



# Screening, Brief Interventions and Referral to Treatment (SBIRT)



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## Materials for youth and their families

### **Even If You Know about Drinking and Drugs**

Audience: Youth

*This booklet discusses the effects of drinking and drug use can have on growing and developing brains. It discusses legal consequences, long term effects, addiction, as well as ways to avoid alcohol and drugs. Resources.*

### **7 Ways to Protect Your Teen**

Audience: Parents of youth in middle school

*This booklet helps parents explore ways to prevent teen drinking and other drug use. It weaves together parenting tips that science has found effective with stories and observations from professionals, students and parents. Resources.*

### **Preventing Substance Abuse Starts at Home**

Audience: Parents of elementary through high school-aged children

*This brochure demonstrates how to help prevent students from using substances commonly found in the home.*

### **Talking To Your Middle School-Aged Child about Alcohol Tobacco and Other Drugs**

Audience: Parents and guardians of middle school-aged children

*This brochure is intended to help parents protect their pre-teen children from alcohol, tobacco, and other substance use. Topics include: how to start the conversation, how to set family rules around no use of substances, facts about alcohol, tobacco, and other drugs, and warning signs to watch for.*

### **Tips for Protecting Your Kids from Addiction**

Audience: Parents

*This helpful brochure provides information and tips every parent needs to know about powerful prescription painkillers called opioids, along with resource information.*

### **Alcohol and Other Drugs: Is Your Teen Using**

Audience: Parents of at-risk high school-aged teens

*This booklet helps parents take action if they think their teen maybe using inhalants, alcohol or other drugs. It guides them through necessary steps for getting help and lists local resources for teens and their families*

### **Know the Signs Of An Overdose – CURRENTLY OUT OF STOCK**

Audience: General audience

*Wallet card provides information on opioid overdose prevention and treatment. It describes the signs and symptoms of opioid overdose rescue breathing techniques and other emergency procedures. On-line resources are also included.*

### **Protecting Others and Protecting Treatment**

Audience: General audience

*This booklet provides information on the safe storage of buprenorphine (suboxone subutex). It describes the importance of keeping this medication out of reach of children and provides information on emergency responses to unintentional ingestions.*

### **Alcohol Can Harm the Way Your Baby Learns and Behaves**

Audience: Women who are pregnant

*Concise, easy-to-read rack card explains that women who are pregnant should not drink any alcohol and highlights behavioral problems that alcohol use during pregnancy can cause.*

### **Understanding Substance Abuse Services**

Audience: Young people and caregivers

*This pamphlet provides helpful information about treatment and support services in Massachusetts and briefly describes the levels of care for young people needing help with an alcohol or drug problem.*

### **Youth & Young Adult Substance Abuse Services Directory**

Audience: General audience

*This directory provides information on questions to ask when looking for the appropriate treatment for youth and young adults, lists licensed substance use disorder providers that provide services for youth and young adults at various levels of care, information on family intervention programs and resources, and more.*

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These and other free materials are available through the  
Massachusetts Health Promotion Clearinghouse  
<http://massclearinghouse.ehs.state.ma.us/>