

What is Youth SBIRT?

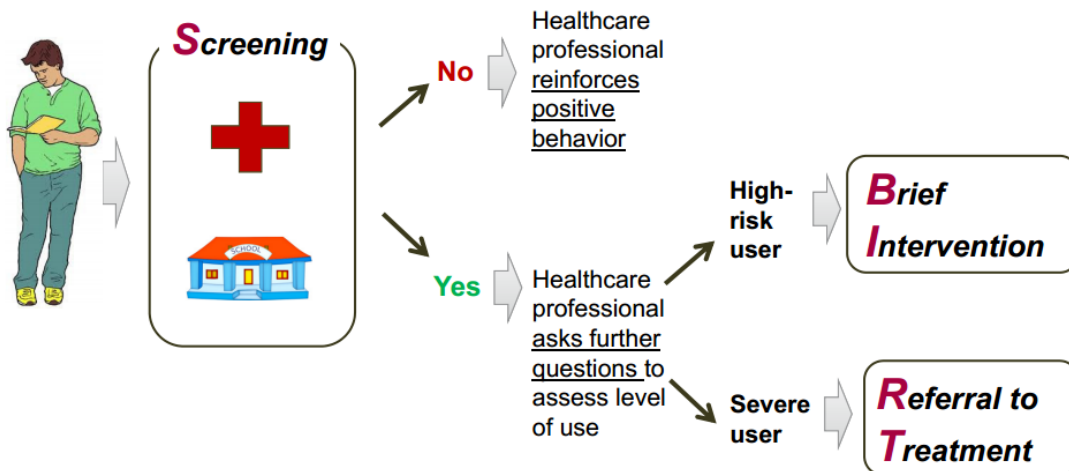
The Problem

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 3-5 minutes each
- 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^{4,5}

Referral to Treatment

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

References

- ¹ Greenblatt J.C. Patterns of alcohol use among adolescents and associations with emotional and behavioral problems. OAS Working Paper. Rockville, MD: Office of Applied Studies. Substance Abuse and Mental Health Services Administration. March 2000. <http://www.samhsa.gov/data/nhsda/teenalc/teenalc.pdf>
- ² Center for Disease Control and Prevention. Division of Vital Statistics. Deaths: Leading Causes for 2010. National Vital Statistics Reports. Volume 62, Number 6. December 20, 2013. http://www.cdc.gov/nchs/data/nvsr/nvsr62/nvsr62_06.pdf
- ³ Grant, BF & Dawson DA. Age at onset of alcohol use and its association with DSM-IV alcohol abuse and dependence: results from the national longitudinal alcohol epidemiologic survey. *Journal of Substance Abuse*. 1997; 9:103-110.
- ⁴ 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.
- ⁵ 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.