

Community Health Centers of Oklahoma
SBIRT OPT Out Letter

Dear Parent or Guardians,

Oklahoma City Public Schools in collaboration with **Community Health Centers of Oklahoma** is excited to offer SBIRT services to all students in grades 6-12. There is no charge for these services as this service is funded through the Substance Abuse and Mental Health Services Administration. SBIRT is designed to identify people who are using substances in a risky way or are at risk of depression. Education is then provided to help lessen the risk of substance use problems and depression in the future. Most risky behavior related to drugs, alcohol, and depression, begin at young ages. Early detection can lessen the risks over a lifetime. Schools across the country have implemented SBIRT services to assist in combating the opioid epidemic. SBIRT is well established and research based. Teenagers rate these services with high levels of satisfaction.

What is SBIRT?

SBIRT stands for Screening, Brief Intervention, and Referral to Treatment. Your child will be screened, like a hearing or vision screening, for depression and drug and alcohol issues. SBIRT offers some simple, useful tools to address possible concerns for your child.

What is Brief Intervention?

Brief intervention focuses on increasing insight and awareness regarding substance use and depression and motivation toward changing risky behavior. For those who are at higher risk up to 5 sessions (15 minutes each) has shown to be a useful tool in decreasing drug, alcohol, and depression problems.

What is Referral to Treatment?

Referral to Treatment (RT) is for students who continue to show serious concerns and who do not respond to the Brief Intervention. The referral can be for further school-based services or recommendation for mental health or substance abuse assessment. It is the parent or guardian's choice if they decide to follow up.

How are parents involved in School SBIRT?

Parent must give consent for student participation in SBIRT. Parents will be notified of the results of screening if a concern is detected. If the student's risk level persists and staff suggest further services, parent will be involved in the next steps.

Who will be meeting with my student?

A licensed behavioral health consultant will meet with students identified with moderate or high risk for substance use or depression to discuss their score and provide brief intervention. These confidential meetings will be held either in person or via telehealth.

Will the school know the results of the screens?

No. The school will be given the results of all screens combined at the end of the year for funding purposes. No individual information will be given unless the guardian gives written permission.

We would like all students to take part in the SBIRT screening; however, it is voluntary. No student is required to participate. Should you decide to opt your child out of participating in the screening, please inform us in writing by returning the form to **Jennifer White** no later than **September 22nd, 2021**.

Only fill out this form if you do *not* want your child to participate.

I wish to opt my child, _____,

(child's name)

out of participating in the *SBIRT* Screening.

Signature of Parent or Guardian: _____