QUICK GUIDE: Adolescent Screening, Brief Intervention, Referral for Treatment (SBIRT)

- 1. ADMINISTER THE SCREENING TO BRIEF INTERVENTION TOOL (\$2BI).²
- 2. ACTION PLAN FOR EACH RESPONSE CATEGORY



Never

Give positive reinforcement, and advise to never ride with someone who has used a substance.



"Once or Twice" for one or more substances:

Give brief medical advice to quit in the context of the dangers of substance use.



"Monthly" for any substance:

- 1. Do a brief assessment. You can use the CRAFFT questions for guidance. Follow up on any "yes" response for more detail.
- 2. Summarize and use conversation as a fulcrum to encourage patient to make a change plan.
- 3. Offer clear advice to quit.
- 4. Make a specific change plan and complete a change plan worksheet.
- 5. Schedule a follow-up appointment.



"Weekly or more" for any substance:

- 1. Do a brief assessment. Use the CRAFFT questions for guidance. Follow up on any "yes" response for more detail.
- 2. Summarize and use conversation as a fulcrum to encourage patient to make a change plan.
- 3. Include clear advice to quit.
- 4. Make a specific change plan and complete a change plan worksheet.
- 5. Offer a referral.
- 6. Consider talking to parents.
- 7. Call Youth Central Intake at 617-661-3991 for help with referral.



Acute danger:

Make an immediate intervention.

- 1. Do a quick screen for suicidality; if present, refer to ED for evaluation.
- 2. Express concern about risks of substance use.
- 3. Assess for domestic violence before explaining the need to break confidentiality.
- 4. Practice with the patient what and how you will present information to parent(s).
- 5. Refer for an urgent evaluation (within 2-3 days). Call Youth Central Intake at 617-661-3991 for help with referral.
- 6. Make a verbal "safety contract" until the next appointment.
- 7. Talk to parents about monitoring.

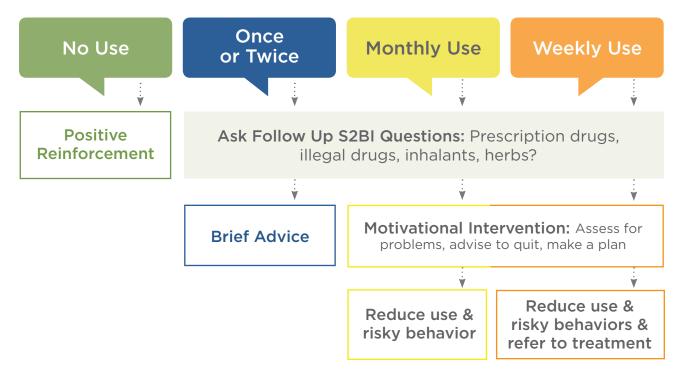
¹This guide is most useful as a quick reference used in conjunction with the Adolescent SBIRT Toolkit for Providers which is available free of charge at www.mass.gov/maclearinghouse.

²S2BI is on page 10 of the Toolkit and on the S2BI Tool card.

S2BI algorithm*

In the past year, how many times have you used:

Tobacco? Alcohol? Marijuana? (Ask separately.)



Brief assessment to inform intervention



MOTIVATIONAL INTERVENTION

- Ask questions to identify common problems, make pro/con list, ask CRAFFT questions
- Use problems as a pivot point in the conversation
- Assist with planning; target highest risk behaviors
- Give clear medical advice to stop, while acknowledging agency
- Ask permission to include parents in the discussion
- Invite back for follow up
- Assess for need: Make referral to treatment

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