SCREENING, BRIEF, INTERVENTION, & REFERRAL TO TREATMENT: CREATING COLLABORATIVE SCHOOL RELATIONSHIPS

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NOTHING TO DISCLOSE
Implementing screening, brief intervention, and referral to treatment (SBIRT) at a school-based health center requires building collaborative relationships with the school community. Hear how to engage school and community personnel in championing school-based health care, identify ways to build trust with stakeholders, and present a case study on co-creating a collaborative school health SBIRT program.
Implementing screening, brief intervention, and referral to treatment (SBIRT) at a school-based health center requires building collaborative relationships with the school community. Hear how to engage school and community personnel in championing school-based health care, identify ways to build trust with stakeholders, and present a case study on co-creating a collaborative school health SBIRT program.
OBJECTIVES:

- Discuss ways to engage school and community personnel in championing school based health care
- Identify ways to build trust with stakeholders
- Present a case study on co-creating a collaborative school / health center program
A MOMENT ABOUT SBIRT

• SBIRT is a comprehensive, integrated, public health approach to the delivery of early intervention and treatment services for persons with substance use disorders, as well as those who are at risk of developing these disorders. Primary care centers, hospital emergency rooms, trauma centers, and other community settings provide opportunities for early intervention with at-risk substance users before more severe consequences occur.

• Screening quickly assesses the severity of substance use and identifies the appropriate level of treatment.

• Brief intervention focuses on increasing insight and awareness regarding substance use and motivation toward behavioral change.

• Referral to treatment provides those identified as needing more extensive treatment with access to specialty care.

https://www.samhsa.gov/sbirt/about
ASSUMPTIONS FOR THIS PRESENTATION:

• You have some level of understanding and competency in SBIRT (Screening, Brief Intervention Referral to Treatment)
• You believe in the SBHC model of care
• Working at the intersection of health care and education is full of opportunities and challenges
• Humans are complicated
SBHCs in MA have been using SBIRT (CRAFFT) since 2005/6 as a beta test for the researchers at Boston Children’s Hospital

In March, 2016, the Massachusetts Legislature enacted an Act relative to substance use, treatment, education and prevention (STEP Act) which outlines the requirements for public schools in the Commonwealth to engage in substance use screening and education.

www.masbirt.org
WHAT MAKES SBHCS SUCCESSFUL

- **Enduring partnerships with school and community stakeholders create fully engaged and accountable partners who provide the spark of leadership that catalyzes resources, patterns, and institutions.**

- **Sound business models require financial planning that rely on a diversity of stable and predictable funding sources, maximize patient revenue, and right-size the type of grants in supporting operations long-term.**

- **SBHCS operate first-of-their-kind, high-quality health care practices that meet the comprehensive needs of students and demonstrate the highest level of quality and patient satisfaction.**
STRONG PARTNERSHIPS
Enduring partnerships with school and community stakeholders create fully engaged and accountable partners who provide the spark of leadership that catalyzes resources, patrons, and institutions.
Why SBHCs?

I believe that youth deserve access to all the services they need in order to thrive. School based health centers create that access in a high quality, efficient, safe and youth focused way.

Take a moment to think of your WHY SBHCs and write it in the chat
START WITH THE WHY....

Why SBIRT?
I believe that the earlier we open conversations about substance use with youth the sooner we can help them access the education and support they need to avoid a life long struggle with substance use disorders.

Again, write your WHY SBIRT in the chat
COLLABORATE ON THE HOW:

• Communication, communication, communication
• Find the people with shared values
• Equity, Collaboration, Flexibility
• They may not be who you think they should be
• Convene a workgroup? Join an existing group? Offer some service or expertise? “How can I/we help you?”

Try not to solve problems for the school. Listen intently. Take notes. Follow up. This is not a quick process, it is a long term relationship.
“Trust is choosing to risk making something you value vulnerable to another person’s actions.”

~ Charles Feltman
The Four Dimensions of Trust

- **Sincerity**: Do you say what you mean and mean what you say? Can you be believed and taken seriously?
- **Competence**: Do you have the ability to do what you say or propose to do?
- **Reliability**: Do you meet the commitments you make?
- **Care**: Do you have the other person’s interests in mind when you make decisions and take actions?

From The Thin Book of Trust, Charles Feltman

Figure 2: The Four Dimensions of Trust (source: The Thin Book of Trust by Charles Feltman)
DEVELOP A TRUSTING RELATIONSHIP

B.R.A.V.I.N.G.
That’s Boundaries.
Reliability. Accountability.
The Vault. Integrity.
Non-judgment. And
Generosity. This is the
anatomy of trust.

– BRENÉ BROWN

TRUST IS BUILT
IN VERY SMALL
MOMENTS.

– BRENÉ BROWN
MOVE TO THE WHAT:

- Development and implementation of SBIRT screening in the school
- Collaboration on how students access the health center for screening and follow up appointments
- Conflict can come when values are not aligned

***focus again on the why***
CASE STUDY – DIVERSION TO SUSPENSION PROGRAM

- **May 2016** – Superintendent requests SUD BH provider in SBHC to lead a diversion program
- **September 2016** – LICSW hired, presented pilot program to replicate from another district.
- **Criteria** – students caught intoxicated or in possession of substances or paraphernalia will be “diverted” to program.
- **October 2016** – referral forms sent to Deans of Students with requirements for referral
- **2016-17 school year** under 5 referrals. Students given out of school suspension
CASE STUDY – DIVERSION TO SUSPENSION PROGRAM

• **2017-2018** Continued outreach to school administration about diversion, no referrals. BH referrals only

• **2018 – 2019** Stopped diversion program BH referrals only

• **Fall 2019** – Vaping crisis “Can you help us?”

  Within one month created and launched diversion program for vaping nicotine
CASE STUDY – DIVERSION TO SUSPENSION PROGRAM

- Between October 2019 – March 2020
- 34 referrals to diversion program
- 15 vaping THC
- 10 nicotine replacement therapy
Leadership is all about people. It is not about organizations. It is not about plans. It is not about strategies. It is all about people—motivating people to get the job done. You have to be people-centered.

— Colin Powell —