

# What is school-based SBIRT?

Screening, Brief Intervention, and Referral To services (SBIRT) is a program designed for students and their families to promote mental health and prevent substance use for middle school students.

## Screening

Students take the Check Yourself screening, an interactive, friendly survey that provides instant personalized feedback about health behaviors. The secure, web-based survey can be done on any device.

## Brief Intervention

If screening shows a need, short conversations with a counselor follow that focus on the student's strengths & abilities.

## Referral To services

If a student needs additional support, counselors refer students to unique services based on their need.



This program is supported with funding from King County's Best Starts for Kids and Mental Illness and Drug Dependency (MIDD) levies in partnership with the Conrad N. Hilton Foundation and Reclaiming Futures.



[kingcounty.gov/beststarts](http://kingcounty.gov/beststarts)

**TAHOMA**  
Future Ready Students

**School-Based Mental  
Health & Substance  
Use Screening &  
Support**



## How does screening work in Tahoma?

Screening is done with the Check Yourself tool developed by Seattle Children's Hospital. The screen asks students questions about their health and safety, as well as their ability to cope with stress and their goals. Based on the screening results students will receive at least one Brief Intervention of several elements based on motivational interviewing principles.

Students at elevated levels or risk may be Referred To providers or community resources for additional supports.



## How will student information be kept private?

The screening tool is a HIPPA compliant, interactive, web-based survey that collects individual student data and provides them with instant research based feedback, and is personalized based on the student's responses. It is secured through the screening tool dashboard.

## How will parents be informed about screening?

Parents and students will be notified that they have been selected to participate in the process, and a letter will be sent home to the family. Parents will be notified if the screener indicates a level of risk and if the brief intervention steps will begin. Parents may be asked to attend one of the brief intervention meetings.

## Tahoma SBIRT at Middle Level

The SBIRT screening and intervention process supports mental health and wellness for our middle level students. We know how critical early intervention is for students struggling with stress, anxiety, and depression. We want to support students to learn effective healthy ways of dealing with the stress of teenage life. This year we will be working with all 8th graders through their Stretch classes. This will be an ongoing process throughout the year and parents will be notified prior to their students Stretch class taking the screener.

For more Information visit our website at [www.tahomasd.us](http://www.tahomasd.us)

### Building Contacts

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### Expected Benefits

- Increase in positive strategies used to reduce stress, anxiety, and depression
- Increased connections to school
- Increased attendance
- Decreased drop-out rates
- Delayed onset of substance use
- Decreased symptoms of anxiety, depression, self-harm/ suicidality