SB-SBIRT Year 3 Data Summary
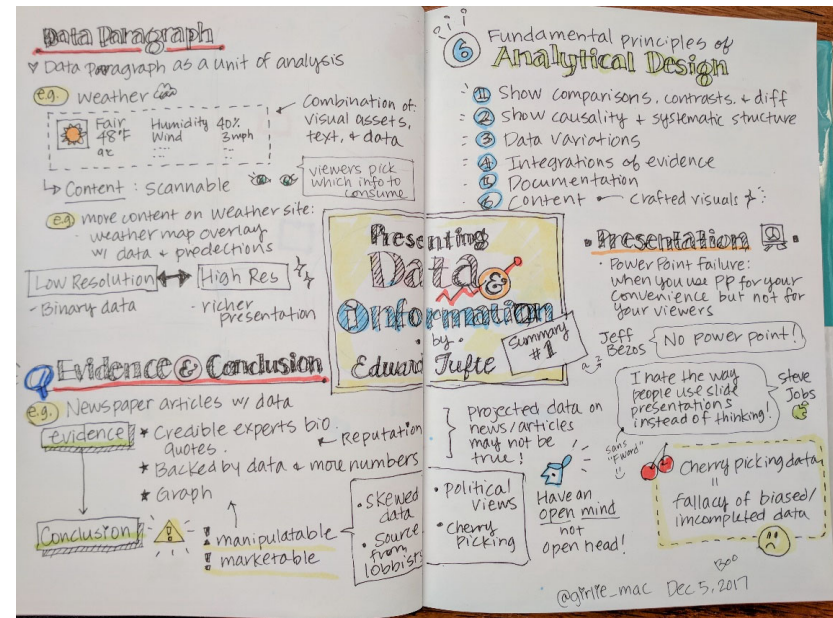
Cari McCarty, PhD

Seattle Children's Research Institute

Gratitude to: Maria Mullaney, MPH

Take Notes....

- Which findings resonate with you? Are there any surprises?

- What else do you want to know?

- What else should we be measuring in the future?

- Is there anything new or different that we should consider as we move toward high school screening?

Over 15,000 have students participated in SB-SBIRT to date
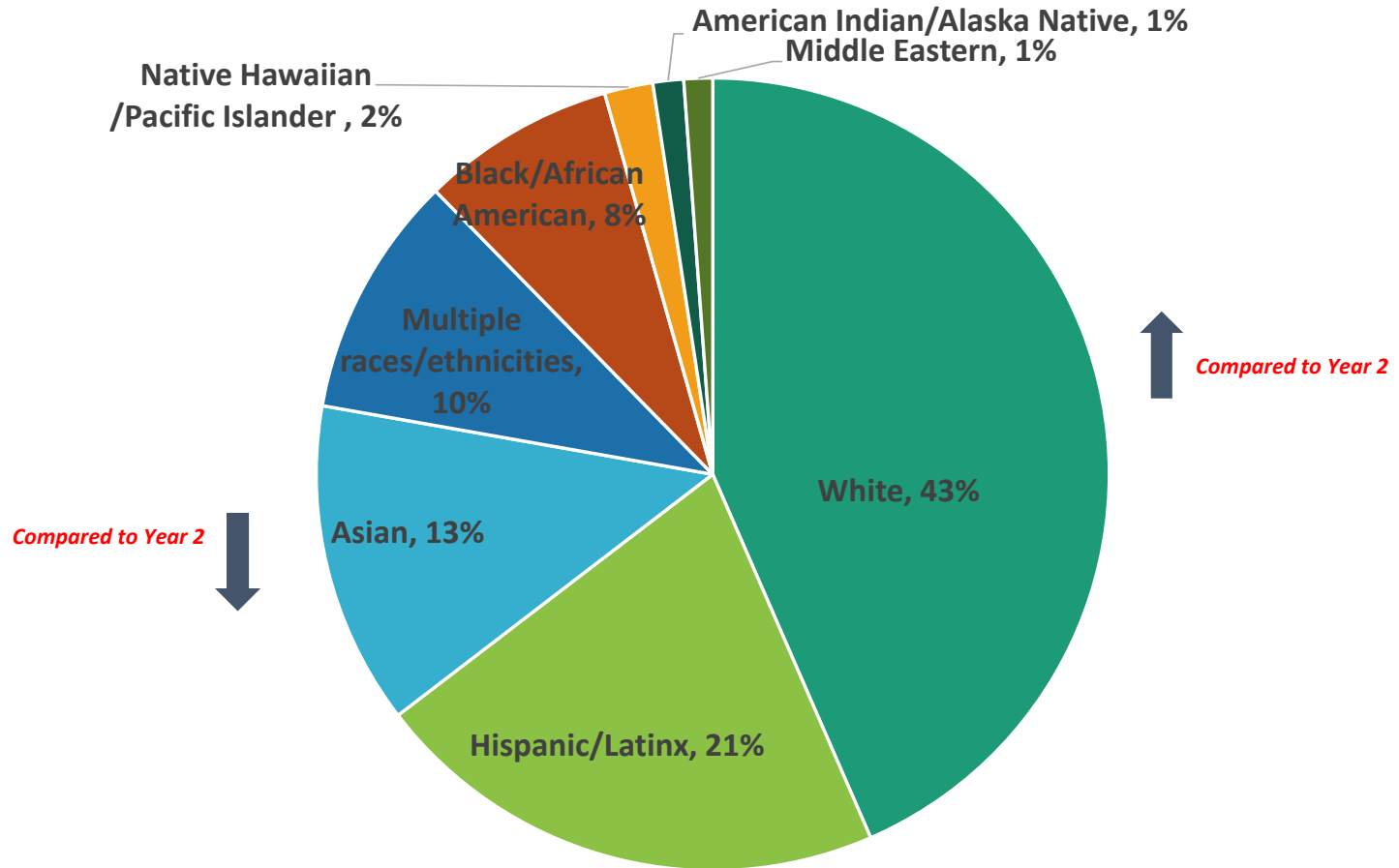
Students screened by program year (n = 15,446)

Year 1, 2526, 16%

Year 2, 8059, 52%

Year 3, 4861, 32%
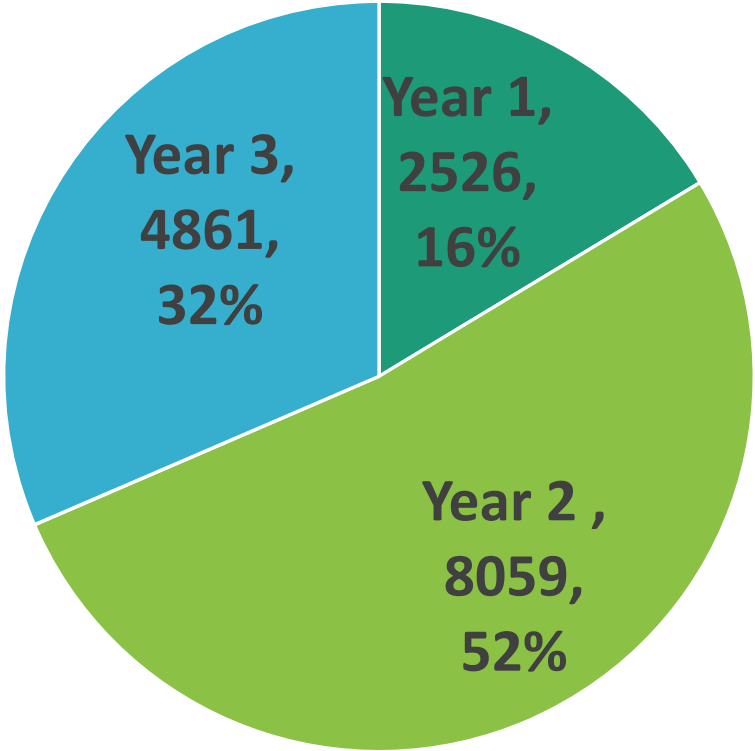
Students Who Participated in the SB-SBIRT Program in Year 3 Were in:

6th Grade, 16%

7th Grade, 55%

8th Grade, 29%
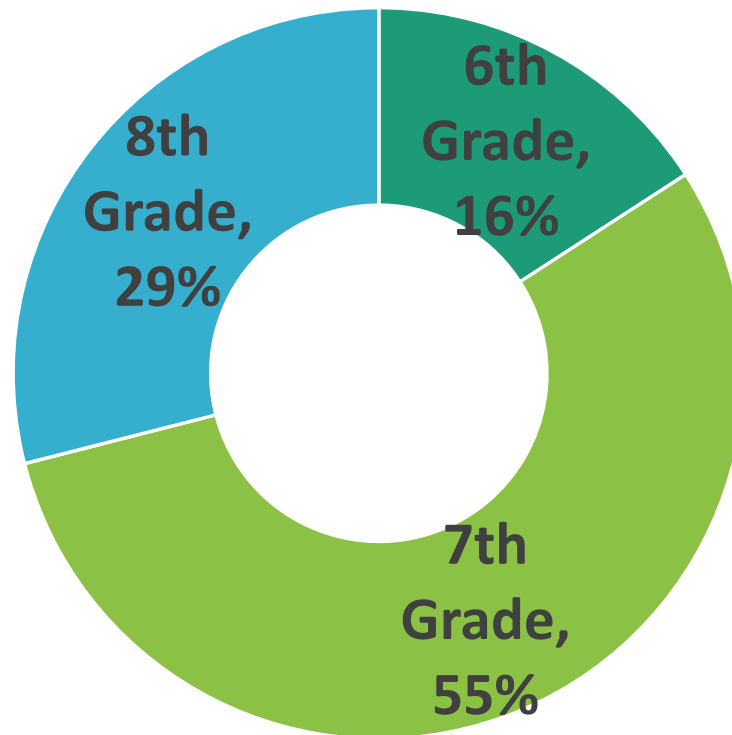
Students Who Participated in the SB-SBIRT Program in Year 3 Identified their Race or Ethnicity as:

American Indian/Alaska Native, 1%

Middle Eastern, 1%

Native Hawaiian /Pacific Islander , 2%

Black/African American, 8%

Multiple races/ethnicities, 10%

Compared to Year 2

Asian, 13%

Compared to Year 2

White, 43%

Hispanic/Latinx, 21%

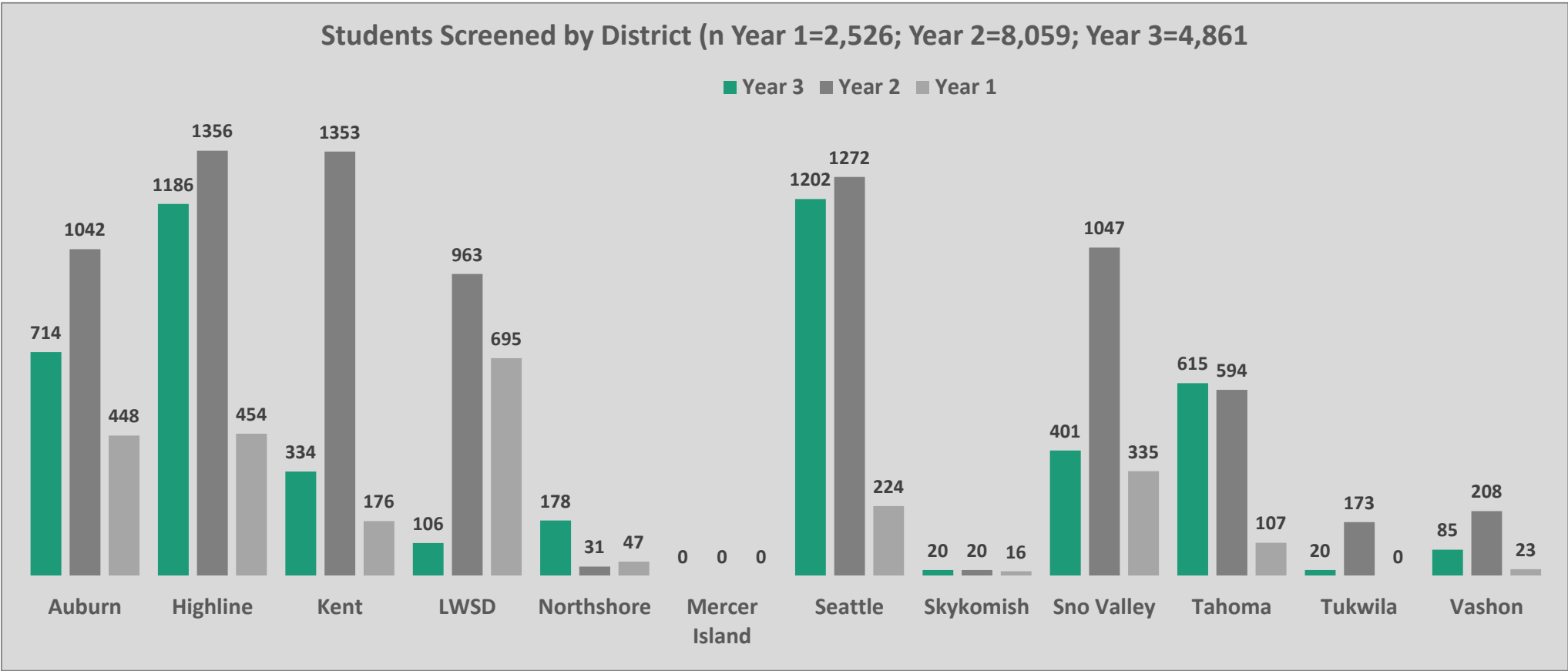*Race/ethnicity was unknown for 65 students. This includes student responses that did not indicate a race or ethnicity and those who did not answer this question in Check Yourself.*

Students Who Participated in the SB-SBIRT Program in Year 3 Identified their Gender as:

Prefer not to answer , 2%(94)

Compared to Year 2

Somethi ng else , 5% (264)

Compared to Year 2

Male , 47% (2,274)

Female, 46% (2,224)

Questioning Gender Identity	99 (2%)
Transgender and Non-binary	98 (2%)
Something else fits better (wrote in answer)	67 (1%)
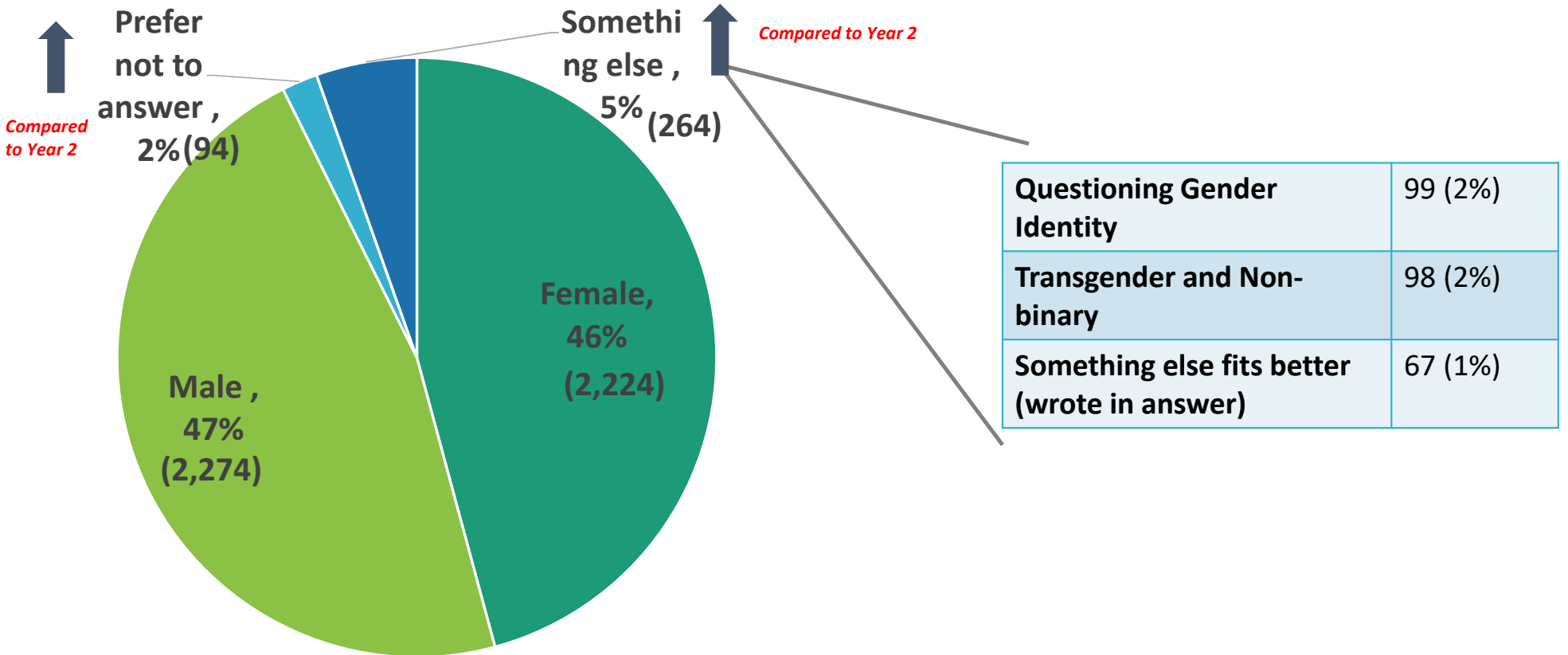
4,861 Students Screened Using Check Yourself-SB during 2020-2021 School Year

Students Screened by District (n Year 1=2,526; Year 2=8,059; Year 3=4,861

■ Year 3 ■ Year 2 ■ Year 1

Students Who Endorsed Risk Factors During Screening (n = 4,861)

Risk Factor	Percentage
Speak with a counselor (ASAP)	1%
Bullying - safety at risk	2%
Suicide attempt	2%
Suicidal Ideation	9%
Self-harm	10%
Anxiety symptoms	19%
Depressive symptoms	17%
Bullying	15%
Feel angry, worried, or sad on most days	8%
Speak with a counselor (next few weeks)	4%
Frequent aches & pains	4%
Intention to use e-cigarettes	2%
E-cigarette use	1%
Tobacco use	0.2%
Intention to use tobacco	0.6%
Marijuana use	0.7%
Intention to use marijuana	2.2%
Alcohol use	0.9%
Intention to use alcohol	2.5%

Students screened by tier (n=4,861)

- Tier 3: 18%
- Tier 2: 28%
- Tier 1: 54%

Tier 1 = No risk behaviors reported (all green)
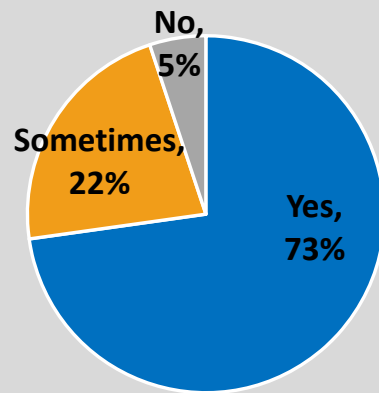Tier 2 = At least 1 yellow flag (no red flags)
Tier 3 = At least 1 red flag

Student Protective Factors: Connection with Adults at School

At school there is an adult who…

Really cares about me:
- No, 10%
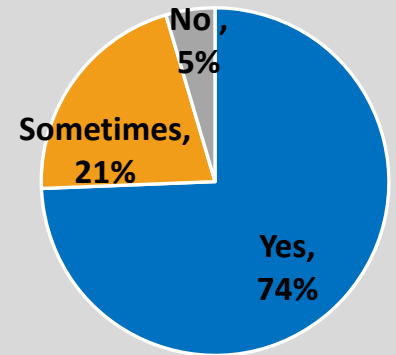- Sometimes, 26%
- Yes, 63%
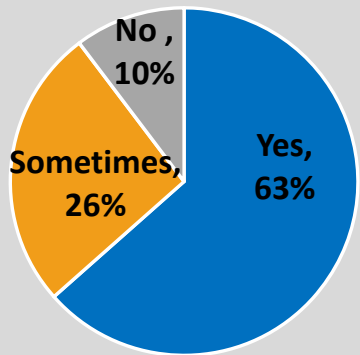
Tells me when I do a good job:
- No, 5%
- Sometimes, 22%
- Yes, 73%

Listens to me when I have something to say:
- No, 5%
- Sometimes, 21%
- Yes, 74%
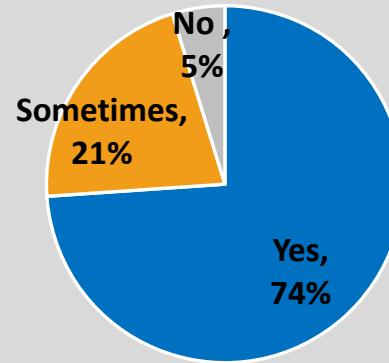
Believes I will be a success:
- No, 5%
- Sometimes, 21%
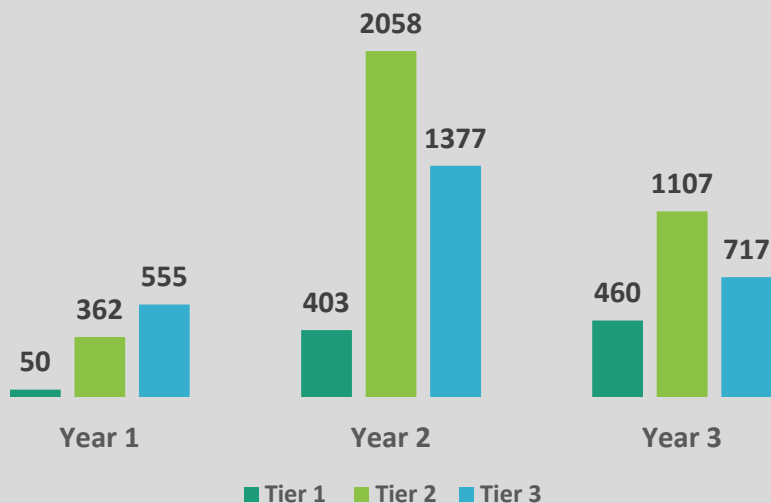- Yes, 74%

2,283 Students Received Brief Intervention
(47% of all students screened)

98% of Tier 3 and **89% of Tier 2** students received Brief Intervention

Brief Intervention by Student Tier (n Year 1 = 979; Year 2= 3838; Year 3 = 2283)

Year 1 — Tier 1: 50; Tier 2: 362; Tier 3: 555
Year 2 — Tier 1: 403; Tier 2: 2058; Tier 3: 1377
Year 3 — Tier 1: 460; Tier 2: 1107; Tier 3: 717

■ Tier 1 ■ Tier 2 ■ Tier 3

Brief Intervention Timing:

90% of students who endorsed suicidal ideation received BI within 1 day of screening (82% in Year 2)
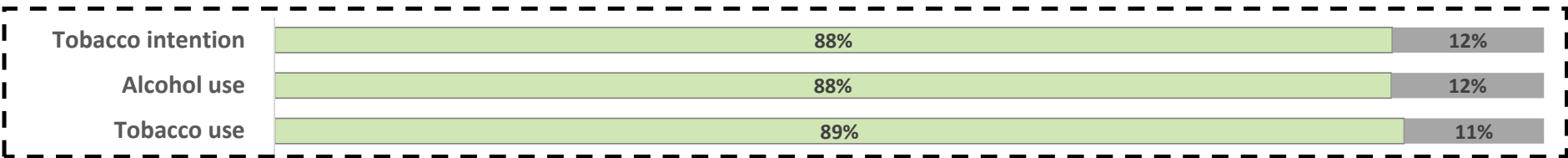
91% of Tier 3 youth received BI within 2 days of screening (85% in Year 2)

77% of Tier 2 youth received BI within 14 days (75% in Year 2)

Receipt of BI by Student Risk Factors (n= 4,861)

Legend: ▮ Received BI ▮ No BI

Risk Factor	Received BI	No BI
Tobacco intention	88%	12%
Alcohol use	88%	12%
Tobacco use	89%	11%
Marijuana intention	91%	9%
Anxiety symptoms	92%	8%
Vaping intention	92%	8%
Alcohol Intention	93%	7%
Aches and pains	93%	7%
Speak with counselor - next few weeks	93%	7%
Feeling sad, angry, worried most days	94%	6%
Depressive symptoms	95%	5%
Bullying	96%	4%
Safety at risk	99%	1%
Self-harm	99%	1%
Suicidal Ideation	99%	1%
E-cigarette use	100%	0%
Speak with counselor - ASAP	100%	0%
Marijuana use	100%	0%

Lowest follow-up (Tobacco intention, Alcohol use, Tobacco use)

Tier 3 (Safety at risk, Self-harm, Suicidal Ideation)
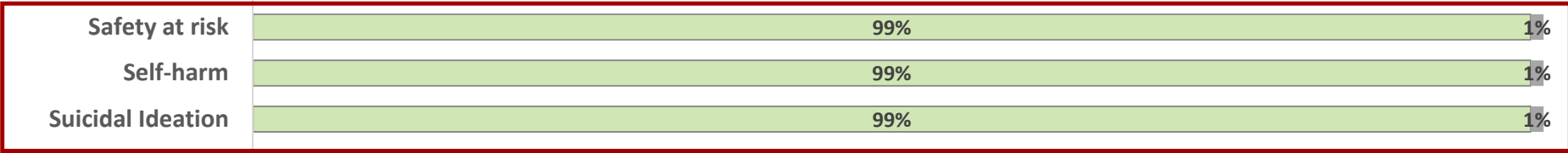
Number of BI Meetings:
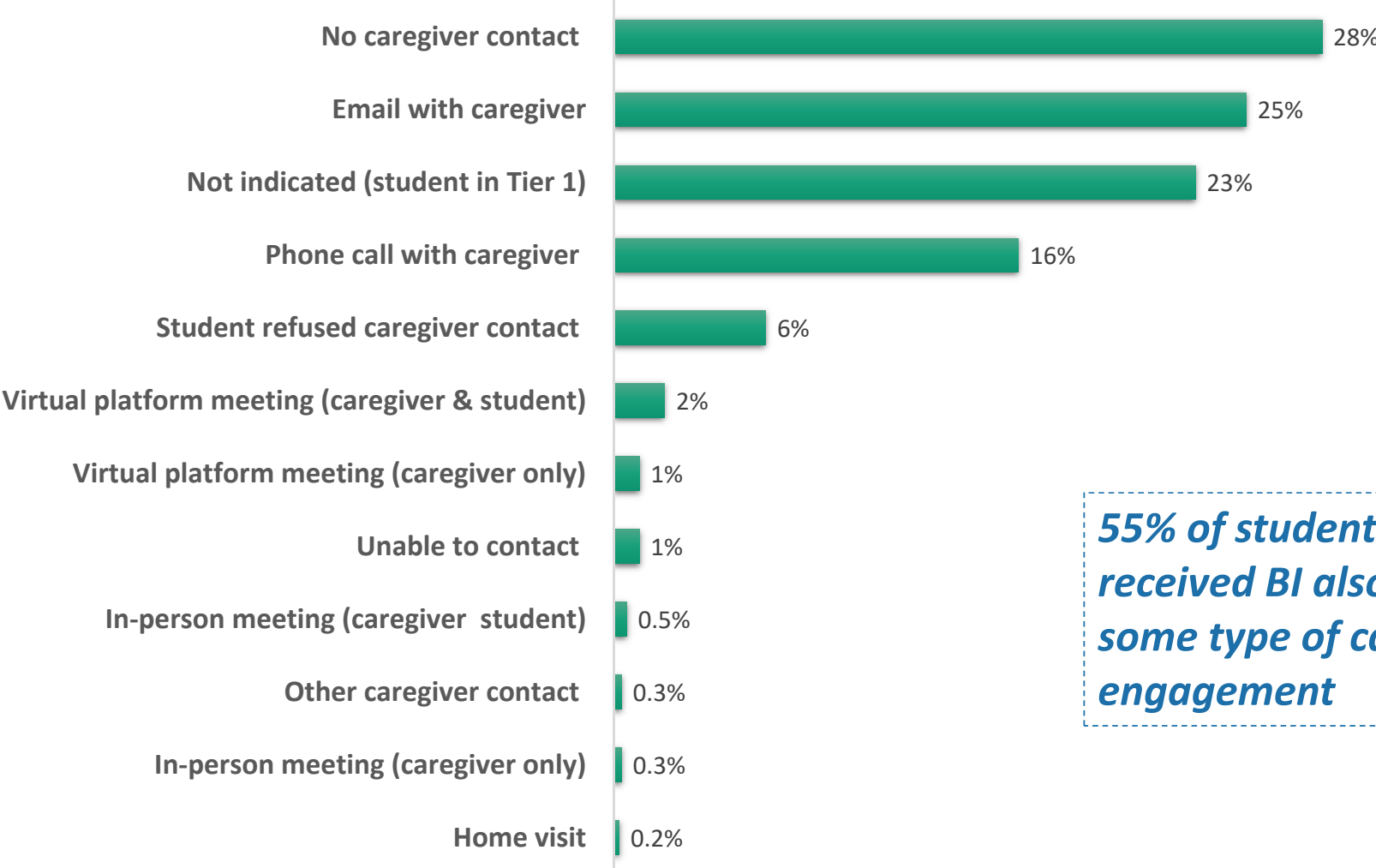
78% of students received 1 BI meeting

16% received 2-3 meetings

4% received 4 or more

Does the amount of time you have for a BI meeting impact how many meetings a student might participate in?

(For example, if a practitioner has more time during the first meeting they could cover all elements of BI and not need a second meeting)

Caregiver Engagement for Students who Received BI (n=2883)

Category	Percent
No caregiver contact	28%
Email with caregiver	25%
Not indicated (student in Tier 1)	23%
Phone call with caregiver	16%
Student refused caregiver contact	6%
Virtual platform meeting (caregiver & student)	2%
Virtual platform meeting (caregiver only)	1%
Unable to contact	1%
In-person meeting (caregiver student)	0.5%
Other caregiver contact	0.3%
In-person meeting (caregiver only)	0.3%
Home visit	0.2%

55% of students who received BI also received some type of caregiver engagement

Caregiver Engagement by Student Tier

- Out of all students in **Tier 1** who received BI, **3%** did **NOT** have caregiver engagement.

- Out of all students in **Tier 2** who received BI, **42%** did **NOT** have caregiver engagement.

- Out of all students in **Tier 3** who received BI, **27%** did **NOT** have caregiver engagement.

Types of Caregiver Engagement by Student Tier

Tier 1	# Students	% of all who received BI in Tier 1
In-person meeting with caregiver only	0	0%
In-person meeting with caregiver and student	0	0%
Phone call with caregiver	19	4%
Email with caregiver	*290*	*63%*
Virtual platform meeting with caregiver only	1	0.2%
Virtual platform meeting with caregiver and student	3	1%
Home visit	0	0%
Student refused caregiver contact	0	0%
Attempt to contact caregiver was not successful	1	0.2%
Not indicated based on screening	*207*	*45%*
None	15	3%
Other caregiver contact (write-in)	2	0.4%

* Caregiver engagement information is missing for 34 students.

Types of Caregiver Engagement by Student Tier

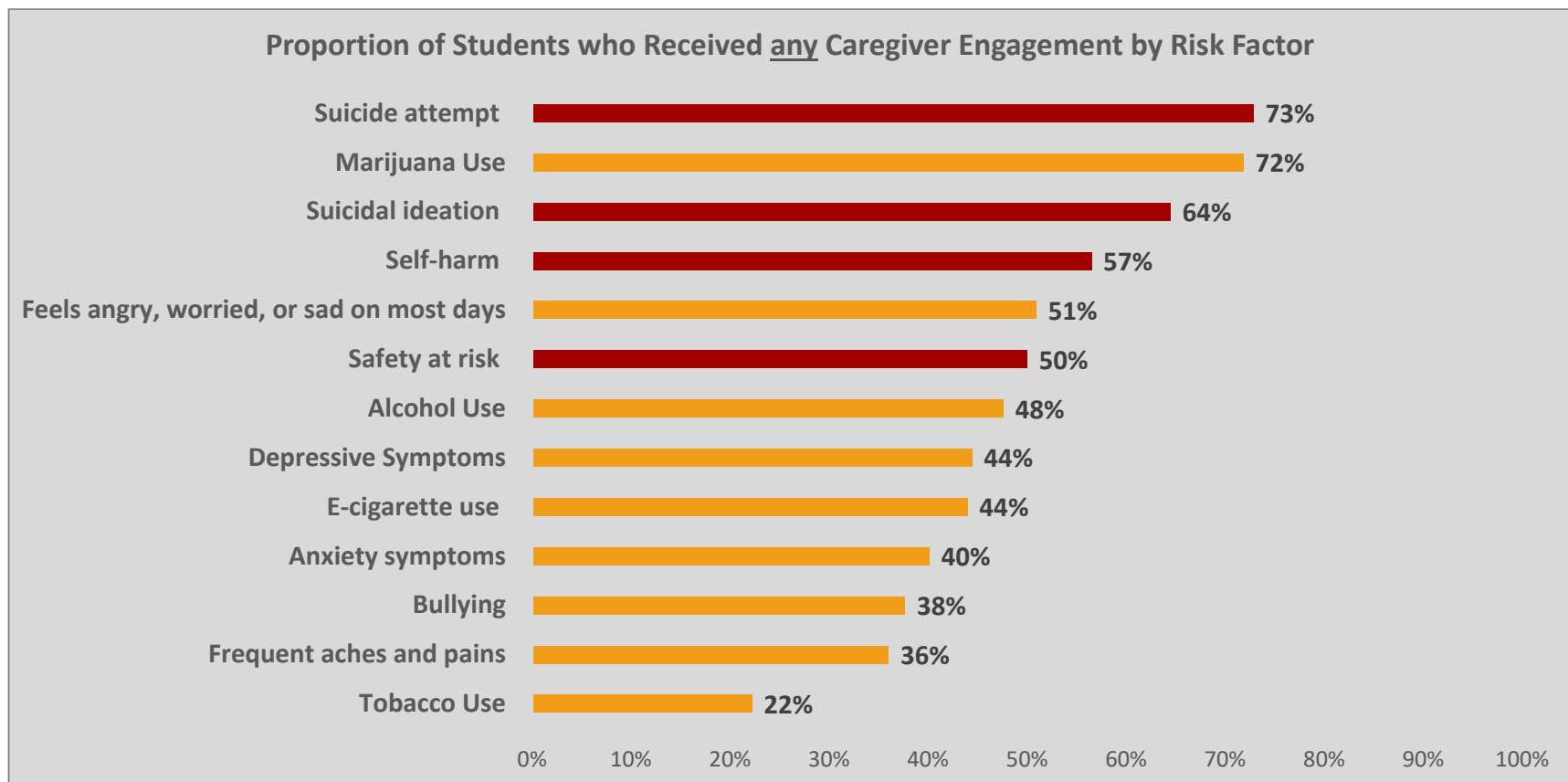| Tier 2	# Students	% of all who Received BI in Tier 2
In-person meeting with caregiver only	6	1%
In-person meeting with caregiver and student	1	0.1%
Phone call with caregiver	83	7%
Email with caregiver	*211*	*19%*
Virtual platform meeting with caregiver only	2	0.2%
Virtual platform meeting with caregiver and student	7	1%
Home visit	4	0.4%
Student refused caregiver contact	97	9%
Attempt to contact caregiver was not successful	10	1%
Not indicated based on screening	*251*	*23%*
None	*470*	*42%*
Other caregiver contact (write-in)	47	4%

* Caregiver engagement information is missing for 123 students.
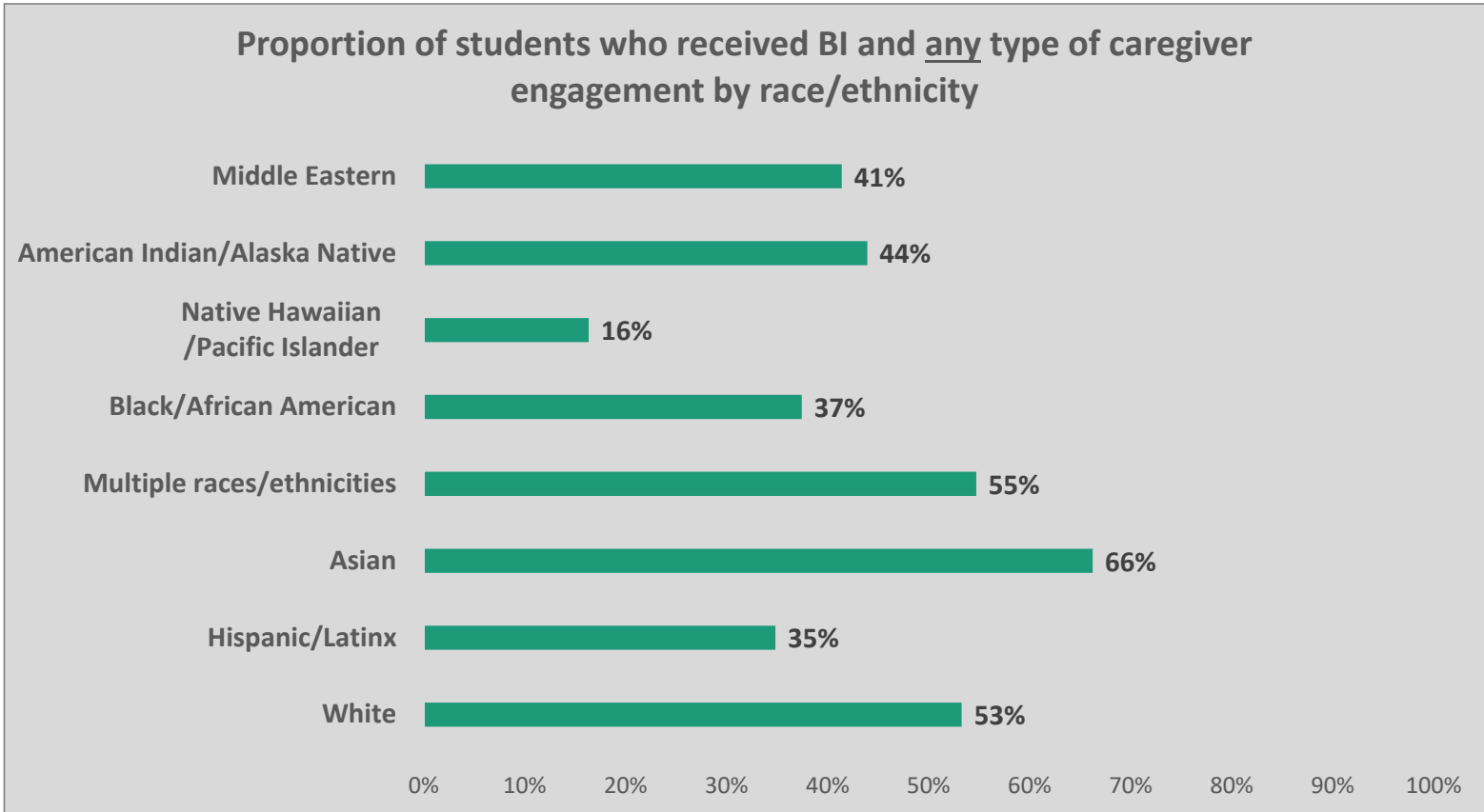
Types of Caregiver Engagement by Student Tier

Tier 3	# Students	% of all who received BI in Tier 3
In-person meeting with caregiver only	1	0.1%
In-person meeting with caregiver and student	11	2%
Phone call with caregiver	*298*	*42%*
Email with caregiver	*122*	*17%*
Virtual platform meeting with caregiver only	11	2%
Virtual platform meeting with caregiver and student	35	5%
Home visit	3	0.4%
Student refused caregiver contact	52	7%
Attempt to contact caregiver was not successful	11	2%
Not indicated based on screening	*98*	*14%*
None	*191*	*27%*
Other caregiver contact (write-in)	44	6%

* Caregiver engagement information is missing for 7 students.

Caregiver Engagement by Risk Factor (Flag)

Proportion of Students who Received <u>any</u> Caregiver Engagement by Risk Factor

Risk Factor	Percentage
Suicide attempt	73%
Marijuana Use	72%
Suicidal ideation	64%
Self-harm	57%
Feels angry, worried, or sad on most days	51%
Safety at risk	50%
Alcohol Use	48%
Depressive Symptoms	44%
E-cigarette use	44%
Anxiety symptoms	40%
Bullying	38%
Frequent aches and pains	36%
Tobacco Use	22%

Caregiver Engagement by Student Race/Ethnicity

Proportion of students who received BI and <u>any</u> type of caregiver engagement by race/ethnicity

Race/Ethnicity	Percentage
Middle Eastern	41%
American Indian/Alaska Native	44%
Native Hawaiian/Pacific Islander	16%
Black/African American	37%
Multiple races/ethnicities	55%
Asian	66%
Hispanic/Latinx	35%
White	53%

3% of students (164) should have received BI based on screening or school protocol, but did not due to:

- Unable to complete BI remotely usually due to not being able to contact student (46%)

- Student refused to participate (39%)

New Student Needs Identified During SB-SBIRT

1,057 students (43% of students who received BI; 22% of all screened) had a new need identified.

582 students (55% of all with a new need identified) had 2 or more new needs identified during SB-SBIRT.

Top Five Risk Factors Identified:

- Anxiety symptoms (42%)

- Depressive symptoms (36%)

- Self-harm (24%)

- Suicidal ideation (24%)

- Bullying (19%)

Screening tier of students who had a new need/risk factor identified during SB-SBIRT (n=1,057)

Tier 1 , 1%

Tier 3 , 44%

Tier 2, 55%
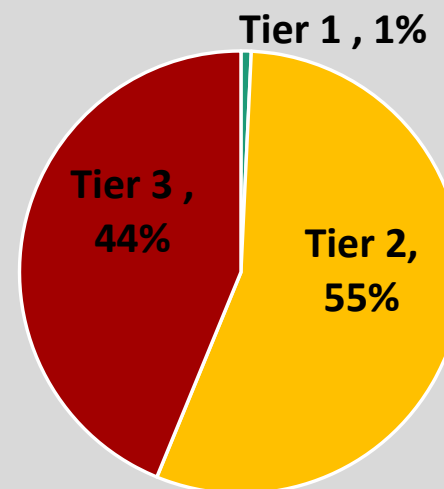
Referrals and Referral Connection

1,306 referrals provided to **820** students in Year 3 (compared to 1,759 referrals provided to 1,225 students in Year 2)

A **higher** proportion of students screened **(17%)** were provided with one or more referrals in Year 3 than in Years 2 and 1 (15%)

The top 3 barriers to referral connection: long waitlists (reported for 5% of referrals) and lack of family support (reported for 2% of referrals) and transportation (reported for 1% of referrals).
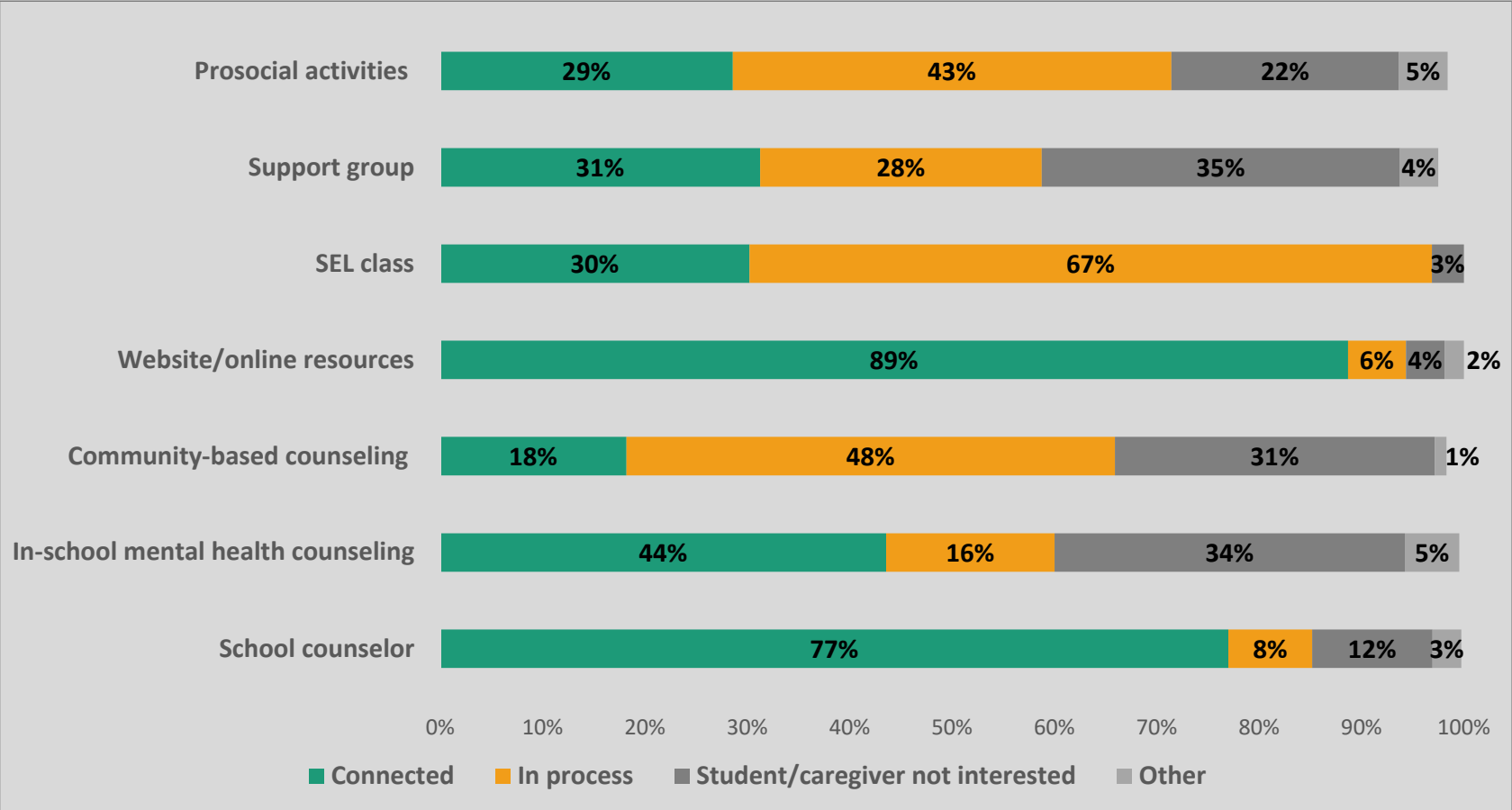
Referrals Provided to Students during SB-SBIRT

School counselor, 30%

In-school mental health counseling, 17%

Community-based counseling , 13%

Website/online resources, 8%

SEL class, 7%

Support group, 6%

Prosocial activities , 5%

Other referral types , 14%
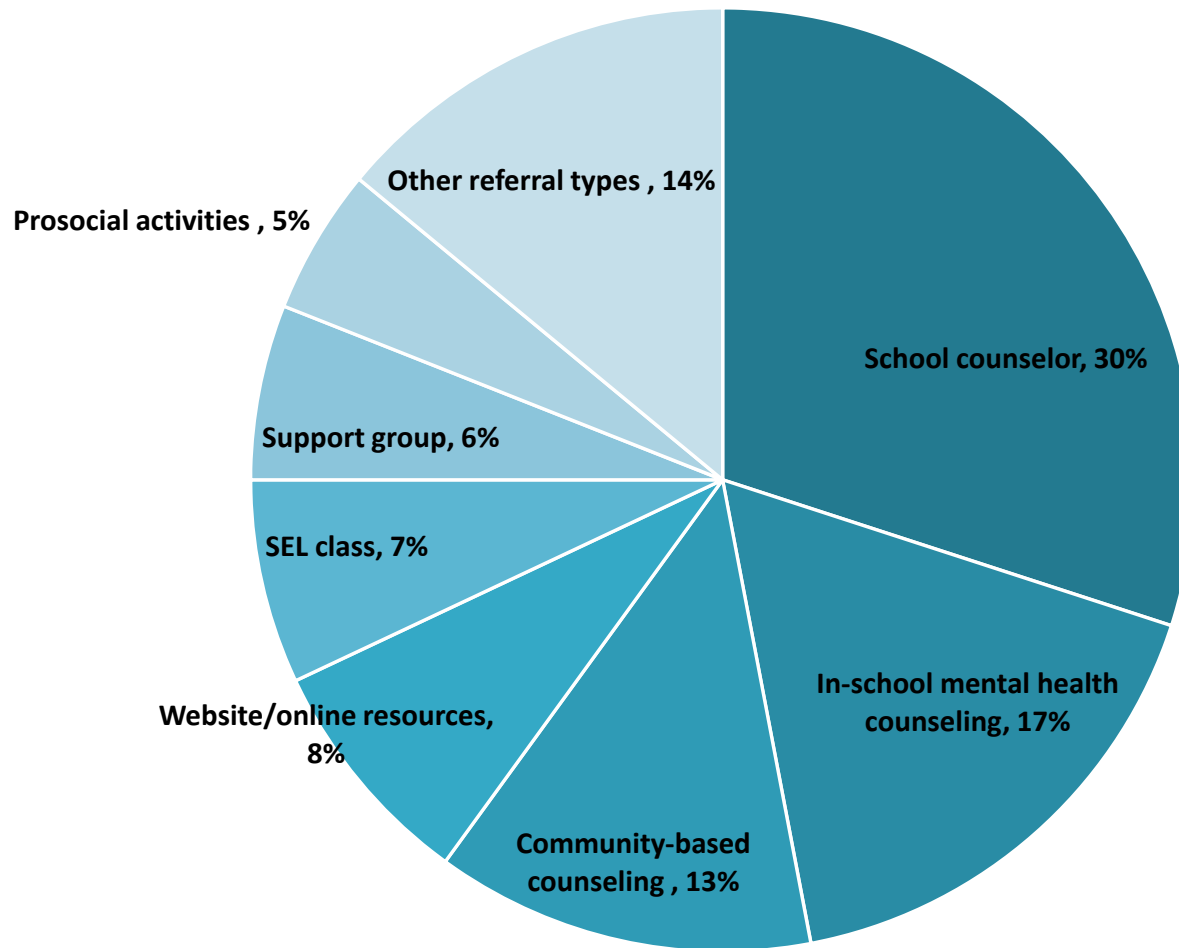
Other referral types included:
Mentorship program
Clothes/food resources
Psych evaluation
School nurse
Teacher
Doctor
PBIS intervention
Special Education
Social Services
Study skills
SUD assessment
Summer Job or Recreational
Opportunities
Administrator
Write-in responses

Connection Status for Top Referrals Types Provided to Students in Year 3

Referral Type	Connected	In process	Student/caregiver not interested	Other
Prosocial activities	29%	43%	22%	5%
Support group	31%	28%	35%	4%
SEL class	30%	67%		3%
Website/online resources	89%	6%	4%	2%
Community-based counseling	18%	48%	31%	1%
In-school mental health counseling	44%	16%	34%	5%
School counselor	77%	8%	12%	3%

Legend: ■ Connected ■ In process ■ Student/caregiver not interested ■ Other

Looking Ahead to Year 4: Completing the Outcome Evaluation

- Continuing student, caregiver, and staff surveys

- Reflection events with students, caregivers, and staff on program data and findings

- Hearing YOUR ideas for what is important to look at next

Questions for Discussion

Which findings resonate with you?
Are there any surprises?

What else do you want to know about the screening results?

What else should we be measuring in the future?

What else do you want to know about program implementation?

Is there anything new or different that we should consider as we move toward high school screening?

SB-SBIRT Year 2
Equity Sub-Analyses

Cari McCarty, PhD

Gratitude to: Allison Kristman-Valente, PhD

Questions we addressed:

1) How representative are the SB-SBIRT participants?

2) How does student reported risk vary across gender and race/ethnicity?

3) Were there gender or racial/ethnic differences in receipt of SB-SBIRT program components?

(BI, receipt of referral, referral connection)

Race/Ethnicity Groupings

Based on Youth Report on the Check Yourself tool

- White (only White, includes Middle Eastern and North African)

- Hispanic-Latinx (all)

- Asian/Asian American

- Black/African American

- Native Hawaiian / Pacific Islander*

- American Indian/ Alaska Native*

- Multiracial

*includes multiracial individuals who identify as this category

Gender Groupings

How representative are the SBIRT participants?

	Participating Schools 2019-2020 (N=28,826)	SBIRT Participants 2019-2020 (N=7,893)	
American Indian/Alaska Native	<1%	3%	⬆
Asian American	15%	15%	
Black/African American	7%	8%	
Hispanic/Latinx	20%	21%	
Multiracial	10%	6%	⬇
Native Hawaiian/Pacific Islander	2%	4%	⬆
White	45%	43%	⬇

How does risk vary across gender?

	Gender Diverse	Females	Males
Screened into Tiers 2 or 3	79%	46%	42%
Depression	46%	18%	10%
Anxiety	44%	22%	11%
Self-Harm	37%	12%	9%
Suicidal Ideation	34%	12%	7%

Students Screened into Tier 2 or 3 by Race/Ethnicity
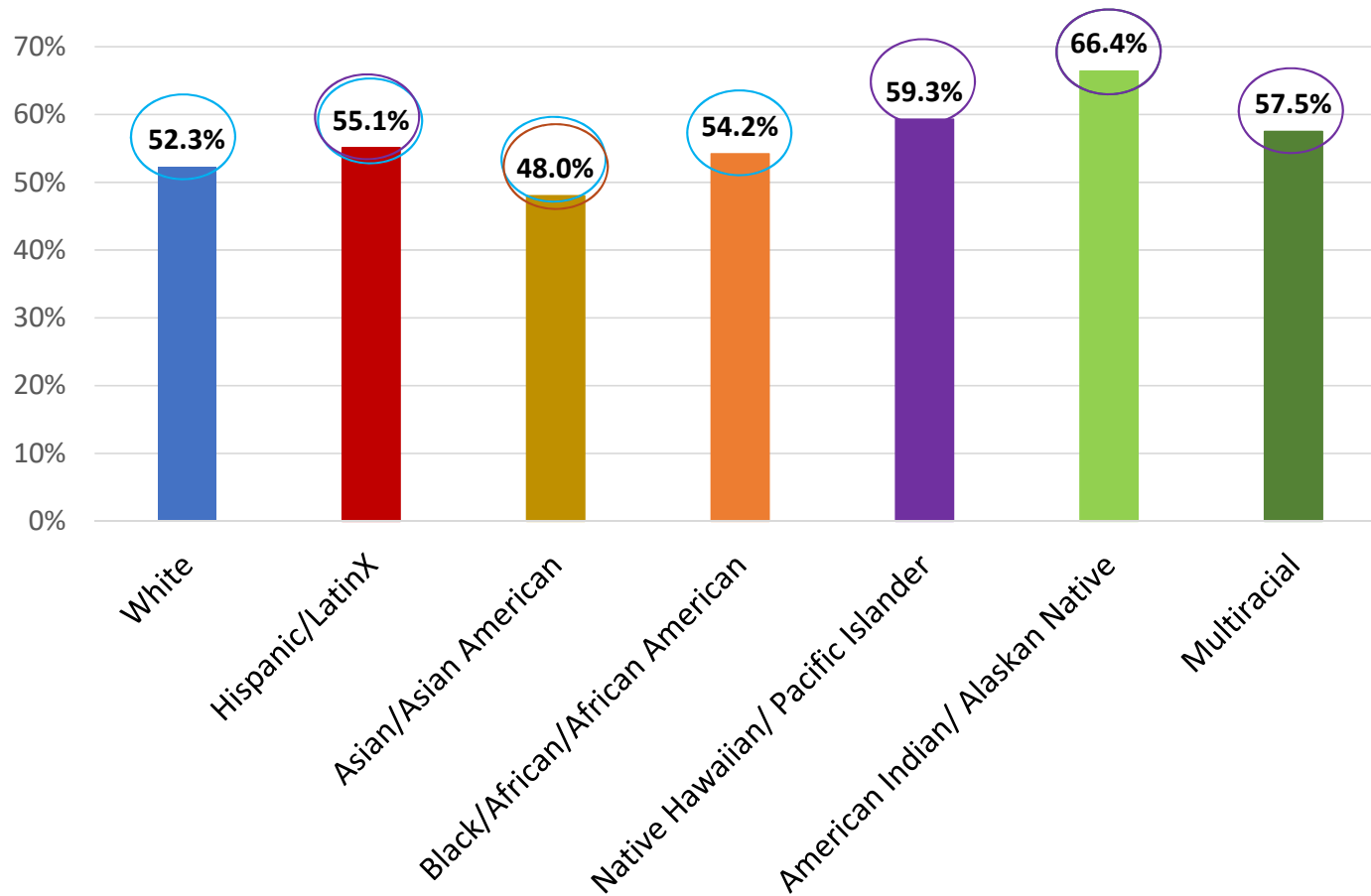
Student Report of Depressive Symptoms
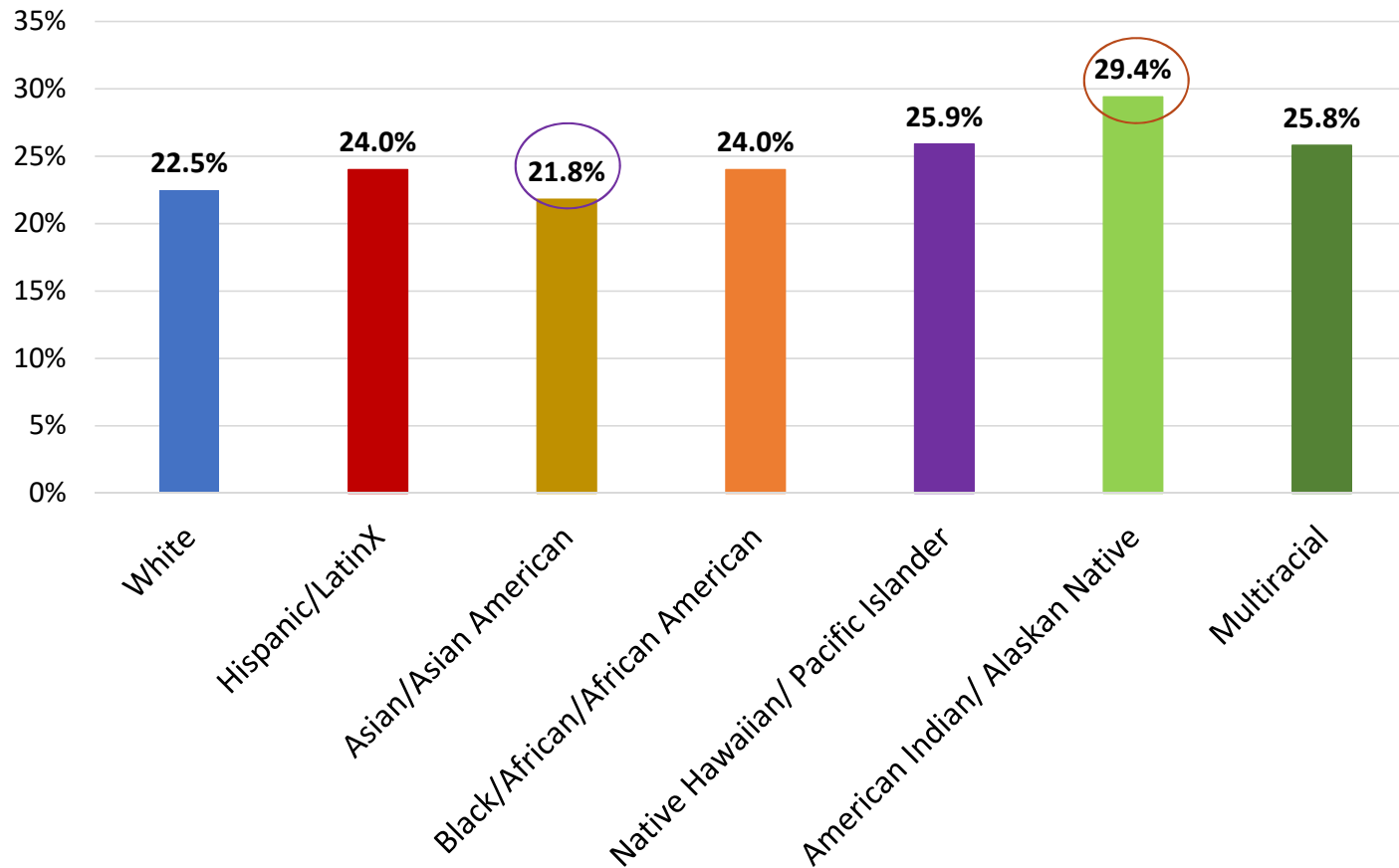
Student Report of Suicidal Ideation
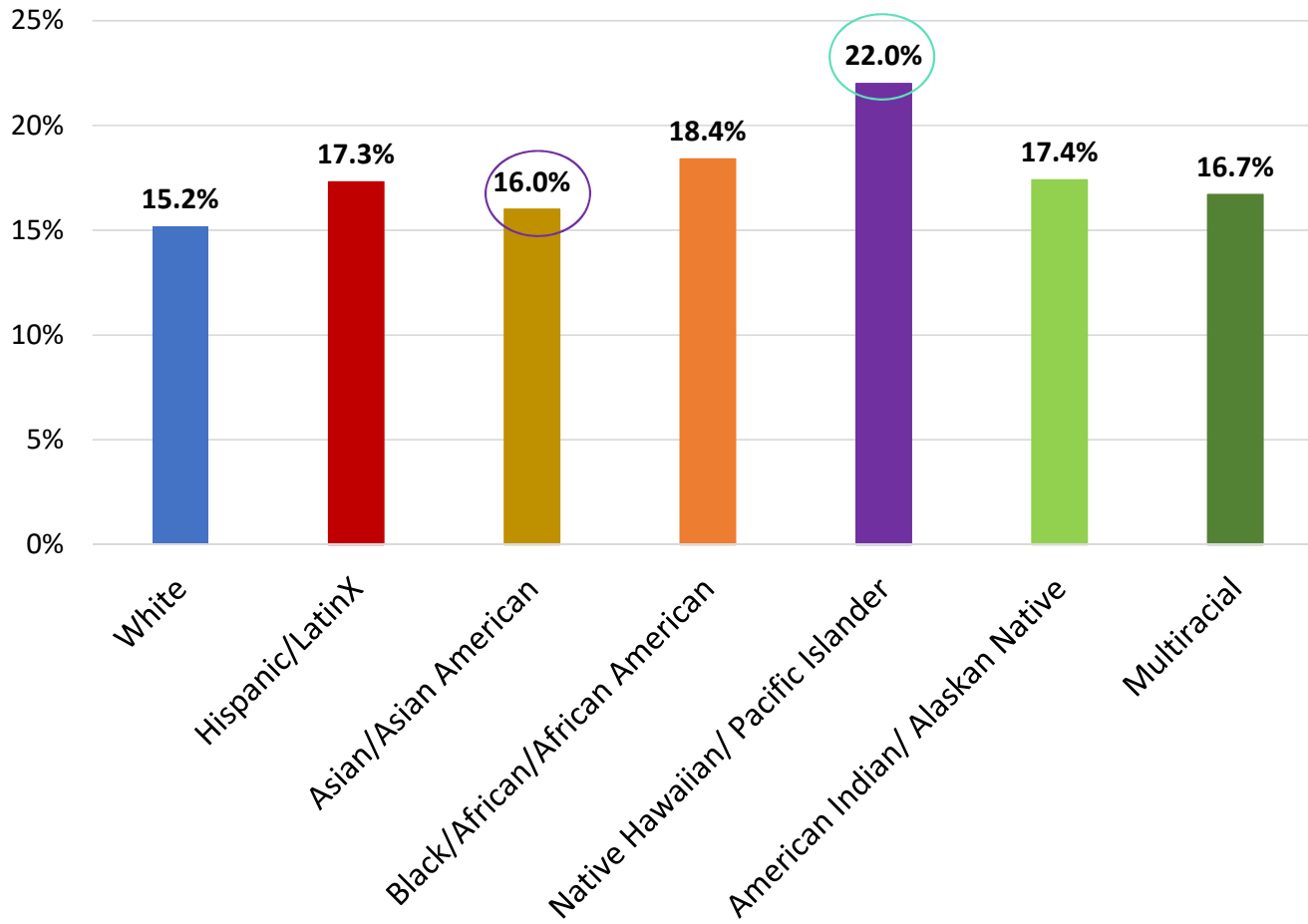
Were there racial/ethnic and gender differences in receipt of SB-SBIRT program components?

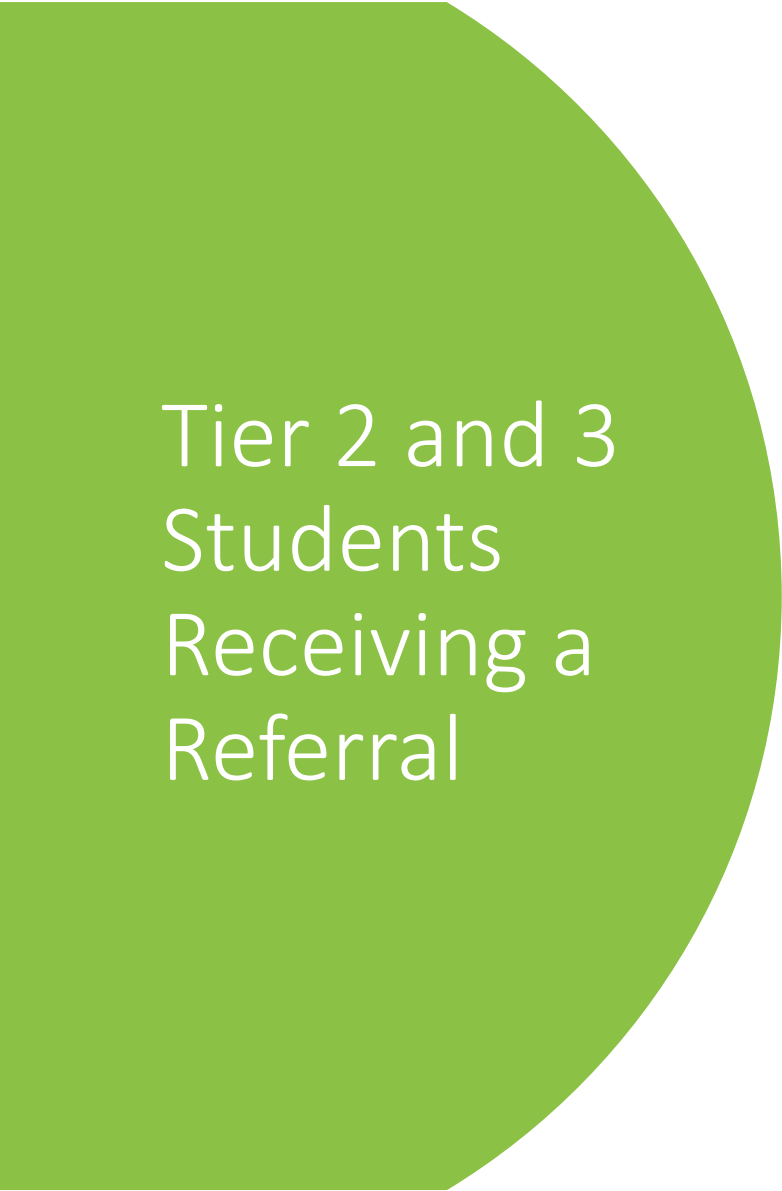# Students in Tiers 2/3 Who Received Brief Intervention

95% of students screened into Tiers 2 and 3 received Brief Intervention in Year 2

    93% of Gender Diverse Students

    96% of Female Students

    94% of Male Students

No differences by race/ethnicity

Tier 2 and 3 Students Receiving a Referral

44% of Gender Diverse Students

37% of Female Students

29% of Male Students

No differences by race/ethnicity

Questions for Discussion

- What came up for you? Is what we found what you are seeing as you implement this program?

- Do you have other thoughts or questions about the presented data?

- Are there other things that you want to know?