QUICK GUIDE:¹ Adolescent Screening, Brief Intervention, Referral for Treatment (SBIRT)

1. ADMINISTER THE SCREENING TO BRIEF INTERVENTION TOOL (S2BI).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.



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.

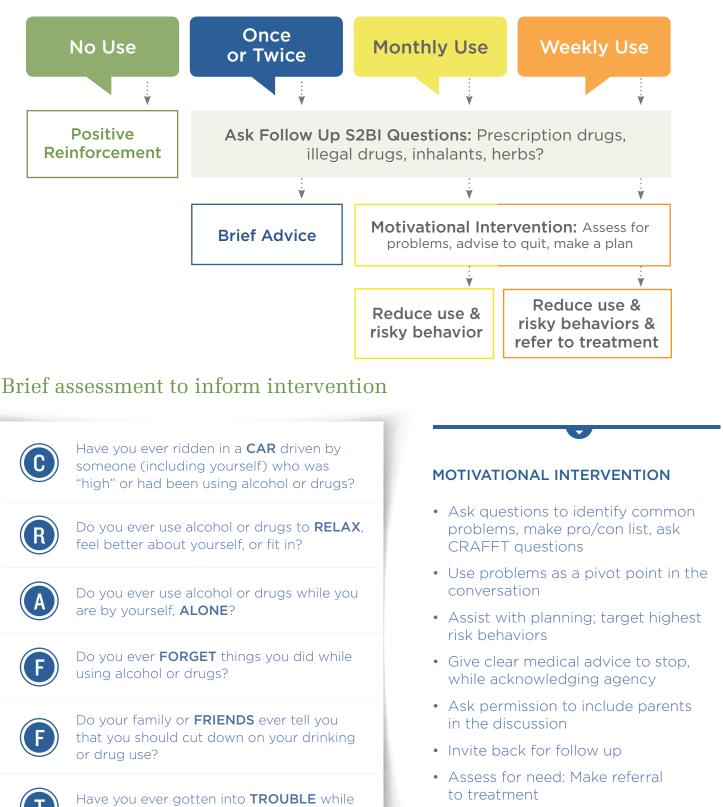
¹This guide is most useful as a quick reference used in conjunction with the Adolescent SBIRT Toolkit for Providers which is available free of charge at mass.gov/maclearinghouse.

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.)



* © Boston Children's Hospital 2014. All rights reserved. This work is licensed under a Creative Commons Attribution-NonCommercial 4.0 International License.

you were using alcohol or drugs?