Adolescent SBIRT Learner’s Guide

Sample Course Syllabus

## [Insert term and year]

## [Insert School Name]

## [Insert Course Name]

## [Insert Instructor Contact Information]

## Course Description & Overview

This course provides a comprehensive introduction to Screening, Brief Intervention, and Referral to Treatment (SBIRT) and key Motivational Interviewing (MI) strategies to prepare students to conduct SBIRT with adolescents and young adults ages 12-25. Case studies and role play exercises are utilized to reinforce learning and provide practice opportunities to apply new knowledge and skills.

## Assessment & Grading

***Student Course Performance*** will be assessed using traditional means of course performance assessments such as exams, quizzes, and homework assignments reflecting the curriculum content as well as faculty/instructor evaluation of the progress and performance within the guidelines of the course. Assessments will be designed to correspond to topics including but not limited to using screening tools to identify the full spectrum of substance use risk; conducting brief intervention using MI strategies based on the Brief Negotiated Interview (BNI) Model, using best practices in referral to treatment and follow-up including linking and communicating with specialty treatment service providers and working with providers in ongoing care coordination.

Areas of evaluation will include:

* ***Knowledge*:** Knowledge about the prevalence and impact of substance use among youth, validated substance use screening tools, elements of brief intervention, MI skills, and best practices in referral and follow-up.
* ***Attitudes:*** Attitudes and beliefs about working with youth who use substances.
* ***Confidence and Readiness:***Perceived confidence in their ability and readiness to screen using validated tools, conduct brief intervention using MI skills, and provide referral to youth in need of further evaluation or a higher level of care.
* ***Perceived Competence:***Perceived competence to conduct SBIRT.
* ***Skills/Proficiency in conducting Brief Intervention using Motivational Interviewing Skills:***Proficiency in delivering brief intervention using MI strategies will be measured through the use of Brief Intervention Observation Sheets (BIOS) to assess fidelity and quality during role play exercises. For those using the online interactive simulation training *SBI with Adolescents®* developed by NORC and Kognito, the program will report a competency assessment score indicating how well each student was able to apply critical skills in a simulated clinical encounter based on the BNI skills assessment traditionally used in standardized patient/client simulations and observed clinical encounters.

The course curriculum will culminate in students having real client experiences. Students will utilize and apply the knowledge and skills in their approach to service with patients/clients. Student use of validated screening instruments, delivery of brief intervention using MI skills, and providing referral will be assessed by the faculty/instructor during the standardized patient/client role play simulation and feedback sessions as well as by field instructors/preceptors during SBIRT clinical encounters. Students will receive feedback on their results and performance with the respective exercises.

## General Course Information

The five modules of this course will introduce you to SBIRT using MI with adolescents and young adults ages 12-25. You will learn about youth substance use and how to implement each component of SBIRT. Each module corresponds to a different module of the *Adolescent SBIRT Learner’s Guide* and has accompanying suggested readings. Some of these materials are available on the Adolescent SBIRT Initiative website (<http://sbirt.webs.com/curriculum>) and others are available through library resources. Sample dialogue, sample interactions, and role play exercises included in the course are an important part of the learning experience, which will help students transition into the role of practitioner. For those using online interactive simulation training developed by NORC and Kognito, students will practice SBIRT and MI skills in a simulated environment. The simulation program complements the education contained in the Learner’s Guide.

* McPherson, T., Cohen, H., Storie, M., Harris, B., Calabrese, G., Drymon, C., Avripas, S., DeBroux, C., & Sublett, F. (2023). *Adolescent Screening, Brief Intervention and Referral to Treatment (SBIRT) Learner’s Guide*. Bethesda, MD: NORC at the University of Chicago.
* Interactive Simulation: *SBI with Adolescents* and *SBI with Adolescents: Comorbid Substance Use and Mental Health* is developed by NORC at the University of Chicago and Kognito with support from the Conrad N. Hilton Foundation.

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| Module | Learning Objectives | Suggested Readings (in addition to Learner’s Guide Modules) |
| **Module 1:**What is SBIRT for Youth and Why Use it? | 1. Learn what SBIRT stands for and what each component means.
2. Understand why SBIRT is relevant and important for use with adolescents and young adults.
3. Recognize the prevalence of substance use among adolescents and young adults.
4. Understand the impact of substance use in the lives of adolescents and young adults.
 | * Hassan, A., Harris, S. K., & Knight, J. R. (2020). Primary care and pediatric settings: Screening, brief intervention, and referral to treatment (SBIRT). In Y. Kaminer & K. C. Winters (Eds.), *Clinical manual of youth addictive disorders,* (2nd ed., pp. 75-96). American Psychiatric Association Publishing.
* DiClemente, C. C. (2020). Screening, brief intervention, and referral to treatment: An efficacious public health approach to substance use prevention and treatment. In M. D. Cimini & J. L. Martin (Eds.), *Screening, brief intervention, and referral to treatment for substance use: A practitioner’s guide*. American Psychological Association.
* Babor, T. F., McRee, B. G., Kassebaum, P. A., Grimaldi, P. L., Ahmed, K., & Bray, J. (2007). Screening, brief intervention, and referral to treatment (SBIRT): Toward a public health approach to the management of substance abuse. *Substance abuse*, 28(3), 7-30.
* Babor, T. F., Del Boca, F., & Bray, J. W. (2017). Screening, brief intervention and referral to treatment: Implications of SAMHSA's SBIRT initiative for substance abuse policy and practice. *Addiction*, 112 Suppl 2, 110-117.
* Bray, J. W., Del Boca, F. K., McRee, B. G., Hayashi, S. W., & Babor, T. F. (2017). Screening, brief intervention and referral to treatment (SBIRT): Rationale, program overview and cross‐site evaluation. *Addiction (Abingdon, England), 112 Suppl 2,* 3-11.
* U.S. Preventive Services Task Force. (2018). *Unhealthy alcohol use in adolescents and adults: Screening and behavioral counseling interventions*.
* Committee on Substance Abuse, Levy, S. J., & Kokotailo, P. K. (2011). Substance use screening, brief intervention, and referral to treatment for pediatricians. *Pediatrics,128*(5), e1330-e1340.
* Substance Abuse and Mental Health Services Administration. (2011). *Screening, brief intervention, and referral to treatment (SBIRT) in behavioral healthcare.*
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| **Module 2:**Screening | 1. Learn how to administer and score validated substance use and mental health screening tools with adolescents and young adults.
2. Learn how to interpret the screening score to determine the level of risk.
 | * Winters, K.C., Stinchfield, R., & Botzet, A. M. (2020). Screening and assessing youth for substance use disorder. In Y. Kaminer & K. C. Winters (Eds.), *Clinical manual of youth addictive disorders*, (2nd ed., pp. 51-74). American Psychiatric Association Publishing.
* Kaminer, Y. & Winters, K. C. (Eds.) (2020). Appendix A: Resource materials on screening and assessment instruments. *Clinical manual of youth addictive disorders*, (2nd ed., pp. 567-568). American Psychiatric Association Publishing.
* Schaus, J. F. (2020). Approaches for screening for alcohol misuse in primary care. In M. D. Cimini & J. L. Martin (Eds.), *Screening, brief intervention, and referral to treatment for substance use: A practitioner’s guide.* American Psychological Association.
* Schmidt-Owens, M. (2020). Screening and intervention for tobacco use. In M. D. Cimini & J. L. Martin (Eds.), *Screening, brief intervention, and referral to treatment for substance use: A practitioner’s guide*. American Psychological Association.
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| **Module 3:**Brief Intervention | 1. Learn the steps of brief intervention based on the Brief Negotiated Interview Model.
* Engagement
* Pros and Cons
* Feedback
* Readiness Ruler
* Negotiate Action Plan
* Summarize and Thank
 | * Hassan, A., Harris, S. K., & Knight, J. R. (2020). Primary care and pediatric settings: Screening, brief intervention, and referral to treatment (SBIRT). In Y. Kaminer & K. C. Winters (Eds.), *Clinical manual of youth addictive disorders*, (2nd ed., pp. 75-96). American Psychiatric Association Publishing.
* Monti, P. M., Colby, S. M., & O'Leary, T. A. (Eds.). (2012). *Adolescents, alcohol, and substance abuse: Reaching teens through brief interventions.* Guilford Press.
* Myers, M. G., Brown, S. A., Tate, S., Abrantes, A., & Tomlinson, K. (2001). Toward brief interventions for adolescents with substance abuse prevention and comorbid psychiatric problems. In P. M. Monti, S. M. Colby, & T. A. O’Leary (Eds.), *Adolescents, alcohol, and substance abuse: Reaching teens through brief interventions* (pp. 144-163). Guilford Press.
* Tanner-Smith, E. E., & Lipsey, M. W. (2015) Brief alcohol interventions for adolescents and young adults: A systematic review and meta-analysis. *Journal of Substance Abuse Treatment*, *51*, 1-18.
 |
| **Module 4:**Referral to Treatment and Follow-up | 1. Learn which substance use disorder treatment options are best suited to address the needs of adolescents.
2. Understand unique challenges that a practitioner will encounter when referring adolescents to treatment, relating to confidentiality and push back.
3. Recognize what constitutes a warm hand-off when referring adolescents to treatment.
4. Understand the importance of follow-up and learn what to cover during these encounters.
 | * Fishman, M. (2020). Placement criteria and integrated treatment services for youth with substance use disorders. In Y. Kaminer & K. C. Winters (Eds.), *Clinical manual of youth addictive disorders*, (2nd ed., pp. 123-140). American Psychiatric Association Publishing.
* Kaminer, Y., Godley, M. D., Winters, K. C., & Bagot, K. S. (2020). Continuity of care for abstinence and harm reduction. In Y. Kaminer & K. C. Winters (Eds.), *Clinical manual of youth addictive disorders*, (2nd ed., pp. 255-276). American Psychiatric Association Publishing.
* National Institute on Drug Abuse. (2014). *Principles of adolescent substance use disorder treatment: A research-based guide.*
* Williams, R. J., Chang, S. Y., & Addiction Centre Adolescent Research Group. (2000). A comprehensive and comparative review of adolescent substance abuse treatment outcome. *Clinical Psychology: Science and Practice*, *7*(2), 138-166.
* Meyers, K., Cacciola, J., Ward, S., Kaynak, O., & Woodworth, A. (2014). *Paving the way to change: Advancing quality interventions for adolescents who use, abuse or are dependent upon alcohol and other drugs.* Treatment Research Institute.
* Winters, K. C., Tanner-Smith, E. E., Bresani, E., & Meyers, K. (2014). Current advances in the treatment of adolescent drug use. *Adolescent Health, Medicine and Therapeutics, 5*, 199-210.
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| **Module 5:**Motivational Interviewing Strategies | 1. Learn to use Motivational Interviewing strategies as part of conducting brief interventions:
* Assess readiness to change
* Ask open-ended questions
* Affirm
* Utilize reflective listening
* Summarize thoughts and feelings
* Elicit change talk
* Ask permission and give advice
* Generate options
* Manage pushback
 | * Hassan, A., Harris, S. K., & Knight, J. R. (2020). Primary care and pediatric settings: Screening, brief intervention, and referral to treatment (SBIRT). In Y. Kaminer & K. C. Winters (Eds.), *Clinical manual of youth addictive disorders*, (2nd ed., pp. 75-96). American Psychiatric Association Publishing.
* Spirito, A., Kaminer, Y., & McManama O’Brien, K. H. (2020). Brief motivational interventions, cognitive-behavioral therapy, and contingency management. In Y. Kaminer & K. C. Winters (Eds.), *Clinical manual of youth addictive disorders*, (2nd ed., pp. 277-300). American Psychiatric Association Publishing.
* Jensen, C. D., Cushing, C. C., Aylward, B. S., Craig, J. T., Sorell, D. M., & Steele, R. G. (2011). Effectiveness of motivational interviewing interventions for adolescent substance use behavior change: A meta-analytic review. *Journal of Consulting and Clinical Psychology, 79*(4), 433-440.
* Gold, M. A., & Kokotailo, P. K. (2007). Motivational interviewing strategies to facilitate adolescent behavior change. *Adolescent Health Update, 20*(1), 1-10.
* Naar-King, S., & Suarez, M. (2011). *Motivational interviewing with adolescents and young adults*. Guilford Press.
* Substance Abuse and Mental Health Services Administration. (2019). *Enhancing motivation for change in substance use disorder treatment. Treatment improvement protocol (TIP) 35.*
* Grenard, J. L., Ames, S. L., Pentz, M. A., & Sussman, S. (2006). Motivational interviewing with adolescents and young adults for drug-related problems. *International Journal of Adolescent Medicine and Health, 18*(1), 53-67.
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