

Supporting Youth in Custody with Substance Use Concerns

A Resource for Child Welfare Professionals

If you are not worried about substance use...

Offer praise and affirm their choice to not use substances.

- *It's great you've decided not to use alcohol, tobacco, or other substances. This means you are at lower risk for a substance use disorder.*
- *I can tell you really care about your health.*
- *What else is important to you in your life? (e.g., school, sports, friends)...*
- *Respond with: Staying at lower risk will help decrease the likelihood of experiencing negative outcomes related to substance use.*

Share Crisis and Support Resources

SAMHSA National Help Line: Call 1-800-662-HELP (4357)

- <https://www.samhsa.gov/find-help/national-helpline>

988 Suicide & Crisis Lifeline: Dial 988

- <https://988lifeline.org/>

Crisis Text Line: Text HOME to 741741

- <https://www.crisistextline.org/>

Trevor Project: Text START to 678-678 or call 1-866-488-7386

- <https://www.thetrevorproject.org/>

If you are worried about substance use...

Express concern.

- *I care about your health and wellbeing, and I'm worried about you.*

Ask questions in a caring, non-judgmental way.

- *How did your visit with [CHECK clinical staff person] go?*
- *How is your plan going to [cut back or stop] your use of [substance]?*
- *Have you experienced challenges reaching your goal?*
- *How has [treatment, counseling, or other services] been going for you?*

Offer support and resources.

- *How can I support you? Who else in your life can?*
- *Before you leave today, I want to share some crisis resources. You can add these to your contacts list and contact at any time if you need additional support.*

Plan to follow up.

- *I'd love to check in soon to see how you're doing. How about next week?*

What is SBIRT?

Screening, Brief Intervention, and Referral to Treatment (SBIRT) is an evidence-based practice used to identify, reduce, and prevent use of alcohol, tobacco/vaping, and other substances.

When providing ongoing support and care management, consider:

- Age of the patient/age of first drink or substance use
- Medical history (physical and mental health)
- Safety concerns (history of driving or riding in a car with someone under the influence of alcohol/drugs)
- Significant drop in school performance

Additional SBIRT Resources for CHECK Foster Care Center can be found at:
<https://www.sbirteducation.com/CHECKfostercare>

