

Frequently Asked Questions about SBIRT

Q: Who will take the Check Yourself Screening? When will this take place?

SBIRT will only be implemented in middle schools at this time. 8th graders will be participating in this program through their Stretch class. Students and caregivers will be notified when their class will be participating in the screening process. Screening will be staggered throughout the year so additional supports can be brought into the school to help ensure student concerns can be addressed quickly and appropriately. Students may also be referred to the program through counselors, administration, or other staff members.

Q: Is taking the screener voluntary?

Participation in the Check Yourself screener is completely voluntary. Families will be notified before their student is scheduled to participate and can choose to excuse their student from the process. Students can also tell their teacher if they do not want to participate. There is no penalty for declining to participate and your student's grades will not be affected.

Q: How is student identity protected?

Check Yourself is HIPAA compliant with password protection, and meets personal health information privacy and security standards. The answers your student gives will only be viewed by the school counseling team and SBIRT support staff. Researchers at the University of Washington and King County will have access to the raw survey data but will not have access to the student's name or identification.

Q: What are the screening questions? How do they differ from the Healthy Youth Survey?

The Check Yourself screening questions aim to help identify students who could benefit from additional support. The questions cover three main areas:

- About Me
- Health and Safety
- Stress and Coping Skills

When compared to the Healthy Youth Survey, the Check Yourself screener is shorter and meant to identify specific student needs. The Healthy Youth Survey is used to track school and district wide patterns through anonymity.

Q: How are the screening results used?

The ultimate goal of the screening tool is to provide the school support team with information about the current needs of students in order to connect them with appropriate resources. Information from the screening, with identifying information omitted, will also be shared with the University of Washington and King County for the purpose of evaluating the effectiveness of the SBIRT program in schools and to further assess the needs of students.

Need More Information? If you have any questions about the purpose or procedures of SBIRT, please contact your student's school SBIRT Student Support Advocate

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