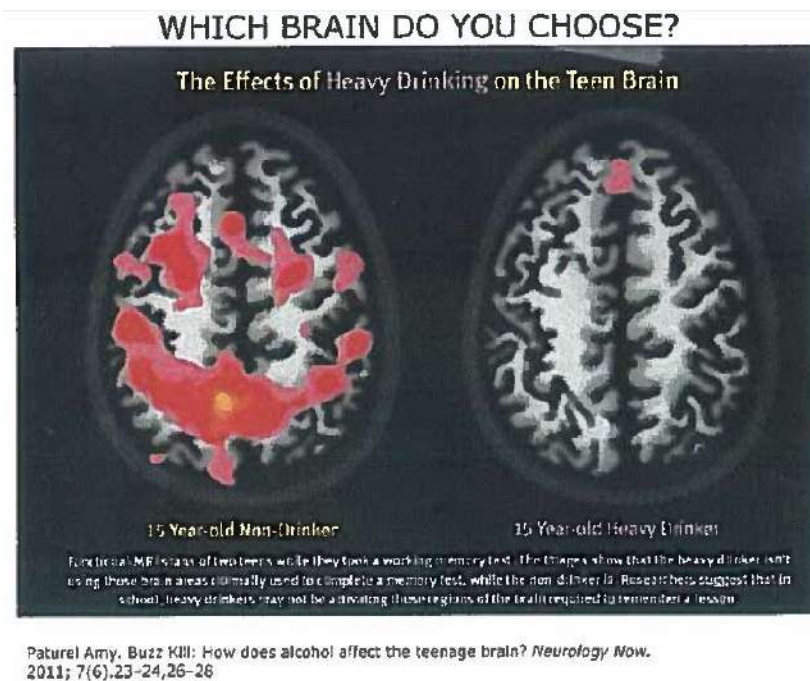


SBIRT: Screening, Brief Intervention, and Referral to Treatment

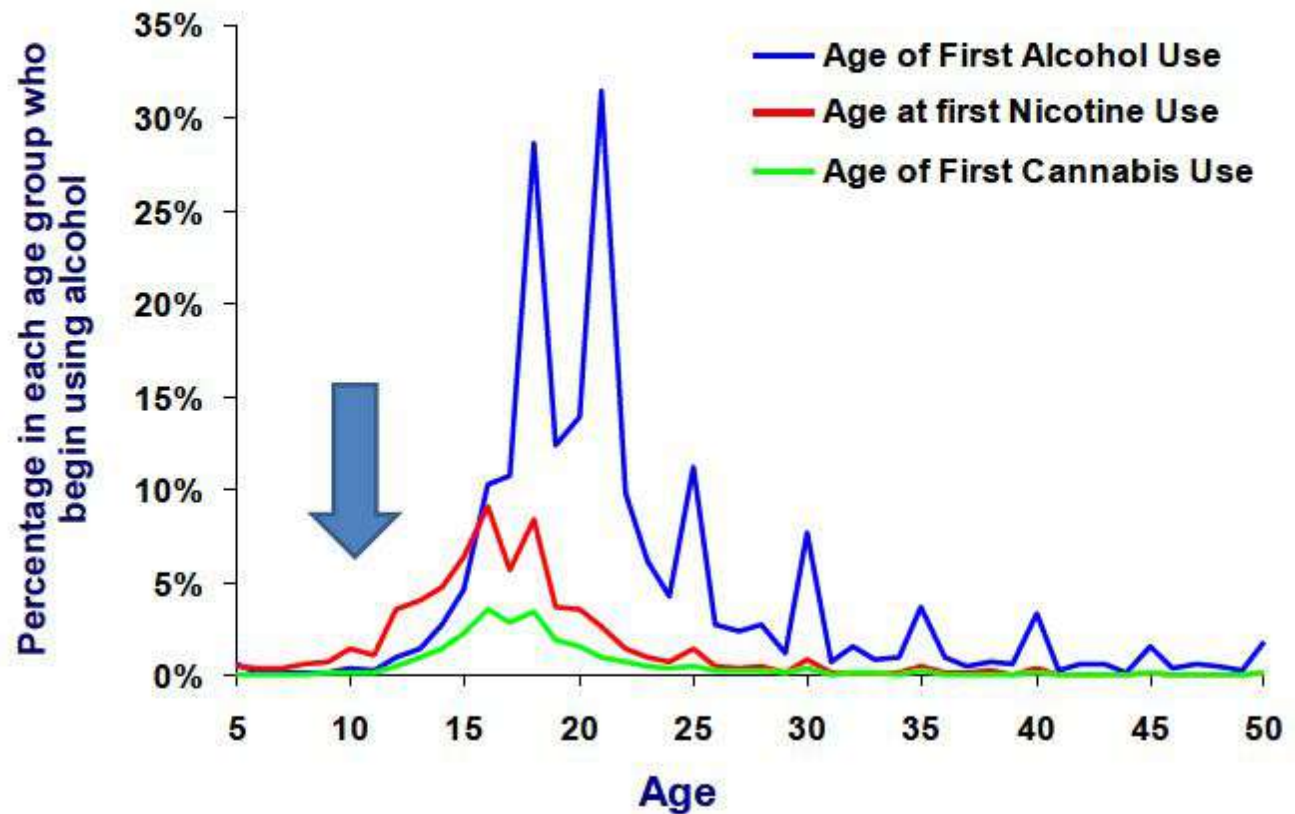
SBIRT is an evidence-based public health prevention model designed to identify, reduce and prevent use of alcohol and other substances that result in adverse health outcomes, accidents and injuries. The purpose of SBIRT is primary prevention – through motivational interviewing techniques, to identify early risk for substance use in our adolescent students, and to take appropriate actions as soon as possible with a referral if a problem is identified.

According to the new MA law, *An Act relative to substance use, treatment, education and prevention*, schools are required to implement a substance screening prevention tool in one MS and one HS grade. This year, the nurses will be screening all 7th graders using the SBIRT screening tool. This will be done during PE classes starting in November into December 2016. Parents received a letter regarding this screening in August. The Barnstable Public Schools have an SBIRT team including administrators, school nurses, school counselors, school social worker, and some health/PE staff.

Starting to drink alcohol in early adolescence or younger is associated with a greater likelihood of developing both problem drinking in adolescence and alcohol abuse or dependence in adulthood. Early initiation of drinking is also associated with a variety of other problematic outcomes later in adolescence and in young adulthood, including academic problems, dropping out of high school, delinquent behavior, fighting after drinking, illicit drug use, prescription drug misuse, substance use disorders, employment problems, risky sexual behavior, pregnancy, unintentional injuries, drinking and driving, and alcohol and other drug related motor vehicle crashes. Given these linkages with multiple later problems, it is crucial to develop a better understanding of the risk factors that predict the early initiation of alcohol use.



Addiction is a Developmental Pediatric Disease



Source: NIAAA National Epidemiologic Survey on Alcohol and Related Conditions, 2003