Screening, Brief Intervention, and Referral to Treatment (SBIRT): An approach to alcohol and drug use prevention for high school students in Southeastern Wisconsin

TRIUMPH Intern Presentation
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WHAT IS SBIRT?

- Comprehensive, integrated, public health approach to deliver early intervention and treatment services for persons with substance use disorders and those at risk of developing these disorders.

Reference: Substance Abuse and Mental Health Services Administration (SAMHSA)
SBIRT

Screen

Low risk

Reassure and reinforce

Brief Assessment

Intermediate risk

Intervene

Follow-up and support

High risk

Refer
CONTINUUM OF SUBSTANCE ABUSE

• UNIVERSAL SCREENING IS IMPORTANT BECAUSE MANY MORE FALL AT THE HIGH RISK AND MILD PROBLEMS THAN SEVERE PROBLEMS

REFERENCE: MANWELL, JOURNAL OF ADDICTION, 1998
METHOD: CRAFFT

- Car
- Relax
- Alone
- Forget
- Family/
  Friends
- Trouble

WISCONSIN’S PROBLEM

In the Youth Risk Behavior Survey, the Centers for Disease Control ranked Wisconsin:

- 1\textsuperscript{st} in the rate of current alcohol use among youth.
- 3\textsuperscript{rd} in the rate of binge drinking among youth.
- 4\textsuperscript{th} in the rate of youth who rode with a driver who had been drinking.
- 5\textsuperscript{th} in the rate of youth who drove after drinking.
THE PROBLEM: ALCOHOL USE

REFERENCE: CDC YOUTH RISK BEHAVIOR SURVEY
THE PROBLEM: BINGE DRINKING

REFERENCE: CDC YOUTH RISK BEHAVIOR SURVEY
THE PROBLEM: CIGARETTE USE

REFERENCE: CDC YOUTH RISK BEHAVIOR SURVEY
THE PROBLEM: MARIJUANA USE

REFERENCE: CDC YOUTH RISK BEHAVIOR SURVEY
ALLIANCE FOR WISCONSIN YOUTH (AWY)

- Focus of promotion of positive youth development since 1999
- Funded by drug offense citations in each county
- 5 Regional Prevention Centers: Southeastern, Northern, Northeastern, Southern and Western
AWY- SOUTHEAST REGION

- Jefferson, Kenosha, Milwaukee, Ozaukee, Racine, Walworth, Washington and Waukesha Counties
- Jewish Family Services
- The Planning Council for Health and Human Services
AWY-SE SBIRT Grant

- April 1, 2012 – March 31, 2013 = $50,000
- Wisconsin Partnership Program (University of Wisconsin School of Medicine & Public Health)
- April 2014 - Possible $300,000 implementation grant
PROGRAM OBJECTIVES

- Increase AWY-SE coalition members understanding of SBIRT process, utility and benefits.

- Help AWY-SE recruit partners and identify barriers to implementation and strategize solutions.

- SBIRT implementation agreements are secured from a minimum of six communities.
The Prevention Network of Washington County coalition had school districts that were very eager to start implementing SBIRT in their schools.

With additional funding from the United Way and the coalition, Hartford and Kewaskum school districts were able to pilot SBIRT.
LOGISTICS FOR ADMINISTERING SBIRT

- Parents were sent a letter discussing SBIRT and giving them the option for their child to “opt out” of the screening.

- The United Way gave an $8,000 grant to create a computer software program that could administer the CRAFFT questionnaire. Students completed the survey independently first. Then the questionnaire was reviewed with the student by a trained evaluator.

- All 9th grade students were screened. This grade level was chosen due to the fact that all 9th graders are required to take health class. This allowed the screeners to remove each student one by one for 20 minutes to be evaluated.

- Students were found to need referrals were encouraged to discuss this with their parents.

- Approximately 500 students were screened in Washington County.
Next Steps

- Letter of commitment received from Jefferson County, Racine County, Waukesha County, and Washington County.

- Applying for the implementation grant.
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