

School SBIRT - Screening, Brief Intervention and Referral to Treatment



WHAT IS SBIRT?

SBIRT offers an efficient, evidence-based, and comprehensive service to address selected behavioral health concerns among adolescents. Although originally designed as a universal prevention approach (Tier 1), SBIRT is readily adapted for delivery in middle and high school settings by existing student services staff as a selected (Tier 2) or indicated (Tier 3) intervention. SBIRT is based on the principles of Motivational Interviewing.

WHY DELIVER SBIRT SERVICES IN SCHOOLS?

- Expands the capacity of student services to **effectively and efficiently address a range of behavioral health concerns** which, in turn, promotes school engagement and learning outcomes.
 - **Can be used to address alcohol, drug use, vaping, mental health, attendance**
- Fits with a student-centered, strength-based philosophy.
- Is student friendly, culturally relevant, and highly engaging.
- Fits with existing systems of school mental health. Screening provides baseline data, then approximately 30 days later, follow up screening ascertains individual student response to Brief Intervention.
- Implementation allows for flexibility. Staff are trained to use a protocol which guides delivery of services. Staff decide the focus of intervention, number of BI sessions, and format of delivery (individual or small groups).



TO PARTICIPATE IN THE SCHOOL SBIRT IMPLEMENTATION PROJECT:



SUBMIT A PROJECT APPLICATION

- A school or district representative submits an application to the project, due in September. **See p. 2 for project requirements.**
 - *This application is an important step in the process of project participation as it will help your school team evaluate readiness and commitment and thorough considerations of responses will prepare teams to successfully complete the project requirements.*
 - *Person submitting the application should share project requirements, their implementation plan, and a copy of the submitted application with all team members.*



ATTEND A TRAINING OR BOOSTER SESSION

TRAINING (2 days - in-person, for project participants new to SBIRT)

- (Day 1) Includes an overview of SBIRT, introduction to the requisite skills (motivational interviewing), and practice on delivering protocol-guided Brief Intervention services. Participants will submit an audio-recording of Brief Intervention delivery, for feedback from trainers.
- (Day 2) Participants receive individualized feedback from fidelity review of audio-recording. Continue skill building, practice delivering SBIRT, and plan for effective implementation.

BOOSTER (2 hours - virtual, for returning project participants)

- Refresher of foundational skills of motivational interviewing and opportunity for SBIRT skills
 - *Practitioners or schools involved in the project for 2+ years and have already completed booster training should sign up to receive coaching for implementation support.*



DELIVER SBIRT & COLLECT DATA

- As a part of the project each practitioner should deliver SBIRT to 1-2 new students per month.
- Practitioners collect and enter SBIRT data to a customized dashboard for their school district.



RECEIVE IMPLEMENTATION SUPPORT & CONTINUE LEARNING

- Practitioners are invited to participate in two virtual Community of Practice Sessions to continue learning and connect with other schools.
- Receive periodic emails with implementation tips.
- Connect with your Implementation Support contact - a WISH Center SBIRT Trainer.

KEY ACTIONS FOR EFFECTIVE IMPLEMENTATION

- Explore readiness for implementation
- Establish Administrative support and policies and procedures that allow for time to practice SBIRT
 - Develop internal and external referral pathways
- Train staff to deliver SBIRT
- Ongoing implementation support and continued learning



School SBIRT - Project Application & Requirements



This project is open to **new school teams** and **returning school teams (previously trained and have implemented SBIRT with students in the last 1-2 years.)** Schools must **apply** to be a part of the School SBIRT Implementation Project Cohort for 2024-2025 and each school/district that is accepted and meets project requirements is eligible for a \$2,000-\$4,000 stipend.

The **2024-2025 School SBIRT Application** is due **September 23, 2024**. <https://forms.gle/vAhCCFXmcp97WcW47>

NEW SCHOOL	RETURNING SCHOOL	School SBIRT Project Requirements
✓	✓	Identify a District Administrator/School Leader to engage in decision-making and problem solving for project implementation.
✓	✓	Identify an existing team or create a SBIRT Implementation Team. The team will be comprised of participating Practitioners, designated Leader/Administrator, and Team Lead.
✓	For new staff only	New staff (not previously trained) must complete pre-learning, in-person 2-day training, practice sample submission for fidelity review, and regular self-assessments of practice.
✓	✓	Each practitioner delivers SBIRT to 1-2 new students per month and track data.
✓	✓	Each practitioner participates in 2 virtual follow-up community of practice sessions.
✓	✓	Each team will receive a customized Google Dashboard to enter their data on a monthly basis for implementation feedback.
✓	✓	Team Lead submits a final SBIRT data tracking sheet and summary survey to WISH Center Director at the end of the year for project evaluation and reporting.
n/a	✓	Returning Practitioners must participate in a 2-hour virtual Booster Session.
Optional	Optional	Receive coaching for implementation support. Recommended for returning schools that have already completed Booster training.

Additional Opportunity - Vaping Intervention School SBIRT Cohort



The WISH Center was awarded a grant from the Wisconsin Department of Health Services to provide training and technical assistance to at least 5 schools/districts interested in focused implementation of School SBIRT as an alternative to suspension for vaping. The cohort will also review vaping policies and intervention practices. Participation in the cohort requires application to the School SBIRT project and completion of the project requirements (See p. 2), and the additional activities (below) for all practitioners on the school/district team.

There will be an additional stipend if your school is selected to participate in this cohort. (\$1,000-\$2,000 depending on applications received).

School SBIRT: Vaping Intervention School SBIRT Cohort - Required Activities for Team Participation



One additional virtual community of practice session, focused on vaping.



Virtual meeting with a SBIRT Implementation Support Contact from the WISH Center to review vaping policies and intervention practices.



Virtual participation in a focus group facilitated by the WISH Center with school administrators, staff and students, to discuss vaping prevention and intervention.

Session Dates - Training, Boosters, Community of Practice

PLAN AHEAD! Registration links for training, booster and COP sessions will be provided to accepted school teams.

- Teams should plan to join the same training session or booster session.
- Each team member will need to register for a session, links are provided with application acceptance information.
- There is no registration fee for these sessions and School SBIRT training, booster and COP sessions are reserved for school teams accepted into the project.

TRAINING - In-person

(new schools or practitioners, choose 1 session)

At CESA 2 - Oct 22 & Dec 2, 8:30AM-3PM

At CESA 9 - Oct 24 & Nov 21, 8:30AM-3PM

At CESA 1 - Oct 28 & Nov 18, 8:30AM-3PM

BOOSTER - Online

(returning schools or practitioners, choose 1 session)

Virtual - Oct 30, 9AM-11AM

Virtual - Oct 30, 1PM-3PM

VAPING INTERVENTION COMMUNITY OF PRACTICE - Online

(Vaping Intervention Cohort), join 1 session)

Virtual - Feb 5, 9AM OR 1PM

COMMUNITY OF PRACTICE - Online

(all project participants, join 1 session each date)

Virtual - Jan 10, 9AM OR 1PM

Virtual - Mar 7, 9AM OR 1PM

Virtual - *Leads Only* - May 2, 9AM



QUESTIONS ABOUT THIS PROJECT?
Contact Your WISH Center Regional Coordinator