

# SCREENING, BRIEF INTERVENTION AND REFERRAL TO TREATMENT (SBIRT) THROUGH THE SSTRY PROGRAM

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## Program Overview

Screening, Brief Intervention, and Referral to Treatment (SBIRT) supports identification of substance use problems, provides brief advice or interventions using motivational interviewing, and offers referrals to treatment. It is delivered in community settings such as schools, provider agencies, DCF offices, or other appropriate location where confidentiality can be maintained.

SBIRT conducts three types of screenings for substance use: 1) breathalyzer; 2) urine toxicology; and 3) a validated screening tool. Youth/young adults who screen positive are provided a brief intervention to build commitment to change their use through motivational interviewing. Youth/young adults who could benefit from treatment are referred to a licensed substance use provider as indicated. Following the appointment, the youth/young adult and DCF (when applicable) will receive a report on SBIRT findings and action steps taken by SBIRT staff.

## Target Population

SBIRT is available to adolescents and young adults ages 12 through 24 inclusive who have at least one indicator of substance use and it is not clear if an evaluation for treatment is needed.

## Length of Service

An SBIRT appointment takes about 30 minutes to complete. SBIRTs will be conducted within three (3) business days of the Contractor receiving the referral. The days and hours of availability by SBIRT staff will be agreed upon by the Contractor and the youth/young adult.

## Program Coverage and Providers

SBIRTs are available to families statewide through geographically dispersed teams by three different agencies. Each team covers a larger region of surrounding towns. Choose the team closest to your location.

Geographic Region	Agency Contact
<b>Bridgeport, Norwalk, Waterbury</b>	Child and Family Guidance Center Contact: 203-394-6529 x3557
<b>Hamden, Meriden, Middletown, Norwich</b>	Children's Center of Hamden Contact: 203-248-2116 x277
<b>Hartford, Manchester, Enfield, New Britain, Willimantic</b>	Community Health Resources Contact: 877-884-3571

## Referrals

If you are from an agency and want to make a referral on behalf of a family, complete the referral form.

## Program Contact

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