

NORWOOD PUBLIC SCHOOLS  
SCHOOL HEALTH SERVICES

December 4, 2017

Dear Parent or Guardian,

During the week of December 11<sup>th</sup> through the 15<sup>th</sup> the Norwood High School nurses will be conducting State mandated SBIRT (Screening, Brief Intervention, Referral to Treatment) screening for all 9<sup>th</sup> graders. The screening will be done during your student's health or physical education period.

The purpose of SBIRT screening is to offer conversation and information to help prevent students from starting to use alcohol, marijuana or other drugs, or to intervene early in substance use. Student screening sessions will be brief, approximately 5 minutes, and conducted confidentially and privately in a one-to-one meeting with the school nurse. Students who are not using substances will have their healthy choices reinforced by the nurse. The nurse will provide feedback, or referral for further evaluation to students who report using substances, or are at risk for future substance use. All students will be asked to complete an anonymous evaluation of the screening, and will receive some educational material and a resource list at the time of the screening.

Results of the SBIRT screening will not be included in your student's school record. Nor will screening information be shared with any staff without student and parent written permission. As with any school screening you have the right to opt your child out of this screening. The request to opt out must be in writing. Please contact Carol McDonough, RN via e-mail [cmcdonough@norwood.k12.ma.us](mailto:cmcdonough@norwood.k12.ma.us) if you wish to exclude your child from this screening. Additionally, screening is voluntary and students may choose not to answer any or all of the screening questions.

One way to prevent youth substance use is to talk with your child about your family's thoughts and expectations regarding substance use. Research shows that parent influence is the #1 reason young people decide to not drink alcohol. For ideas on how to begin these conversations please contact your school nurse, speak with your child's doctor or visit the school health or Impact Norwood webpages. Together, schools and parents CAN make a difference for the youth in Norwood.

Sincerely,

Jill Driscoll, MEd, BSN, RN, NCSN  
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