The Evidence for School SBIRT

Article Citation	Description & Findings
Hamza DM, Bercov M, Suen VYM, Allen A, Cribben I, et al. School-based screening, brief intervention and referral to treatment (SBIRT) significantly decreases long-term substance abuse in 6,227 students aged 11-18. J Addict Behav Ther. 2018;2:5. http://bit.ly/2MBw3Eo	This study examined the CRAFFT scores of 6,227 students age 11-18 before and after participating in a school-based SBIRT program. SBIRT led to a significant **reduction in the total percentage of students who scored ≥ 2 on CRAFFT survey**, showing that SBIRT can be an effective pathway to minimizing future use of alcohol and drugs in young people.
Maslowsky J, Capell JW, Moberg DP, Brown RL. Universal School-Based Implementation of Screening Brief Intervention and Referral to Treatment to Reduce and Prevent Alcohol, Marijuana, Tobacco, and Other Drug Use: Process and Feasibility. Subst Abuse. 2017;11. https://doi.org/10.1177/1178221817746668	This study explored a model for implementing universal SBIRT in high schools without school-based clinics. Based on self-report, **students rated SBIRT positively** and **indicated substantial intentions to reduce or delay substance use** following SBIRT. Results support SBIRT's potential to delay substance use among current abstainers in addition to reducing substance use among current users.
Mitchell SG, Gryczynski J, Gonzales A, Moseley A, Peterson T, O'Grady KE, Schwartz RP. Screening, brief intervention, and referral to treatment (SBIRT) for substance use in a school-based program: services and outcomes. Am J Addict. 2012 Nov;21 Suppl 1:S5-13. https://www.ncbi.nlm.nih.gov/pubmed/23786511	This study examined outcomes of adolescents who received SBIRT services in school settings. Participants receiving any intervention reported **significant reductions in frequency of drinking to intoxication and drug use, but not alcohol use**, from baseline to 6-month follow-up. The findings supported school-based SBIRT for adolescents.
McCambridge J, Strang J. The efficacy of single-session motivational interviewing in reducing drug consumption and perceptions of drug-related risk and harm among young people: results from a multi-site cluster randomized trial. Addict. 2004 Jan;99(1):39-52. https://www.ncbi.nlm.nih.gov/pubmed/14678061	This study tested whether a single session of motivational interviewing in high school or university settings would lead to reduction in use of drugs or in perceptions of drug-related risk and harm among young people (ages 16-20). In comparison to the control group, those randomized to motivational interviewing **reduced their use of cigarettes, alcohol and cannabis,** mainly through moderation of ongoing drug use rather than cessation.
Patton R, Deluca P, Kaner E, Newbury-Birch D, Phillips T, Drummond C. Alcohol screening and brief intervention for adolescents: the how, what and where of reducing alcohol consumption and related harm among young people. Alcohol. 2014 Mar; 49(2): 207–212. https://www.ncbi.nlm.nih.gov/pubmed/24232178	The aim of the study was to explore the evidence base on alcohol screening and brief intervention for adolescents. The study concluded that the CRAFFT and AUDIT tools are appropriate for identification of 'at risk' adolescents. Motivational interventions delivered over one or more sessions and based in health care or educational settings are **effective at reducing levels of consumption and alcohol-related harm**.
Tanner-Smith EE, Lipsey MW. Brief alcohol interventions for adolescents and young adults: a systematic review and meta-analysis. J Subst Abuse Treat. 2015 Apr;51:1-18.	This study reports findings from a meta-analysis summarizing the effectiveness of brief alcohol interventions for adolescents (age 11–18) and young adults (age 19–30). The study concludes that **brief alcohol interventions yield beneficial effects on alcohol-related**

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https://www.ncbi.nlm.nih.gov/pubmed/25300577	**outcomes for adolescents and young adults** that are modest but potentially worthwhile given their brevity and low cost.
Winters KC, Fahnhorst T, Botzet A, Lee S, Lalone B. Brief intervention for drug-abusing adolescents in a school setting: outcomes and mediating factors. J Subst Abuse Treat. 2012;42:279–88 https://www.ncbi.nlm.nih.gov/pubmed/22000326	This randomized controlled trial evaluated the use of two brief intervention conditions for adolescents (aged 12–18 years) who were identified in a school setting as misusing alcohol and other drugs. Adolescents receiving brief intervention showed **significantly more reductions in drug use behaviors** compared with the control group.
Winters KC, Leitten W. Brief intervention for drug-abusing adolescents in a school setting. Psychology of Addictive Behaviors. 2007;21(2):249–254. https://www.ncbi.nlm.nih.gov/pubmed/17563146	This study evaluated the use of brief interventions to reduce drug use among 14-17-year-olds identified in a school setting as having a substance use problem. Adolescents receiving brief intervention generally had **superior outcomes on their drug use behaviors** compared with the control group.