

# QUICK GUIDE:<sup>1</sup> Adolescent Screening, Brief Intervention, Referral for Treatment (SBIRT)

## 1. ADMINISTER THE SCREENING TO BRIEF INTERVENTION TOOL (S2BI).<sup>2</sup>

## 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.

<sup>1</sup>This 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](http://mass.gov/maclearinghouse).

<sup>2</sup>S2BI is on page 10 of the Toolkit and on the S2BI Tool card.



### “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.

# S2BI algorithm\*

In the past year, how many times have you used:  
Tobacco? Alcohol? Marijuana? (Ask separately.)



## Brief assessment to inform intervention

<b>C</b>	Have you ever ridden in a <b>CAR</b> driven by someone (including yourself) who was “high” or had been using alcohol or drugs?
<b>R</b>	Do you ever use alcohol or drugs to <b>RELAX</b> , feel better about yourself, or fit in?
<b>A</b>	Do you ever use alcohol or drugs while you are by yourself, <b>ALONE</b> ?
<b>F</b>	Do you ever <b>FORGET</b> things you did while using alcohol or drugs?
<b>F</b>	Do your family or <b>FRIENDS</b> ever tell you that you should cut down on your drinking or drug use?
<b>T</b>	Have you ever gotten into <b>TROUBLE</b> while you were using alcohol or drugs?

## 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