

What is Youth SBIRT?

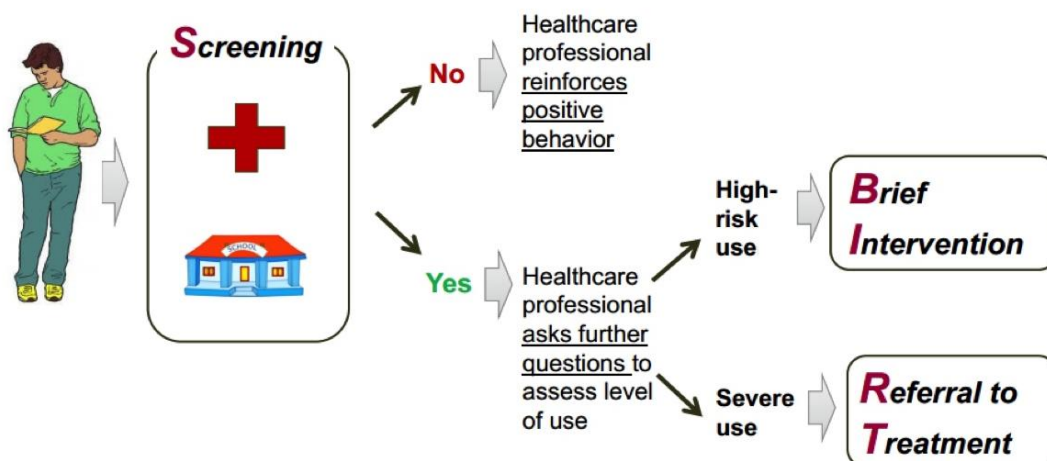
The Problem

Drugs and alcohol are big contributors to all leading causes of death among teens.^{1,2}

Teens who use drugs or alcohol before age 15 are four times more likely to develop an addiction than those who begin using at age 21 or older.³

The Solution

Youth SBIRT (Screening, Brief Intervention, and Referral to Treatment) is a set of tools to help identify alcohol or drug problems in young people, and to guide intervention if a problem exists.



Screening

Young people are asked about drug or alcohol use through a [validated verbal, written or online tool](#).

Screenings occur in medical offices, community health centers, middle and high schools, college campuses, and in community-based organizations frequented by young people.

Brief Intervention (BI)

Structured conversations are conducted with young people, if needed. BI's for young people typically:

- Involve 1-5 counseling sessions lasting approximately 5-15 minutes each^{4,5,6}
- Are provided by licensed health professionals, paraprofessionals (e.g., health educators), or peers who are trained in brief intervention techniques
- Include [Motivational Interviewing](#) or other approaches that elicit a young person's desire to change using a non-judgmental, empathic approach^{7,8}

Referral to Treatment

Referrals to [behavioral health treatment](#) and recovery supports are provided when problematic use is detected.

References

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- ⁷ Carney T, Myers BJ, Louw J, Okwundu CI. Brief school-based interventions and behavioural outcomes for substance-using adolescents. *Cochrane Database of Systematic Reviews*. 2014. Issue 2. Art. No.: CD008969.
- ⁸ Moyer A, Finney JW, Swearingen CE, Vergun P. Brief interventions for alcohol problems: A meta-analytic review of controlled investigations in treatment-seeking and non-treatment seeking populations. 2002. *Addiction*. 2002 Mar; 97(3): 279–92.