

Screening is the first step of the SBIRT process and determines the severity and risk level of the individual's substance use.

- Uses a reliable and valid brief questionnaire ([S2BI, CRAFFT](#)).
- Determines whether a brief intervention or referral to treatment is a necessary next step.

A **Brief Intervention** is a short, structured “conversation” with individuals that is intended to either prevent, stop, or reduce substance use disorder. An interpersonal interaction whose primary impact is motivational, working to trigger a decision and commitment to change.

- Weighs pros and cons of behavior in light of goals and values.
- Offers feedback and information on the risks associated with use.
- Assesses readiness for change.
- Supports change by helping adolescents develop action plans.

Referral to Treatment facilitates access to specialty care for individuals showing more significant or severe signs of substance use involvement.

- Requires relationships with local substance use treatment services to provide an immediate link with appropriate levels of care and acceptable options.
- Incorporates a warm hand-off process to increase success rate (before the individual changes their mind!).
- Includes exchanges of information between the referral source and the behavioral health provider in order to allow for ongoing follow-up and monitoring of the individual.