

Screening, Brief Intervention & Referral to Treatment (SBIRT) Overview

Lynn Dunn, RN, Reading Memorial High School Nursing Director conducts interview-based screening for 9th and 11th grade students on the use of alcohol, marijuana, and other drugs. This screening utilizes the most commonly used 'substance use screening tool' for adolescents in Massachusetts, the CRAFFT II. A copy of the screening tool was sent to parents. This is a verbal screening that complies with the MA Opioid Law for the 2017-2018 school year.

The fall 2017 SBIRT (*Screening, Brief Intervention & Referral to Treatment*) screening went smoothly with 326 freshman students eligible for screening. Lynn Dunn, RN, conducted the SBIRT along with vision, hearing and postural screens. Two parents submitted opt out forms to withdraw their children from screening. Based on how the 324 students responded to questions during screening, the nurse provided educational info and positive reinforcement, a motivational interview, or referral to additional services. Of those screened, 319 students received positive reinforcement; three participated in motivational interviewing; and one student was referred to services. RCASA conducted the data entry and referral functions.

FAQs

- **What's next?** Eleventh graders will be screened in 2018 starting this week. Students are called out of class by the main office.
- **How do students know about the screening?**
 - A letter was sent home to parents at the beginning of the school year.
 - When the Nurse is ready for a student, the main office secretary calls their class and asks for them to be sent to the nurses office. If they are participating in a test or critical student activity, the student and teacher can waive that appointment and be called down at another time.
 - Once in the health office, the nurse reviews the screening procedure and questions pertaining to substance misuse are asked in a private confidential space.
- **What is RCASA doing during screening?** RCASA staff is located onsite throughout screening in the room adjacent to the Health Office. If a student is referred to RCASA, they meet with Miss DeAngelis, a Licensed Alcohol & Drug Counselor in a private space. Mrs. McNamara is available onsite for data entry.
- **When is screening?** Screening is conducted every Tuesday for 8 weeks in the fall and spring.