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Chicopee and Springfield School Collaboration with UMass Amherst (UMA): Alcohol and Opioid Screening, Brief Intervention and Referral to Treatment

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Problem

- 67.5% of high school students have consumed alcohol
- 40.1% indicate one drink in the last 30 days
- 22.2% having five or more drinks in the last 30 days
- Use typically begins during early adolescence and the first alcohol exposure peaking during grades 7 to 9

Innovation

- The UMA nursing undergraduate training program, *SBIRT: The Power of Nursing to Change Health* will train 150 undergraduate nursing students/year
- It builds on a SAMHSA curriculum that is integrated into existing psychiatric/mental health, pediatric-young adult and community nursing courses
- The curriculum incorporate alcohol and substance abuse disorders
- Both Community and Student Advisory Boards have been formed

Methods

Screening, Brief Intervention and Referral to Treatment (SBIRT)

Student nurses apply these new skills in their community and medical/surgical rotations in partnership with the Chicopee and Springfield Public Schools



Outcomes

- The UMA SBIRT Team completed the first training session October 2016 incorporating EBP into training and evaluation
- We have networked with state and regional SAMHSA officials MA School Nurses and the MA Office of Elder Affairs
- Community collaboration is critical to the success of the *Power of Nursing to Change Health*

How many times in the past year have you had x or more drinks in one day?
Men x = 5 · Women x = 4 · Positive = 1 or more times

Tips for Giving Feedback

HEALTH | LEGAL | PREGNANCY
WORK | ALCOHOL | INJURY
SLEEP | FAMILY | FINANCES

A Standard Drink
Any Drink Containing About 14 Grams Of Alcohol
*NIAAA (www.PotentialDrinking.NIAAA.NH.gov)

12 fl oz beer = 5 fl oz table wine = 1.5 fl oz liquor (vodka, tequila, etc.)

5% alcohol | 12% alcohol | 40% alcohol

Craft beers often contain a higher % alcohol. See Lower Risk Drink Limits chart to know your limit.

Lower Risk Drink Limits*

	Per Day	Per Week
WOMEN	3	7
MEN	4	14
OVER 65	3	7

LESS IS BETTER

AVOID ALCOHOL IF YOU

- take medications that interact with alcohol
- have a health condition made worse by drinking
- are under 21 years of age
- plan to drive a vehicle or operate machinery
- are pregnant or trying to become pregnant