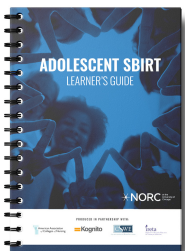


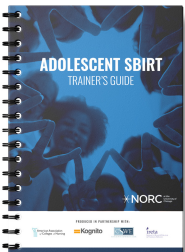
Adolescent SBIRT Curriculum

As key members of an adolescent’s healthcare team, practitioners in the fields of nursing, social work, medicine, and interprofessional care have an obligation to help prevent and reduce substance use and identify mental health risks. Asking about substance use and discussing its impact can prevent harmful effects to the adolescent’s developing brain and potential future. Asking about mental health and identifying risk early can prevent delay of receiving services and supports. Current and future generations of healthcare professionals need to learn the skills to have these essential conversations with youth. In response to this need, the Adolescent SBIRT Initiative by NORC at the University of Chicago, Kognito, and other partners developed the **Adolescent Screening, Brief Intervention and Referral to Treatment (SBIRT) Curriculum** comprised of the following resources to use in varying combinations for live instruction and self-paced learning:



Adolescent SBIRT Learner’s Guide

300+ page comprehensive manual for trainers, educators, practitioners, and students to learn to conduct SBIRT with adolescents and young adults; includes screening tools, pocket cards, practice exercises using SBIRT and Motivational Interviewing skills, and other key resources



Adolescent SBIRT Trainer’s Guide

Provides trainers and educators with minute-by-minute instructions for delivering training using the *Adolescent SBIRT Slide Deck* and *Adolescent SBIRT Learner’s Guide*



Adolescent SBIRT Slide Deck

600+ slides that mirror the *Adolescent SBIRT Learner’s Guide* and *Adolescent SBIRT Trainer’s Guide* with trainer notes and engaging activities



Using SBIRT to Talk to Adolescents About Substance Use On Demand Series

A four-part on demand webinar series that introduces current and future health professionals to the SBIRT model



SBI with Adolescents Online Simulation Training Programs

Produced in partnership with Kognito, *SBI with Adolescents* and *SBI with Adolescents: Comorbid Substance Use and Mental Health* are two state-of-the-art online simulation programs for current and future health professionals to practice using the SBIRT model



Content Overview

- **Module 1** provides an overview of the SBIRT model, why it is important for use with youth, and evidence that supports its efficacy and effectiveness. It also highlights the prevalence and impact of substance use and mental health concerns among youth.
- **Module 2** provides step-by-step guidance on how to administer, score, and interpret commonly used screening tools for substance use and anxiety, depression, and suicide risk.
- **Module 3** provides an overview of the Brief Negotiated Interview (BNI) model and step-by-step guidance for conducting a brief intervention using Motivational Interviewing skills.
- **Module 4** provides information on substance use treatment options best suited for youth, identifies unique challenges practitioners encounter when referring, reviews the process of referral using a warm hand-off, and emphasizes the importance of follow-up.
- **Module 5** provides an overview of key Motivational Interviewing skills used during brief intervention such as asking permission, using OARS (open-ended questions, affirmation, reflective listening, summarizing), assessing readiness to change, and eliciting change talk.

Curriculum Use

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| • Primary care | • Colleges and universities | • Faith-based settings |
| • Integrated behavioral health | • School-based health centers | • Military and veteran healthcare |
| • Federally qualified health centers | • Dental clinics | • Workplace programs |
| • Mental health counseling | • Pharmacies | • Hospital emergency, trauma, and inpatient psychiatric departments |
| • Addiction counseling | • Sexual health clinics | |
| • Criminal and juvenile justice | • Homeless shelters | |
| • Schools (K12) | • Peer and recovery support services | |



"I really enjoyed being able to learn the material in...different environments. Each step reinforced the previous and seemed to really maximize memory and content retention. I'll remember the SBIRT course for a long time."

- Advanced Practice Nursing Student, University of Michigan School of Nursing



"I can apply this learning to all aspects of my work when working with a client. Understanding the basics will help me grow as a social worker. I believe practicing this stimulation periodically would really help me know how to work with different groups."

- Senior Bachelor of Social Work Major, Tuskegee University

Learn more at sbirt.webs.com/curriculum