

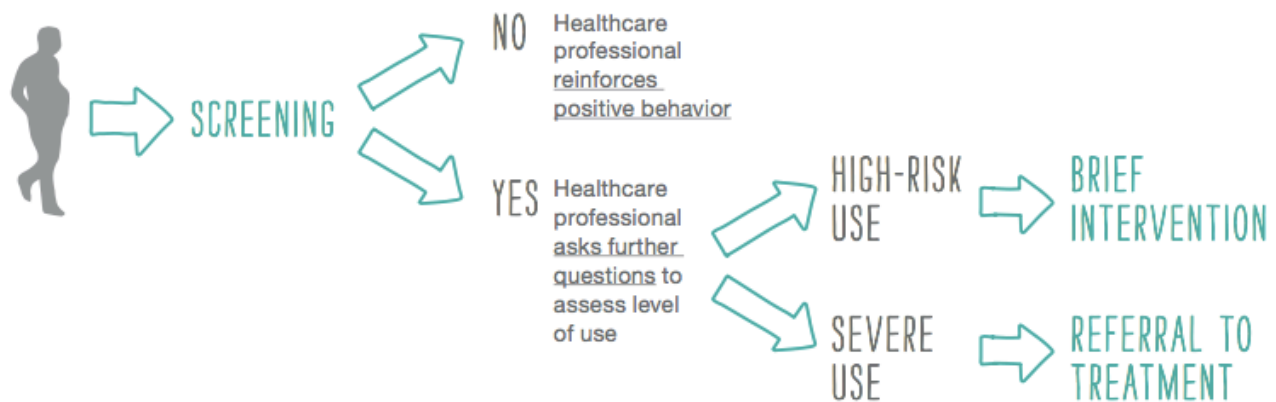
Preventing Addiction with SBIRT

The Problem

Adolescents and young adults are in a critical window of vulnerability to substance misuse and addiction. Early access to screening and counseling is a cost-effective way to help young people avoid the destructive consequences of drug and alcohol problems. Unfortunately, few young people have access to these preventive services. Too often, the adults young people trust most are reluctant to begin the conversation.

The SBIRT Approach

SBIRT (screening, brief intervention, and referral to treatment) is a public health approach that involves asking young people a few questions about drug and alcohol use and providing guidance or referring them to treatment if a problem exists.



The Evidence for SBIRT

It's effective:

- Studies show that simply asking young people about drug and alcohol use can lead to positive behavior changes.^{1,2}
- There is a growing body of research indicating that brief interventions (short counseling sessions) with young people in schools and medical settings decrease drug and alcohol use and its related consequences.^{3,4,5,6,7}

It saves money:

- SBIRT can reduce health care costs. The average cost savings from implementing SBIRT is \$4 to \$6 for every \$1 spent.⁸

It's endorsed by the experts:

- The American Academy of Pediatrics (AAP) and National Institute on Alcohol Abuse and Alcoholism (NIAAA) explicitly endorse the use of SBIRT with young people.
- Other notable supporters of SBIRT include: the Substance Abuse and Mental Health Services Administration (SAMHSA), National Institute on Drug Abuse (NIDA), and White House Office of National Drug Control Policy (ONDCP).

SBIRT with young people can help prevent the tragic consequences of addiction.

References

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