

Screening, Brief Intervention, and Referral to Treatment (SBIRT)

Overview

- A multi-state initiative funded by the Conrad N. Hilton Foundation
- Connecticut partners include CSSD, Willimantic Juvenile Probation, Willimantic CYFSC
- Technical assistance providers include the National Center for Mental Health and Juvenile Justice (NCMHJJ) and the Child Health and Development Institute of Connecticut (CHDI)
- Connecticut will be among a small group of states examining SBIRT's effectiveness in a JJ context

What is SBIRT?

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| S | Screening | Administer brief measures to identify substance use, trauma, mental health concerns among justice-involved youth |
| BI | Brief Intervention | Deliver a 1-2 session intervention to raise awareness, reduce harmful behaviors, increase motivation to engage in treatment |
| RT | Referral to Treatment | Refer youth with more intensive needs (and their families) to effective interventions that address their needs |

SBIRT is **not** a comprehensive treatment program--it's a structured, but flexible **process** that helps court personnel identify problems early and reduce risky behaviors.

Why SBIRT?

- Research demonstrates **high prevalence** of mental health disorders (70%), substance abuse disorders (40%), and trauma exposure (90%) among justice-involved youth
- These rates are **significantly higher than the general population**--closer to clinic populations
- Without systematic screening, these problems **may go undetected**
- Unaddressed concerns are known to **raise the risk of re-offense**
- Many justice-involved youth referred to treatment **do not engage** or sustain positive changes
- The SBIRT process helps **increase motivation, reduce risky behaviors, and improve outcomes**

For which youth will SBIRT be implemented?

- CT is piloting SBIRT for use with any youth facing charges through **non-judicial** processing. SBIRT can be used with other JJ populations as well.

How will SBIRT be implemented?

- JPOs and CYFSC staff will be trained to administer, score and interpret **Screening** measures
 - For mental health, trauma, and substance use
- JPOs and CYFSC staff will be trained to conduct a structured **Brief Intervention (BI)**
 1. **Start the Conversation:** Build rapport; identify strengths and interests; identify concerns
 2. **Review the Substance Use, Mental Health, and Trauma Screening Results:** Highlight areas of identified risk; reinforce good results (e.g., no substance use)
 3. **Provide Feedback and Share Concerns:** Provide information; elicit youths' view of the problems; discuss benefits of action and consequences of inaction; reinforce motivation
 4. **Set a Goal:** Use the "Readiness Ruler" to determine readiness for change; ask about future goals; elicit successful strategies used in the past; identify specific action steps; follow-up on whether actions were taken
- JPOs and CYFSC staff will be trained to make appropriate **Referrals to Treatment (RT)**
 - Work with youth and family to identify resources, assist with access to specialized treatment, select a provider, navigate barriers (e.g., transportation, insurance)