

# Medway Public Schools

## SBIRT Information & Resource Guide

SBIRT in Schools (From: <http://www.masbirt.org/schools>)



### SBIRT

Screening, Brief Intervention, and Referral to Treatment (SBIRT) focuses on prevention, early detection, risk assessment, brief counseling and referral for assessment that can be utilized in the school setting. Use of a validated screening tool will enable school health teams to detect risk for substance use related problems and brief intervention strategies will help to address these concerns at an early stage in adolescents.

### Legislation Mandating SBIRT in Schools

In March, 2016, the Massachusetts Legislature enacted an Act relative to substance use, treatment, education and prevention (STEP Act) which outlines the requirements for public schools in the Commonwealth to engage in substance use screening and education. Legislation can be found at <https://malegislature.gov/Laws/SessionLaws/Acts/2016/Chapter52> (see Sections 15, 63, 64, 66).

### **Addiction is a Developmental Pediatric Disease**

<http://www.masbirt.org/sites/www.masbirt.org/files/School%20SBIRT/Helpful%20Resources/9Addiction%20is%20a%20Dev%20Pediatric%20Disease.pdf>

## **Treatment Resources**

### Massachusetts Department of Public Health Youth and Young Adult Services

#### **Massachusetts Substance Use Helpline 800 327-5050**

<http://helplinema.org>

The Massachusetts Helpline will continue to work with families and other key stakeholders to devise the most appropriate course of action for adolescents and young adults ages 13-24 in need of treatment for their use of substances. Options include:

1. Placement in a stabilization program
2. Placement directly at residential programs without a prior stay at stabilization level of care
3. Referrals to statewide outpatient, community-based Adolescent Community Reinforcement Approach (A-CRA) services

[DPH Youth and Young Adult Referral Process Update 8-2-17](#)

[DPH Youth and Young Adult Treatment Contact Information for Referrals 8-2-17](#)

## **Referral Resources**

### **Massachusetts Substance Abuse Information and Education Helpline**

**(800) 327-5050**

<http://helplinema.org/>

The Massachusetts Substance Abuse Information and Education Helpline provides free and confidential information and referrals for alcohol and other drug abuse problems and related concerns. Services are available: Monday-Friday 8am-11pm; Saturday-Sunday 9am-5pm. Language interpreters are always available.

### **Boston Public Health Commission PAATHS**

**(617) 534-5108 (program coordinator) or (855) 494-4057 (to make a referral)**

Boston Public Health Commission's Providing Access to Addictions Treatment and Hope (PAATHS) is a one-stop shop for people looking for information about or access to substance abuse treatment services. Services are for individuals and families from the Boston area with any type of insurance. Hours are Monday-Friday 7am-3pm.

### **Institute for Health and Recovery Outpatient Services**

**(617) 661-3991 or [outpatient@healthrecovery.org](mailto:outpatient@healthrecovery.org)**

The Institute for Health and Recovery is currently accepting outpatient referrals for men, women and youth ages 12 and up at our Boston, Cambridge and Lowell offices. IHR has been dedicated to fostering a family centered, trauma-informed strengths-based approach to treatment, based on nurturing relationships between clients and clinicians.

IHR is a CARF-accredited, licensed mental health and substance abuse clinic offering the following services:

- Individual outpatient treatment for adults, youth and families struggling with substance use, trauma and/or mental health issues
- Walk-in services, no appointment necessary, 9am-5pm, Monday-Friday (Cambridge office only)
- Recovery and wellness groups, especially for young and adult women

IHR provides treatment in client homes and other community locations and at their Boston, Cambridge or Lowell offices. These offices serve greater Boston and all of northeast Massachusetts.

### **Massachusetts Department of Public Health Bureau of Substance Abuse Services**

The Bureau of Substance Abuse Services (BSAS) oversees the substance abuse and gambling prevention and treatment services in the Commonwealth. Responsibilities include: licensing programs and counselors; funding and monitoring prevention and treatment services; providing access to treatment for the indigent and uninsured; developing and implementing policies and programs; and tracking substance abuse trends in the state.

### **Massachusetts Department of Public Health Youth and Young Adult Services**

Central Intake and Care Coordination (CICC)

**(617) 661-3991 or 866-705-2807 (toll free) TTY:**

**(617) 661-9051**

The directive of the office is to provide effective, accessible, and affordable substance abuse treatment for youth and their families. For free and confidential help with finding the right youth or young adult service or program.

## **Alcohol Substance Abuse Program (ASAP) at Children's Hospital Boston**

**(617) 355-2727**

The Adolescent Substance Abuse Program (ASAP) at Boston Children's Hospital is part of the Division of Developmental Medicine, and is staffed by developmental-behavioral trained pediatricians, licensed independent social workers and psychiatrists. ASAP clinicians are uniquely qualified to evaluate and support adolescents with a full range of substance use problems and disorders – from teens who have just begun using substances to those struggling with addiction.

## **SAMHSA Substance Abuse Treatment Services Locator**

**(800) 662-HELP (4357)**

Provides information on substance abuse resources, including medication-assisted treatment, and mental health resources by state.

## **Material Resources**

### **From NIDA:**

- Interactive & Educational Videos
  - o <http://teens.drugabuse.gov/interactives-and-videos/videos>
  - o <https://easyread.drugabuse.gov/>
- Drug Facts for Teens; how they affect the brain & body
  - o <http://teens.drugabuse.gov/drug-facts>

### **From PEERx:**

- Teen Prescription Drug Abuse Prevention information
  - o <http://teens.drugabuse.gov/peerx>

### **From Scholastic:**

- Drugs and Your Body (for students)
  - o <http://headsup.scholastic.com/>

### **From NIAAA:**

- Underage Drinking Brochures and Fact Sheets
  - o <http://pubs.niaaa.nih.gov/publications/UnderageDrinking/UnderageFact.htm>

### **From SAMHSA:**

- Too Smart To Start; for youth, teens, families, educators, community leaders, professionals, and volunteers
  - o <http://www.samhsa.gov/too-smart-to-start>
- Helping Students Avoid Prescription Drug Abuse – free brochure
  - o <http://store.samhsa.gov/product/Helping-Students-Avoid-Prescription-Drug-Abuse/SMA09-4446>
- Surgeon General's Call to Action to Prevent and Reduce Underage Drinking free manual
  - o <http://store.samhsa.gov/product/Surgeon-General-s-Call-to-Action-to-Prevent-and-Reduce-Underage-Drinking/SGCTA-07>
- Interactive and Educational website for young adults
  - o <http://abovetheinfluence.com/>
- “Talk. They Hear You.” Underage Drinking Campaign for parents and caregivers

- <http://www.samhsa.gov/underage-drinking>

**From Massachusetts Health Promotion Clearinghouse:**

- Understanding Substance Abuse Services: A Quick Guide for Young People & Caregivers brochure
  - <http://massclearinghouse.ehs.state.ma.us/BSASPRO/SA3531kit.html>

**From: National Center on Addiction and Substance Abuse:**

- What Parents should know about Vaping:
  - <https://www.centeronaddiction.org/e-cigarettes/about-e-cigarettes>

**From SpeakNow:**

- Marijuana Talk Kit
  - <https://drugfree.org/download/marijuana-talk-kit/>

**From Partnership for Drug-Free Kids:**

- Marijuana Talk Kit
  - <https://drugfree.org/>