

4th Annual Growing School Mental Health Summit
Implementing SBIRT in Schools: Lessons Learned and Hopes for the Future
 June 2019

I. Background

- The umbrella of behavioral health. Why is it important for schools to address these student issues?
- SBIRT is...

II. What is SBIRT? Here is the model:

Delivering SBIRT

Processes

PLANNING
 Develop specific goal and plan for change; build confidence.

EVOKING
 Explore motivation for change.
 Recognize and cultivate Change Talk.

FOCUSING
 Collaboratively identify the target behavior.

ENGAGING
 The relational foundation. Establish a productive and caring working relationship with the student.

Components

Brief Intervention

Screening

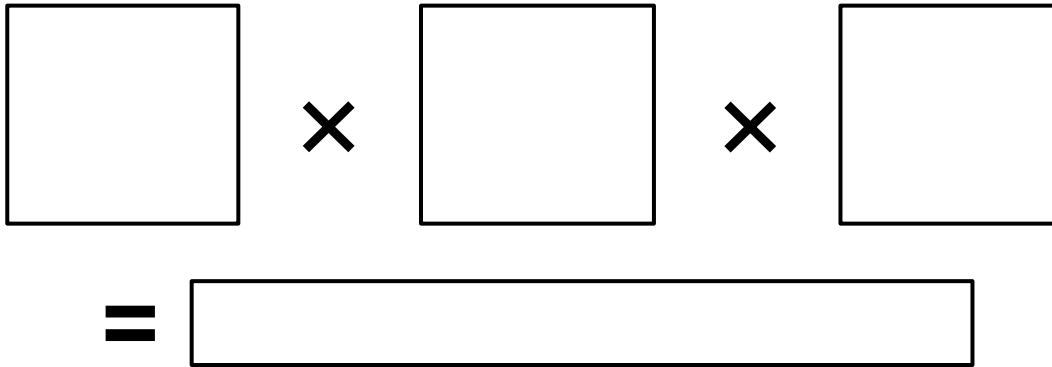
Guiding Style of Communication

| CORE SKILLS | OARS SKILLS | TOOLS |
|-------------------------|----------------------|-----------------------|
| Asking | Open-ended Questions | Protocol |
| Listening (Reflections) | Affirmations | GAIN-SS |
| Informing (E-P-E) | Reflections | TLFB Calendar |
| | Summaries | Importance Ruler |
| | | Pros & Cons Worksheet |
| | | Change Plan |
| | | Confidence Ruler |

Wisconsin Safe and Healthy Schools Center

III. Implementing SBIRT

Formula for success:



Challenges

- Fidelity
- Integration
- Building-level supports

Lessons Learned

IV. Hopes for the Future

V. Your possible next steps...

- 1.
- 2.
- 3.
- 4.