

Grade 10 Parents/Guardians

August 2017

The Screening, Brief Intervention and Referral to Treatment (SBIRT) screening process will be incorporated into our annual state mandated screenings each school year. This year we will screen 10th grade students. These confidential screenings will be conducted by your child's school nurse/guidance counselor in private one-on-one sessions. We will be utilizing the most commonly used substance use screening tool (CRAFFT) used with adolescents in Massachusetts.

The CRAFFT is a behavioral health screening tool for use with children under the age of 21 and is recommended by the American Academy of Pediatrics' Committee on Substance Abuse for use with adolescents. It consists of a series of six questions developed to screen adolescents for high-risk alcohol and other drug use disorders simultaneously. It is a short, effective screening tool meant to assess whether a longer conversation about the context of use, frequency, and other risks and consequences of alcohol and other drug use is warranted. Students who are not using substances will have their healthy choices reinforced. The screener will provide brief feedback to any student who reports using a substance, or who is at risk for future substance use. If needed, we will refer students to our counseling staff for further evaluation. This program focuses on harm prevention and does not generate disciplinary action – with results of the screening not included in your student's school file or school health record. After the screening, all students will be provided helpful information regarding substance prevention.

We encourage you to talk with your child about substance use/abuse. For helpful resources on how to begin these conversations, please visit the links listed on the reverse of this letter, or go to the district Health Services website under SBIRT. If you have questions, please contact the nurse's office at 508-398-7642. We believe that together, schools and families can make a positive impact in the lives of our youth in Dennis and Yarmouth.

Parent Resources:

National Institute on Drug Abuse (NIDA)-Information for Teens: <http://teens.drugabuse.gov/>

Teen Safe: <http://teen-safe.org/>

"7 Ways to Protect Your Teen from Alcohol and Other Drugs": <http://files.hria.org/files/SA1011.pdf>

Underage Drinking Prevention Parent Resources from SAMHSA
<http://www.samhsa.gov/underage-drinking/parent-resources>

Marijuana Talk Kit <http://www.drugfree.org/MJTalkKit/>

MA Substance Abuse Information and Education Hotline: 800-327-5050 or www.helpline-online.com

