

# LYNN PUBLIC SCHOOLS

## SBIRT Screening



School \_\_\_\_\_

Date: \_\_\_\_\_

Dear Parents/Guardians,

We are writing to inform you about an annual state mandated program in our schools that will help your child make healthy choices. The Screening, Brief Intervention and Referral to Treatment (SBIRT) program focuses on screening for the use of alcohol, marijuana and other substances. Our goal is to let the students know that we are available to reinforce healthy decisions and to assist them in obtaining support if needed for substance use.

This year, we will screen grade 07 and grade 09 students. All screenings will be conducted by either a guidance counselor, school nurse, social worker or health teacher confidentially in private one-to-one sessions. We will utilize the CRAFFT+N screening tool which is enclosed for your review.

Students who are not using substances will have their healthy choices reinforced by the screener. The screener will provide brief feedback to any student who reports using substances, or who is at risk for future substance use. If needed, we will refer students to our guidance staff or social worker for further evaluation. This program focuses on harm prevention and does not generate disciplinary action. Results of the screening will not be included in your student's school record. Every student will be given educational materials on substance use that includes resource information.

As with any school screening, you have the right to opt your child out of this screening. Please send your request to opt out in writing to \_\_\_\_\_ or call for questions at \_\_\_\_\_. Additionally, screening is voluntary and students may choose not to answer any or all of the screening questions.

Screening will be conducted \_\_\_\_\_.

We encourage all parents/guardians to talk with their child about substance use. Information is available in our health office, guidance office, the Lynn Public Schools website and on the back of this form. Together, schools and parents/guardians CAN make a difference for our youth.

Sincerely,

\_\_\_\_\_  
Principal

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### Helpful Links

#### **FOR PARENTS/GUARDIANS**

- ❖ Screening, Brief Intervention and Referral to Treatment (SBIRT) Information:  
<http://www.masbirt.org/sbirt-information/school-sbirt>
- ❖ Talking to Your Middle School-Aged Child about Alcohol Tobacco and Other Drugs  
10 Step Guide for Parents:  
<http://files.hria.org/files/SA1020.pdf> (English)  
<http://files.hria.org/files/SA1025.pdf> (Spanish)
- ❖ 7 Ways to Protect Your Teen from Alcohol and Other Drugs:  
<http://files.hria.org/files/SA1011.pdf> (English)  
<http://files.hria.org/files/SA1013.pdf> (Spanish)
- ❖ Preventing Substance Abuse Starts at Home- Safeguarding Your Children:  
<http://files.hria.org/files/SA1037.pdf> (English)  
<http://files.hria.org/files/SA1039.pdf> (Spanish)
- ❖ Youth & Young Adult Substance Abuse Services Directory:  
<http://files.hria.org/files/SA3533.pdf> (English)  
<http://files.hria.org/files/SA3555.pdf> (Spanish)

#### **FOR YOUTH**

- ❖ Choose to Keep Your Freedom:  
<http://files.hria.org/files/SA1006.pdf> (English)  
<http://files.hria.org/files/SA1007.pdf> (Spanish)
- ❖ Even If You Know About Drinking or Drugs:  
<http://files.hria.org/files/SA1094.pdf> (English)

➤ Please notify the school if you need any of the above information translated into any other language.