

# SBIRT Training Descriptions

## CT Department of Children and Families

### 1. GAIN-Short Screener (GAIN-SS) Skills Workshop

Trainer: Melissa Sienna

**Description:** This workshop prepares participants to administer, score and interpret the GAIN Short Screener (GAIN-SS) tool. It consists of two parts:

- a pre-requisite [online course](#), and
- a skills-building session.

The online course can be taken at the participant's convenience, but it must be completed before attending the skills workshop.

**Format:** Virtual, interactive, role-play practice exercises

**Training Objectives:** At the end of this workshop participants will be able to:

- Complete a screening tool
- Know how to score a completed screener
- Understand how to determine the severity level of a completed screening tool

### 2. SBIRT Foundational Training: Adults & Adolescents

Trainer: Manu Looney, PhD

**Description:** Sessions provide an opportunity to provide the foundational knowledge needed to build the skills to conduct SBIRT services. A separate comprehensive training is available on using the GAIN screening tool (see [DCF SBIRT website](#) for more information). This training will focus on how to conduct a brief intervention using Motivational Interviewing strategies to promote behavior change and understand when to refer clients to treatment for more intensive support.

**Format:** Virtual, Didactic, video demonstrations, role-play practice exercises

**Training Objectives:** At the end of this training participants will be able to:

- Understand the unique impact substance use has on the adolescent brain
- Define Screening, Brief Intervention, and Referral to Treatment (SBIRT)
- Identify motivational interviewing skills
- Explain the six steps of a Brief Negotiated Interview (BNI)
- Identify best practices for making a Referral to Treatment

### 3. Motivational Interviewing (MI) Refresher

Trainer: Manu Looney, PhD

**Description:** Sessions are offered **monthly** to support ongoing training on motivational interviewing techniques and offer participants an opportunity to refine and advance their Motivational Interviewing (MI) skills and techniques. A new MI topic will be covered each quarter. Each provider is required to attend at least 1 session each quarter.

Sessions will be both didactic and engage in case studies and role-playing exercises to apply MI concepts to real-life scenarios. These sessions can also serve as an opportunity to provide and receive constructive feedback from peers to enhance MI skills and approaches.

**Format:** Virtual, Didactic, practice activities

**Training Objectives:** Gain a deeper understanding of MI skills and techniques to enhance positive change in the clients they serve.