

Elements of a comprehensive approach to students with unhealthy drinking

SBI(M)RT – What's all the fuss about?

SBI(M)RT

- Screening
- Brief intervention
- Monitoring
- Referral
- Monitoring
- Treatment
- Monitoring

The SBIRT Approach

- Perfect approach for population with dangerous high impact problem in aggregate, modest prevalence of low to medium severity cases where earlier intervention has high impact, lower prevalence of highest severity cases, but expectation of considerable **progression** and harm at all stages
- Don't ask don't tell (they'll grow out of it) does not work
- Education alone does not work

The SBIRT Approach

- Tension between customization and programmatic efficiency that is scalable
- Maximizing the number of students identified
- Matching by severity to most appropriate services
- Delivering low intensity but effective interventions to many
- Delivering higher intensity interventions to few
- Monitoring along the way to do continuous sorting and exert leverage

Screening

- Identifying those who need services
- Capturing more of them
- Identifying and capturing them **earlier**
- Using efficient techniques, scalable, within existing processes

(Assessment and) Brief Intervention

- Those who screen positive get more thorough assessment, establishing scope of problem and baseline
- Sorting them to appropriate services
- Most get sorted to a brief, low intensity intervention that is generally effective for lower severity students
- BI is efficient, scalable, easily implemented by training non-specialist staff

Monitoring (and Supervision)

- BI mostly effective but not always, not for everyone
- How do you know who responds, who doesn't?
- How do you know who follows directions, who doesn't?
- How do you know who needs more, who doesn't?
- What do you do about it?

Referral and Treatment (and more monitoring)

- Referral – packaging the fewer higher severity students and BI failures for specialist higher intensity intervention
- Treatment – delivering that intervention
- How do you know who follows through on referral?
- How do you know who responds to treatment?
- What are you going to do about it?
- This group needs a lot of supervision and leverage

Did I mention monitoring?

