



SBIRT scoop

RASAI REFLECTION

SBIRT in Action



In our last issue of the Scoop, we showcased the first of a 3-part brief intervention (BI) video series. Video 1 premiered on July 14th, featuring “Stacey,” a 17-year old who drinks alcohol but has yet to divulge her use to her clinician Nick. Watch the full video [here](#). Then, ask yourself some questions, such as “How did the clinician build rapport?” or “What would I do differently in this interaction?” [Tune in](#)



FOR YOUR CALENDARS

Upcoming September Webinar

Join us for the final webinar in a series of three brief intervention (BI) video viewings and discussions! Video 3 will premiere on **Monday, September 19 @ 3 PM ET** with “Lizzie”, a 19-year old who is using marijuana and pre-contemplative about change with her clinician Nick. Mark your calendars and keep your eyes open for registration information!



SAVVY

for our next BI demo series, taking place Thursday August 11, 2016 at 3:30 PM ET.

SBIRT ESSENTIALS

Understanding the Consequences of Alcohol

According to [SAMHSA](#), children begin thinking about alcohol as young as 9 years old, and many adolescents begin drinking by age 15. [Alcohol's Effects on the Brain \(AlcoholFX\)](#) is a free, science-based app for tablets that teaches students ages 10–12 how drinking alcohol can harm their brains. Based on lesson plans from SAMHSA's [Reach Out Now](#) initiative, the app can be a helpful tool as you consider how to implement prevention tools that are both engaging and relevant with young clients.

The Prevalence of Depression Among Adolescents

Figure 1. Major depressive episode in the past year among adolescents aged 12 to 17, by state: percentages, annual averages, 2013-2014



Source: SAMHSA, Center for Behavioral Health Statistics and Quality, National Survey on Drug Use and Health (NSDUH), 2013 and 2014.

A [report](#) released by SAMHSA breaks down estimates of major depressive episodes (MDE) and treatment for depression among adolescents from data gathered by the National Survey on Drug Use and Health (NSDUH). The combined data indicates that about 1 in 9 of adolescents that were surveyed had an MDE in the past year. As adolescents who suffer from depression can be at increased risk for

substance use, the findings presented in this report help to reinforce the importance of screening for substance use among this population.

Alcohol & the College-Bound Student

College is a time for new experiences and personal growth, and it's critical that parents help their children navigate the risks that may arise in their first year. A [guide](#) released by SAMHSA provides parents with information they need to talk with their college-bound young adults about alcohol use consequences.

Free Online Course on High Risk Opioid Use

The National Institute on Drug Abuse (NIDA) and the Institute for Research, Education and Training in Addictions (IRETA) created a new online course featuring informative graphics, videos and practice scenarios on opioids and the behavior pattern known as "doctor shopping." Continuing education credits are available. Learn more and [register here](#).



SPOTLIGHT

Brief Interventions with Hathaway-Sycamores

On April 18, the National Council RASAI Clinical Lead Pam Pietruszewski led a training with fellow RASAI site Hathaway-Sycamores focused on "Using Brief Interventions." During the training, more than 50 staff were able to practice and reinforce the use of brief interventions and receive training on diagnosing substance use disorders using the DSM-5. **Would**

Connecting Brain Development with Youth Substance Abuse

The Collaborative Research on Addiction at National Institute of Health's ABCD [study](#) is the largest long-term study of brain development and child health in the United States. Participants will be monitored from pre-adolescence to assess the many factors that can enhance or disrupt a young person's life trajectory and risk for substance abuse. The results will undoubtedly inform the efforts of behavioral health organizations who work with young adults.

INSIGHTS FROM THE FIELD

SBIRT Success Stories

Last week, the White House Office of National Drug Control Policy hosted an [online panel](#) on innovative strategies to link drug overdose survivors to effective treatment for their substance use disorders. Two of the speakers - Janice Pringle, PhD and Cheryl Andrews - discussed their efforts, including SBIRT implementation in a Pittsburgh Emergency Department, which helped to lower healthcare costs and reduce readmission rates. Their story is just one example of how employing SBIRT can create positive changes across the many facets of an organization.

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your site benefit from a complimentary on-site training? [Contact us to explore this possibility!](#)

*"Change your thoughts and you
change your world."*

—Norman Vincent Peale



Unleashing The Power Of Prevention

Anthony Biglan

About a year ago I wrote a piece in this space about the promise of the behavioral sciences for significantly improving human well-being. I cited the Institute of Medicine's report on prevention, which concluded, "The scientific foundation has been created for the nation to begin to create a society in

which young people arrive at adulthood with the skills, interests, assets, and health habits needed to live healthy, happy, and productive lives in caring relationships with others" (National Research Council and Institute of Medicine, 2009). If this claim doesn't seem credible, let me describe one example of how the science of prevention is beginning to realize its promise... Read more [here](#).

Anthony Biglan, Ph.D. is the author of The Nurture Effect: How the Science of Human Behavior Can Improve Our Lives and Our World. In it, he describes the tremendous progress that has been made in how we can create family, school, workplace, and community environments that nurture wellbeing. Dr. Biglan is a Senior Scientist at Oregon Research Institute and a former president of the Society for Prevention Research.

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