance abuse assessment and/or treatment

SBIRT: A National Public Health Solution

SBIRT focuses on identifying people with at-risk and dependent substance and alcohol use behaviors prior to the need for more extensive or specialized drug treatment

Research suggests that as little as **2-3** minutes of provider counseling can bring about:

- 40-50 percent reduction in substance abuse, with effects lasting up to one year
- 40 percent reduction in harmful use of alcohol by those drinking at risky levels and a 55 percent reduction in negative social consequences

Review of SBIRT GPRA data (2003-2011)

Knight 2011

SBIRT Effectiveness

Reduced health care costs

For each \$1 spent on SBIRT we save \$2.91 - \$5.60

Reduced ED visits 20%

Reduced hospitalizations 37%

Reduced non-fatal injuries 33%

Reduced car crashes 50%

Reduced arrests 46%

Reduced severity of drug & alcohol use

Reduced employer costs - \$771 per staff



Top Six Cited Barriers to Screening for Adolescent Substance Use

Not enough TIME

No TRAINING (to deal with + screen)

Need to TRIAGE competing priorities

Perceived lack of TREATMENT

~~TENACIOUS Parent (who won't leave teen)~~

Not familiar with screening TOOLS

Remedies to Barriers

Barrier

Time

Training

Triage

Treatment

Tenacious parent

Tools

Remedy

- Screening can be completed prior to visit
- Short trainings provide skills
- Challenging but also consider what NOT to miss
- Local treatment options and resources
- Screening can be done in private
- Brief, valid, reliable, developmentally appropriate tools



SCHOOL-BASED
HEALTH ALLIANCE
Redefining Health for Kids and Teens

SBIRT SCREENING

CRAFFT: Adolescent Screening Tool

- Validated screening tool for use with adolescents
- Screens for both alcohol and other drug problems
- Self-administered version
- Provider-guided version





CRAFFT Decoded

- C** Have you ever ridden in a **CAR** driven by someone (including yourself) who was “high” or had been using alcohol /drugs?
- R** Do you ever use alcohol or drugs to **RELAX**, feel better about yourself, or fit in?
- A** Do you ever use alcohol/drugs while you are by yourself, **ALONE**?
- F** Do you ever **FORGET** things you did while using alcohol or drugs?
- F** 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?

The CRAFFT Screening Interview

Begin: "I'm going to ask you a few questions that I ask all my patients. Please be honest. I will keep your answers confidential."

Part A

During the PAST 12 MONTHS, did you:

- | | No | Yes |
|--|--------------------------|--------------------------|
| 1. Drink any <u>alcohol</u> (more than a few sips)?
(Do not count sips of alcohol taken during family or religious events.) | <input type="checkbox"/> | <input type="checkbox"/> |
| 2. Smoke any <u>marijuana</u> or <u>hashish</u> ? | <input type="checkbox"/> | <input type="checkbox"/> |
| 3. Use <u>anything else</u> to <u>get high</u> ?
("anything else" includes illegal drugs, over the counter and prescription drugs, and things that you sniff or "huff") | <input type="checkbox"/> | <input type="checkbox"/> |

For clinic use only: Did the patient answer "yes" to any questions in Part A?

No



Ask CAR question only, then stop

Yes



Ask all 6 CRAFFT questions

Part B

- | | No | Yes |
|---|--------------------------|--------------------------|
| 1. Have you ever ridden in a <u>CAR</u> driven by someone (including yourself) who was "high" or had been using alcohol or drugs? | <input type="checkbox"/> | <input type="checkbox"/> |
| 2. Do you ever use alcohol or drugs to <u>RELAX</u> , feel better about yourself, or fit in? | <input type="checkbox"/> | <input type="checkbox"/> |
| 3. Do you ever use alcohol or drugs while you are by yourself, or <u>ALONE</u> ? | <input type="checkbox"/> | <input type="checkbox"/> |
| 4. Do you ever <u>FORGET</u> things you did while using alcohol or drugs? | <input type="checkbox"/> | <input type="checkbox"/> |
| 5. Do your <u>FAMILY</u> or <u>FRIENDS</u> ever tell you that you should cut down on your drinking or drug use? | <input type="checkbox"/> | <input type="checkbox"/> |
| 6. Have you ever gotten into <u>TROUBLE</u> while you were using alcohol or drugs? | <input type="checkbox"/> | <input type="checkbox"/> |

Interpreting the CRAFFT

Score	Risk	Recommended Action
“No” to 3 opening questions	No risk	Positive reinforcement
“Yes” to car question	Riding risk	Discuss risk reduction
CRAFFT score = 0	Low risk	Positive Reinforcement
CRAFFT score = 1	Medium risk	Brief Advice
CRAFFT score \geq 2	High risk	Brief intervention + Consider referral for further assessment



SCHOOL-BASED
HEALTH ALLIANCE
Redefining Health for Kids and Teens

CRAFFT

Let's Practice!!





SCHOOL-BASED
HEALTH ALLIANCE
Redefining Health for Kids and Teens

SBIRT BRIEF INTERVENTION

What is a Brief Intervention?

A brief intervention consists of one or more time-limited conversations (3-15 minutes) between an at-risk drinker or substance user and a provider

Brief interventions are designed to be:

- Time efficient
- Motivational to empower the client to take action
- A possible first step in change
- Help client change the way they see, understand, or feel about a particular risk factor or behavior
- Reduce the risk of harm from the substance use or other risky behaviors
- Assist the client in accessing treatment if appropriate



Brief Intervention

No use: CRAFFT Score=0

- Positive reinforcement to delay initiation.

Use without associated problems: CRAFFT Score=1

- Brief advice to encourage cessation.

Use with problems but without dependence: CRAFFT Score=2

- Brief intervention to encourage cessation or reduced use.
- Uses motivational interviewing strategies with an emphasis on negotiation.

Dependence: CRAFFT Score=2+

- Referral for further assessment and treatments.

Talk the Talk

Confrontational

- Heavy emphasis on self as having a problem and acceptance of diagnosis
- Emphasis on personality pathology, choice and control
- Therapist presents evidence of problems
- Resistance is seen as 'denial' which is confronted
- Goals of treatment and strategies, prescribed; client assumed to be incapable of sound decisions

Motivational

- De-emphasis on labels
- Emphasis on personal choice which reduces personal and responsibility
- Therapist focuses on eliciting the client's own concerns
- Resistance is met with reflection, non-argumentation
- Treatment goals and strategies are negotiated; client involvement is vital

Flip Your Communication Style

How many years have you been abusing alcohol? Abusing marijuana?

Tell me about your alcohol use? Your marijuana use? When did you have your first drink?

You were just arrested for buying alcohol under age. Why are you still drinking? Don't you see how this is affecting your life?

What concerns do you have about your current pattern of use?

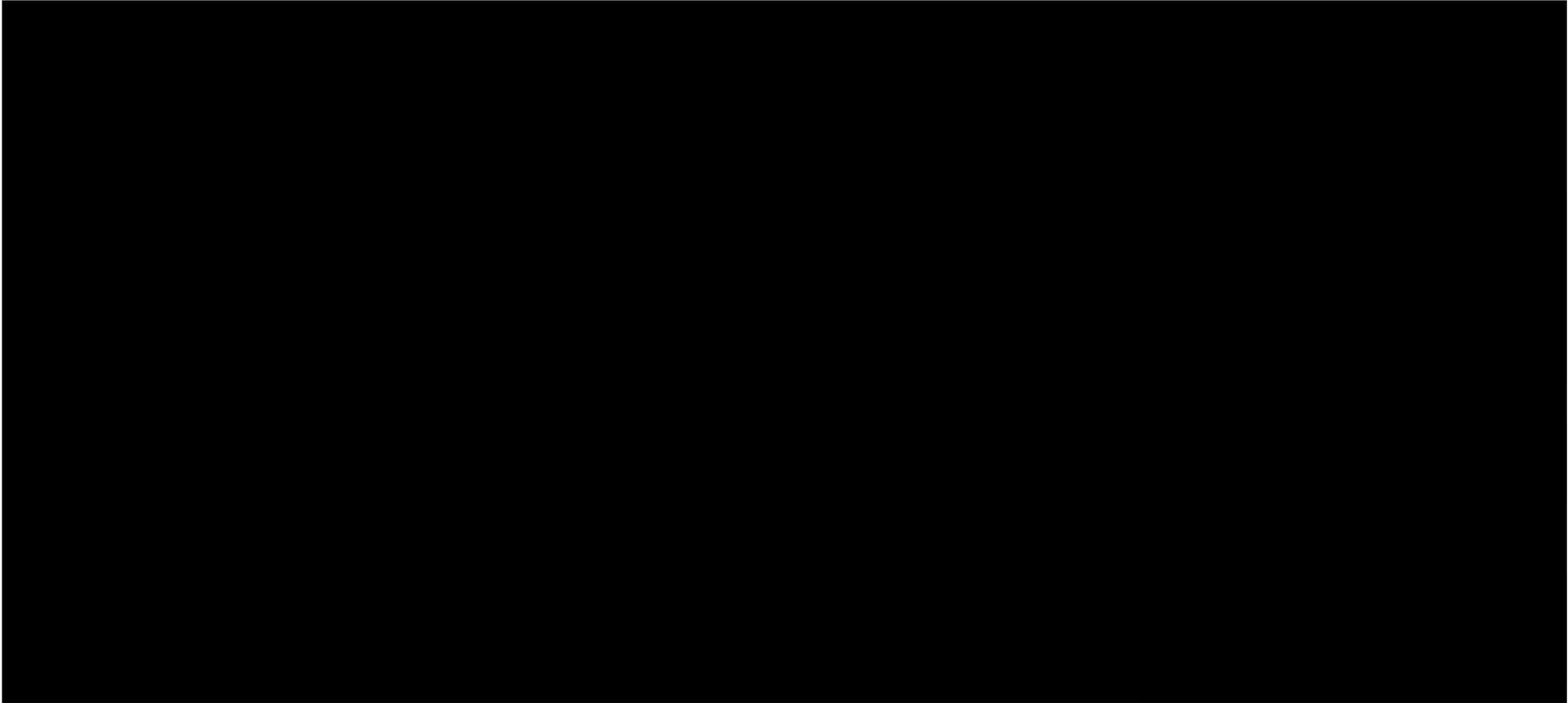
What do you see as some of the negative things about using?

What are some of the benefits that you get from using?



SCHOOL-BASED
HEALTH ALLIANCE
Redefining Health for Kids and Teens

Brief Intervention Video





SCHOOL-BASED
HEALTH ALLIANCE
Redefining Health for Kids and Teens

Brief Intervention

Let's Practice!!

Teen Intervene

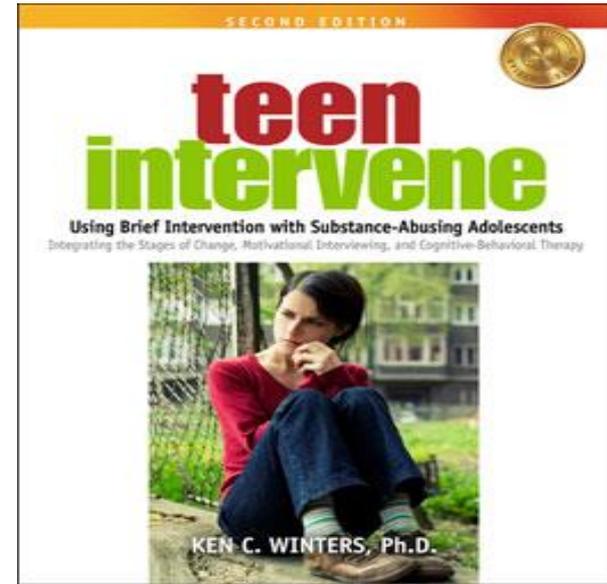
Organized around these strategies:

Motivational interviewing

Stages of change

Cognitive-behavioral

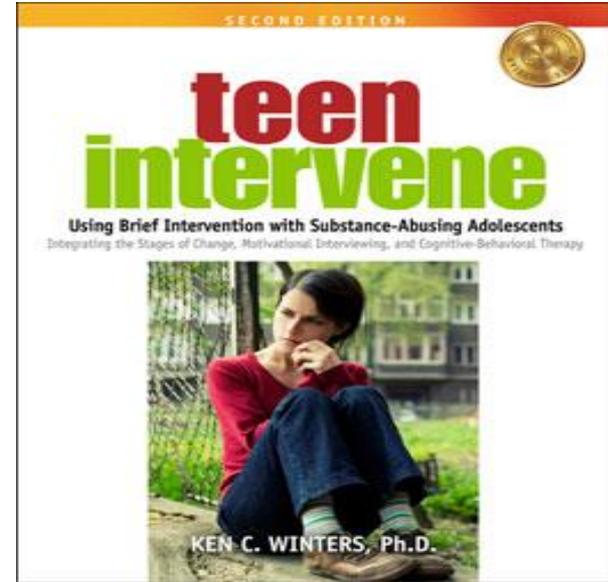
- Modeled after existing evidence-based approaches





Overview

- Three sessions:
First two with adolescent
Last one with parent
of sessions depends on
length of sessions
- Each session: 60-75 minutes
- 7 – 10 day interval between
sessions





SCHOOL-BASED
HEALTH ALLIANCE
Redefining Health for Kids and Teens

SBIRT

REFERRAL TO

TREATMENT

Types of Adolescent Treatment

Outpatient:

Group

Family

Intensive outpatient

Partial hospital program

Recovery school or recovery school programming

Inpatient/residential:

Detoxification

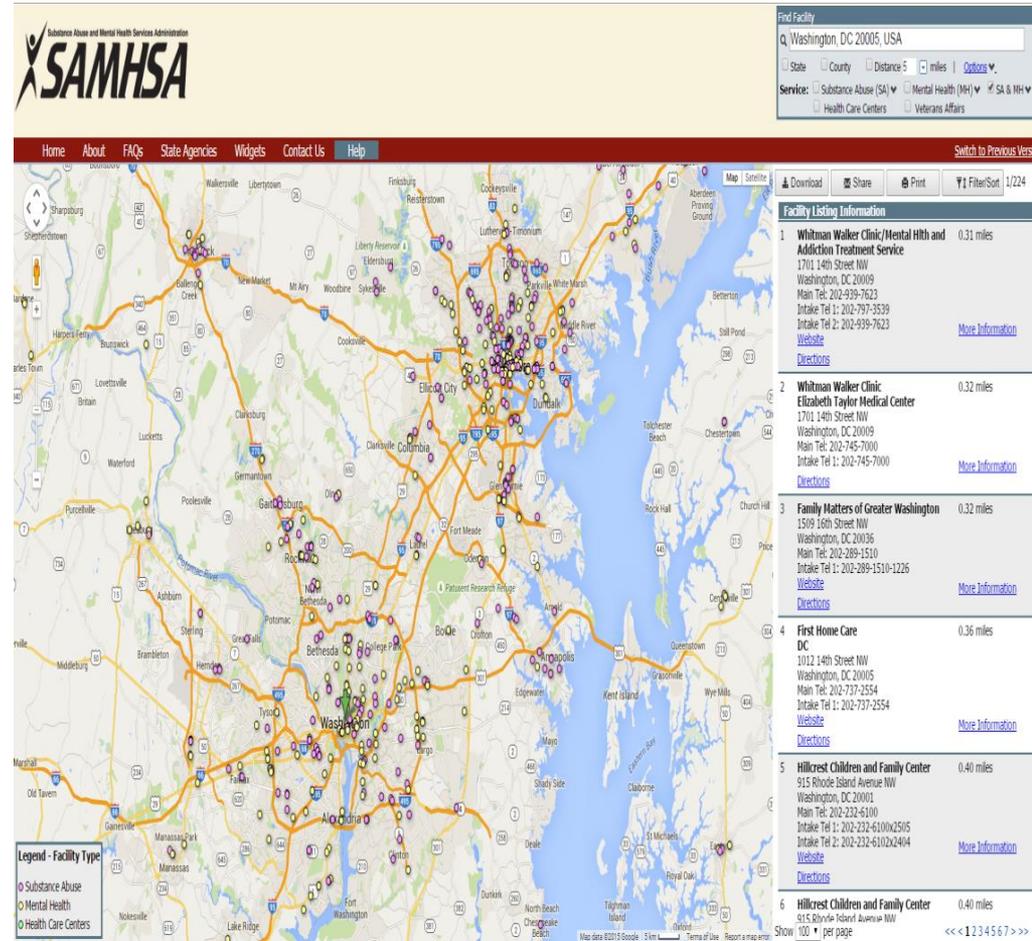
Acute residential treatment

Residential treatment

Therapeutic boarding school

Treatment Center Locator

- Be familiar with available treatment services in your community - use licensed mental health professionals.
- Treat co-occurring disorders simultaneously: ADHD, mood/anxiety disorders (e.g. depression) Special caution with



Substance Abuse and Mental Health Services Administration
SAMHSA

Home About FAQs State Agencies Widgets Contact Us Help

Find Facility
Washington, DC 20005, USA
State County Distance 5 miles Outlets
Service: Substance Abuse (SA) Mental Health (MH) SA & MH
Health Care Centers Veterans Affairs

Download Share Print Filter/Sort 1/224

Switch to Previous Version

Map Satellite

Facility Listing Information

1	Whitman Walker Clinic/Mental Hlth and Addiction Treatment Service 1701 14th Street NW Washington, DC 20009 Main Tel: 202-439-7623 Intake Tel 1: 202-797-3539 Intake Tel 2: 202-439-7623 Website Directions	0.31 miles	More Information
2	Whitman Walker Clinic Elizabeth Taylor Medical Center 1701 14th Street NW Washington, DC 20009 Main Tel: 202-745-7000 Intake Tel 1: 202-745-7000 Website Directions	0.32 miles	More Information
3	Family Matters of Greater Washington 1509 16th Street NW Washington, DC 20036 Main Tel: 202-289-1510 Intake Tel 1: 202-289-1510-1226 Website Directions	0.32 miles	More Information
4	First Home Care DC 1012 14th Street NW Washington, DC 20005 Main Tel: 202-737-2554 Intake Tel 1: 202-737-2554 Website Directions	0.36 miles	More Information
5	Hillcrest Children and Family Center 515 Rhode Island Avenue NW Washington, DC 20001 Main Tel: 202-232-6100 Intake Tel 1: 202-232-6100x2515 Intake Tel 2: 202-232-6100x2414 Website Directions	0.40 miles	More Information
6	Hillcrest Children and Family Center 515 Rhode Island Avenue NW Washington, DC 20001 Main Tel: 202-232-6100 Intake Tel 1: 202-232-6100x2515 Intake Tel 2: 202-232-6100x2414 Website Directions	0.40 miles	More Information

Legend - Facility Type
 ○ Substance Abuse
 ○ Mental Health
 ○ Health Care Centers

Show 100 per page << 1 2 3 4 5 6 7 >>

Keys to Successful Referrals

- Small % of youth need outside referral to treatment, but be prepared
- Adolescent-accessible and friendly
- Local Treatment Provider/Program (outpatient/inpatient)
 - Understand programs and services
 - Understand referral procedure
 - Linkage agreement
 - Brochure/information/website of program to give to student and family

Why Intervene?

SBIRT will identify individuals that are both known and unknown to have at risk drug and alcohol use

Through doors already open to adolescents, quick and easy screening can uncover a need for further counseling

It is an opportunity to begin to normalize the conversation around alcohol and drug use as a health issue
SBIRT can occur with any professional that has a trusting relationship with the adolescent, which expands access to intervention

The majority of at-risk adolescent users do not seek specialty treatment services
Need to provide services at different levels
Effects of substance abuse on youths are substantial

A significant percentage of adolescent substance use does require treatment, but SBIRT may reduce likelihood of increased problematic use



SUCCESSSES

Screened-800+ students

20% Brief Intervention

Increased Awareness

TEEN INTERVENE



GROWTH OPPORTUNITIES



Extensive Pre-Planning

EHR Integration

DEVOTED SBIRT COORDINATOR



SCHOOL-BASED
HEALTH ALLIANCE
Redefining Health for Kids and Teens

When the Village Comes Together



<https://www.hiltonfoundation.org/priorities/substance-use-prevention/our-approach>



**SCHOOL-BASED
HEALTH ALLIANCE**
Redefining Health for Kids and Teens

Thank You!

Letitia D. Winston

Assistant Director, Programs

lwinston@sbh4all.org

202.638.5872 ext. 213

SBIRT Training Resources

SAMHSA-HRSA Center for Integrated Health Solutions

<http://www.integration.samhsa.gov/clinical-practice/sbirt/training-other-resources>

<http://www.integration.samhsa.gov/clinical-practice/sbirt/financing>

School-Based Health Alliance Consulting Services

<http://www.sbh4all.org/about/consulting/>

Clinical Tools, Inc.

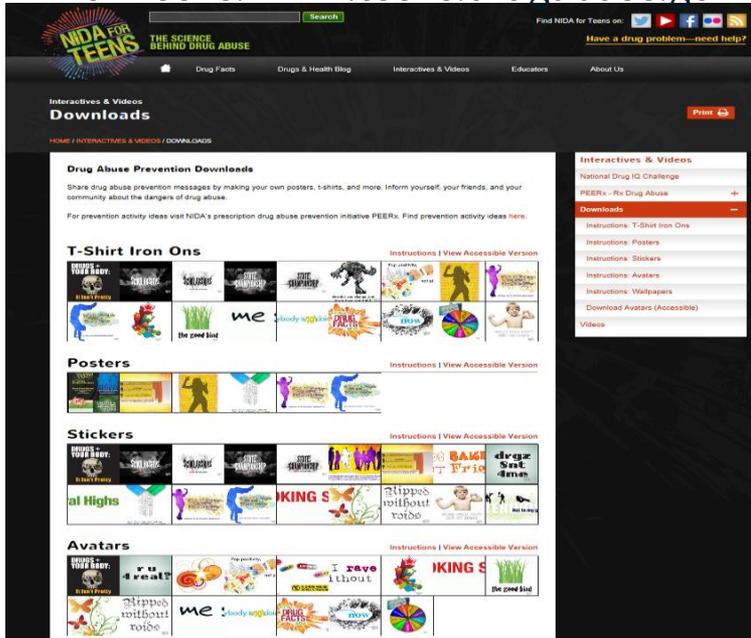
<http://www.sbirttraining.com/sbirtcore>

BNI-ART Institute

<http://www.bu.edu/bniart/>

Educational Materials and Resources

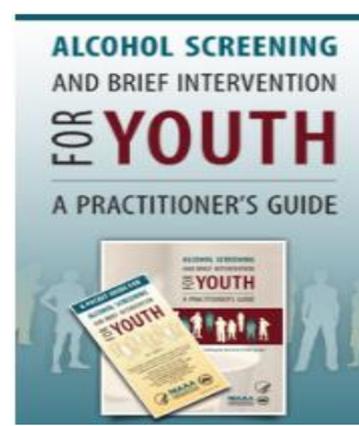
NIDA for Teens: www.teens.drugabuse.gov



The screenshot shows the NIDA for Teens website interface. At the top, there is a search bar and social media icons. Below the navigation menu, the 'Downloads' section is highlighted. It lists several categories of resources:

- Drug Abuse Prevention Downloads:** Share drug abuse prevention messages by making your own posters, t-shirts, and more.
- T-Shirt Iron Ons:** A grid of various t-shirt designs related to drug prevention.
- Posters:** A grid of colorful posters with messages like 'I love life without pills', 'I love life without booze', and 'I love life without drugs'.
- Stickers:** A grid of various stickers with similar prevention messages.
- Avatars:** A grid of avatars with prevention messages.

Each category includes a link to 'Instructions | View Accessible Version'.



NIAAA:
<http://www.niaaa.nih.gov/publications/clinical-guides-and-manuals/alcohol-screening-and-brief-intervention-youth/resources>

RealityWorks: www.realityworks.com
RealCare™ Drug Affected Baby
RealCare™ Fetal Alcohol Syndrome Baby

