

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 and abilities.

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



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School-Based Mental Health & Substance Use Screening & Support