

SBIRT

SBIRT stands for Screening, Brief Intervention, and Referral to Treatment. Originally developed for delivery in busy health care settings, SBIRT offers an efficient, evidence-based, and comprehensive service to address selected behavioral health concerns among adolescents (e.g., alcohol/other drug involvement). Although originally designed as a universal prevention approach (Tier 1), SBIRT is readily adapted for delivery in middle and high school settings by existing student services staff as a selected (Tier 2) or indicated (Tier 3) intervention. SBIRT is well-established and evidence-based. SBIRT expands the capacity of student services to effectively and efficiently address a range of behavioral health concerns (e.g., alcohol/drug use, mental health) which, in turn, promotes school engagement and learning outcomes. SBIRT fits with a student-centered, strength-based philosophy. SBIRT is student friendly, culturally relevant, and highly engaging.

For more information: <http://www.wishschools.org/resources/schoolsbirt.cfm>