

## Triage or Sorting

### SB-SBIRT Risk Categorization

SB-SBIRT uses a tiered follow-up structure that prioritizes students who endorse risk factors. The below algorithm was used to categorize students as Tier 1, Tier 2, or Tier 3 based on the risk factors endorsed. All students received personalized feedback and answered questions about protective factors and relevant context such as goals, home life, and coping strategies.

Levels	Tier 1 Personalized Feedback/No Flag	Tier 2 Brief Intervention	Tier 3 Immediate BI + referral
Screening Criteria	<ul style="list-style-type: none"> <li>Reports low sleep only</li> </ul> <p><b>All students regardless of behaviors endorsed see feedback on:</b></p> <ul style="list-style-type: none"> <li>Tips for improved sleep</li> <li>Info that most teens don't drink or use marijuana and the risks of alcohol and marijuana use</li> <li>Info about the harms of vaping on your health</li> <li>Tips to prevent depression, why checking your mood is important</li> </ul>	<ul style="list-style-type: none"> <li>Reported using substances (including e-cigs or cigarettes/tobacco) in the past school year</li> <li>Reported somatic symptoms (frequent pains and aches) more than half the days or nearly everyday</li> <li>Depression symptoms (PHQ-2 +)</li> <li>Anxiety symptoms (GAD-2 +)</li> <li>Wants to speak with a counselor confidentially in the next few weeks.</li> <li>Reports intention to use marijuana or alcohol in the next year (including e-cigs or cigarettes/tobacco) (<i>maybe or likely to use</i>)</li> <li>Feels harassed/threatened in some way in the past year</li> <li>Feels angry, worried, or sad on most days (and does not also endorse <i>ok, great, or good</i>).</li> </ul>	<ul style="list-style-type: none"> <li>Endorses self-harm or suicidal thoughts, ever tried to kill themselves</li> <li>Feels harassed/threatened in some way in the past year and feels their safety is currently at risk</li> <li>Wants to speak with a counselor confidentially asap</li> </ul>
Relevant Context	<ul style="list-style-type: none"> <li>Biggest supports, Best qualities</li> <li>Goals, coping strategies</li> <li>Connection to adults at school, feels safe at school</li> <li>Sleep hours</li> <li>Home life – food or housing insecurity, safety issues</li> <li>Knowing if the student is already receiving services (mental health)</li> </ul>		