## **Supporting Youth in Custody with Substance Use Concerns**

A Resource for Child Welfare Professionals

# If you are <u>not worried</u> about substance use... Offer praise and affirm their choice to not use substances.

- It's great you've decided not to use alcohol, tobacco, or other substances. This means you are at lower risk for a substance use disorder.
- I can tell you really care about your health.
- What else is important to you in your life? (e.g., school, sports, friends)...
- Respond with: Staying at lower risk will help decrease the likelihood of experiencing negative outcomes related to substance use.

#### **Share Crisis and Support Resources**

SAMHSA National Help Line: Call 1-800-662-HELP (4357)

https://www.samhsa.gov/find-help/national-helpline

988 Suicide & Crisis Lifeline: Dial 988

https://988lifeline.org/

Crisis Text Line: Text HOME to 741741

https://www.crisistextline.org/

**Trevor Project:** Text START to 678-678 or call 1-866-488-7386

https://www.thetrevorproject.org/

#### If you are worried about substance use...

#### Express concern.

• I care about your health and wellbeing, and I'm worried about you.

#### Ask questions in a caring, non-judgmental way.

- How did your visit with [CHECK clinical staff person] go?
- How is your plan going to [cut back or stop] your use of [substance]?
- Have you experienced challenges reaching your goal?
- How has [treatment, counseling, or other services] been going for you?

#### Offer support and resources.

- How can I support you? Who else in your life can?
- Before you leave today, I want to share some crisis resources. You can add these to your contacts list and contact at any time if you need additional support.

#### Plan to follow up.

• I'd love to check in soon to see how you're doing. How about next week?

### What is SBIRT?

Screening, Brief
Intervention, and Referral
to Treatment (SBIRT) is
an evidence-based
practice used to identify,
reduce, and prevent use
of alcohol, tobacco/vaping,
and other substances.



**Screening for substance use** is conducted by CHECK clinical staff.



## Positive reinforcement

is provided by CHECK clinical staff to youth who screen negative.

#### **Brief Intervention**

is provided by CHECK clinical staff to youth who screen positive at low to medium risk.\*

#### **Brief Intervention**

is provided by CHECK clinical staff to youth who screen positive at high risk.\*



CHECK clinical team notifies FAIR/ child welfare professional (CWP) via email. CWP must consent to youth receiving treatment services in order for FAIR to proceed.



FAIR provides a substance use and mental health evaluation then determines next steps for **referring** youth to treatment services.



Ongoing support is provided by CHECK Foster Care Center and CWPs.



\*Clinical staff ask all youth if they consent to having their substance use change plan shared with a trusted adult in their life (e.g., caseworker, foster parent, etc.). If they consent, it is shared.

#### When providing ongoing support and care management, consider:

- Age of the patient/age of first drink or substance use
- Medical history (physical and mental health)
- Safety concerns (history of driving or riding in a car with someone under the influence of alcohol/drugs)
- Significant drop in school performance

Additional SBIRT Resources for CHECK Foster Care Center can be found at: <a href="https://www.sbirteducation.com/CHECKfostercare">https://www.sbirteducation.com/CHECKfostercare</a>