

What is SBIRT? It is a **screening process** used by Massachusetts School Staff/Nurses to identify students who may engage in unhealthy behaviors. S=Screening, B=Brief, I=Intervention, R=Referral to T=Treatment. Two different grade levels per school district need to be screened.

Massachusetts school systems under Massachusetts state law H.4056, Chapter 71, Section 15, s. 96 & s. 97, must, on an annual basis, utilize a verbal screening tool to screen students for substance use disorders.

What is SBIRT **NOT**? It is NOT a drug test. It is NOT a process to get anyone into trouble. It is NOT a treatment program. The results are NOT shared with anyone, the student remains anonymous and the results are NOT placed in a student's medical file or school cumulative file.

What is the screening process like? At ARRSD the school nurse meets privately with each student in grades 7 and 10 on an individual basis. The school nurse asks the student questions using the CRAFFT-II tool.

What is the CRAFFT-II tool? It is a series of questions that are asked of the student. The questions are: During the past twelve months, on how many days did you...Drink more than a few sips of alcohol? Use any marijuana or synthetic marijuana? Take a prescription medication that was not prescribed for you or taken a bigger dosage than what was prescribed for you? Have you used anything else to get "high"? Have you ever ridden in a car driven by someone (including the student) who was "high" or had been using alcohol or drugs? Do you ever use alcohol or drugs to relax, feel better about yourself, or fit in? Do you ever use alcohol or drugs while you are by yourself or alone? Do you ever forget things you did while using alcohol or drugs? Do family or friends ever tell you that you should cut down on your drinking or drug use? Have you ever gotten into trouble while you were using alcohol or drugs?

Students who are identified at risk will be referred to guidance for follow-up and if needed referred for treatment.

If the SBIRT screening process reveals an immediate medical emergency or a disclosure that is otherwise required by state law for the school to report, then that information is immediately brought to the SBIRT team without the student's or parent/guardian's written permission.

What is the SBIRT team? That is a group of school district staff (school nurse, guidance counselors) dedicated to assisting students and their families who may need support.

Remember, you may "opt out" your child at any time. That means that you and/or your child may decide to not participate in the screening. In this case you must provide written documentation that your child is not to participate in the screening.

The purpose of this screening is to provide an opportunity for conversation that supports students in making healthy choices regarding substance use in middle and high school. Through prevention efforts and providing appropriate intervention and referrals as necessary, we hope to reduce substance use related harm during adolescence.