

YSBIRT VERMONT

DATA BRIEF ♦ SEPT 2020

CENTER FOR BEHAVIORAL HEALTH INTEGRATION

YSBIRT Partners

Champlain College

Northwestern Medical Center
Emergency Department

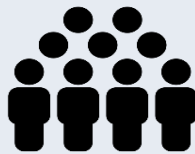
Southwestern Vermont Medical
Center

Spectrum Youth and Family
Services

University of Vermont (UVM)
LEND-Children's Hospital
Outpatient Clinic

This data brief includes all data from the six sites that have participated in VT YSBIRT from **October 2018 through May 2020**.

SBIRT is a comprehensive, integrated, public health approach to the delivery of early intervention and treatment services for persons at risk for or living with substance use disorders.



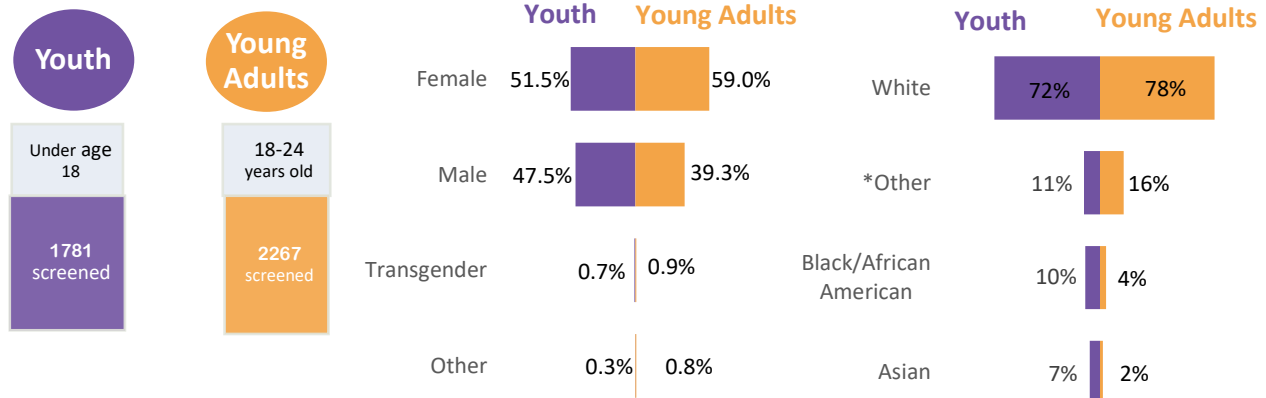
Created by amgel from Noun Project

Screening
Brief **I**ntervention
Referral to **T**reatment

We report on **4048 youths and young adults under 25 years of age** and their substance use risks, mental health risks, and interventions provided.

Many of the sites significantly reduced interviews and data submission March through May 2020 in response to COVID-19 challenges.

Who was screened?



*Other includes individuals who identified as belonging to multiple races/ethnicities, those who do not know their ethnicity or refuse to answer, Alaska native, American Indian, Native Hawaiian and Pacific Islanders.



"I liked that it was judgment free" -youth participant

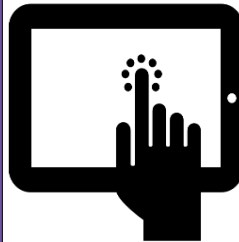
How is substance use screening done?

When a youth or a young adult comes to a given site for services, they are asked to complete the YSBIRT screen via a tablet.

Youth Substance Use Screening Tools:

The Screening to Brief Intervention (S2BI) toolkit asks about frequency of nicotine, alcohol, cannabis, and other drug use in the past year. Risk is determined by frequency.

The CRAFFT Screening test (Car, Relax, Alone, Forget, Friends and Trouble) is further used to help identify problems associated with use and to help frame the brief intervention.



Created by Luis Prado from Noun Project

Young Adult Substance Use Screening Tools:

Frequency of nicotine use

The U.S. Alcohol Use Disorders Identification Test (Audit)

The Cannabis Intervention Screener (CIS): this screening tool is used in 3 sites

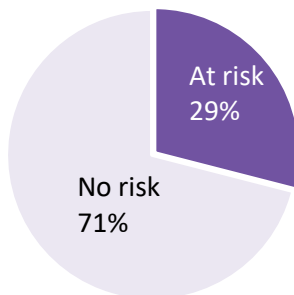
The Drug Abuse Screening Test (DAST) - 10 items

Alcohol and Other Drug Use Risk



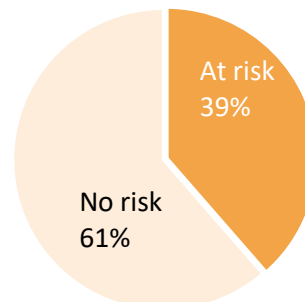
[Clinician] asking me to put a number to amount I was drinking was helpful so I can actively pay attention going forward to how much I drink." -young adult participant

Any AOD Risk- Youth



AOD Risk for Youth, as identified by the S2BI, includes those who report using nicotine, alcohol, marijuana, or other drugs in the past year.

Any AOD Risk- Young Adults



17% of **additional** young adults were at risk solely for tobacco use.

AOD risk for young adults includes those who score positive for risk for alcohol, marijuana, or other drugs based on our screening tools, excluding nicotine.

There are greater odds of substance use risk for young adults compared to adolescents.

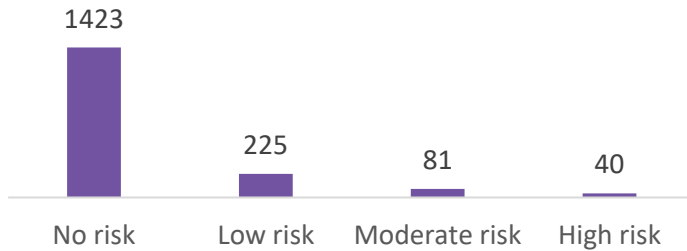
Across all ages, there are greater odds of substance use risk if male (males: 46%; females: 33%).

Over half of those who identify as Transgendered or Other (58% & 53% respectively) are positive for AOD risk.

The CRAFFT, when used with the S2BI, is a good tool for **quickly identifying** problems associated with substance use and **framing brief intervention** discussions for youth.

Youth Substance Use Risk: CRAFFT

n=1769



20% of Youths are at some level of risk according to CRAFFT. 85 youths (4.8%) were positive only for the safety risk screening question component of the CRAFFT for adolescents- the CAR question. The CAR question asks about riding with an impaired driver, a known factor in youth mortality and a critical one for risk prevention (<https://crafft.org>).

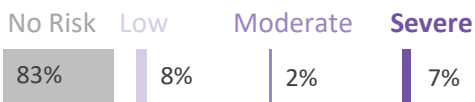
Specific Substance Use Risk



"I guess hearing the answers to my questions out loud - makes me realize what I do or don't do - something about saying it out loud." - young adult participant

Nicotine* Risk

Youth



Young Adults

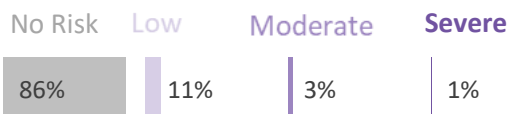


*Nicotine includes vaping

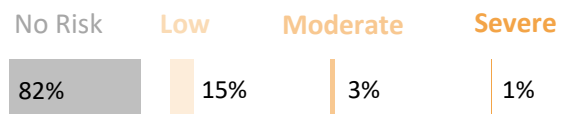
Nicotine risk increases from 17% for youth to 44% for young adults.

Alcohol Risk

Youth



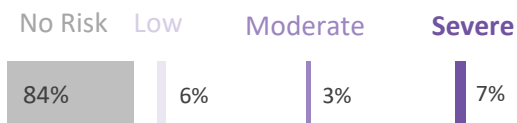
Young Adults



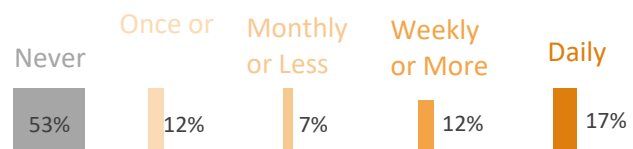
Low risk for alcohol increases from 11% to 15%, while other risk levels for alcohol are stable.

Cannabis Risk

Risk for Youth



Past Year Frequency for Young Adults

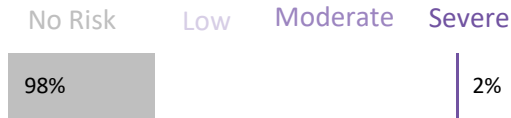


16% of Youth screened are at some risk of cannabis use.

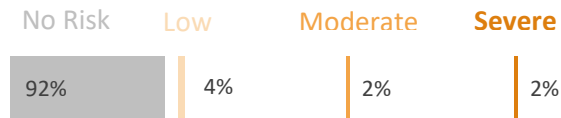
For young adults, when screening for cannabis use and risk, **all sites measure frequency of use.** Cannabis is considered positive for risk if frequency of use is weekly or greater.

Other Drugs* Risk

Youth



Young Adults



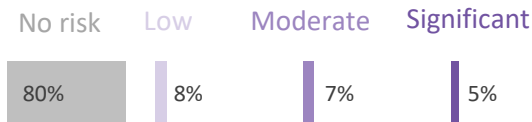
*Other drugs includes misuse of prescription drugs and the use of illegal drugs. For Youth, risk level is determined by frequency with ANY use placing the youth at severe risk as determined by the S2BI. For Young Adults, risk level is determined using the Drug Abuse Screening Test (DAST) - 10 items.

How is mental health screening done?

<p>To screen for depressive mood, the Patient Health Questionnaire-9 (PHQ) was used. To screen for anxiety, the Generalized Anxiety Disorder-7 (GAD) was used.</p>
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Depression Risk

Youth



Young Adults



20% positive for depression; 9% suicidal thinking.

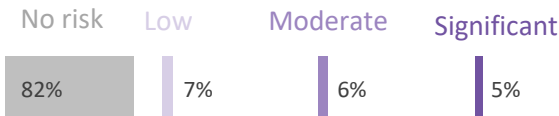
24% positive for depression; 12% suicidal thinking.



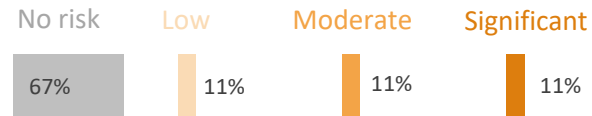
I thought the whole conversation was a good one to have because DR's don't often ask about mental health when you're physically unwell." -adult participant

Anxiety Risk

Youth



Young Adults



18% positive for anxiety.

33% positive for anxiety.



[Clinician] really knows how to put things into perspective. [Clinician] told me some/explained how chemicals imbalance your brain. What it does to your body/brain" - adult participant

There are **2.2 greater odds** of experiencing moderate to severe **anxiety** among Young Adults compared to Adolescents.



There are **1.7 greater odds** of experiencing moderate to severe **depression** among Young Adults compared to Adolescents.

1.6 greater odds of experiencing suicidal thoughts among Young Adults compared to Adolescents.

There are **1.7 greater odds** of experiencing moderate to severe **anxiety** among females compared to males.



Created by Nubaita Karim Darsha from Noun Project

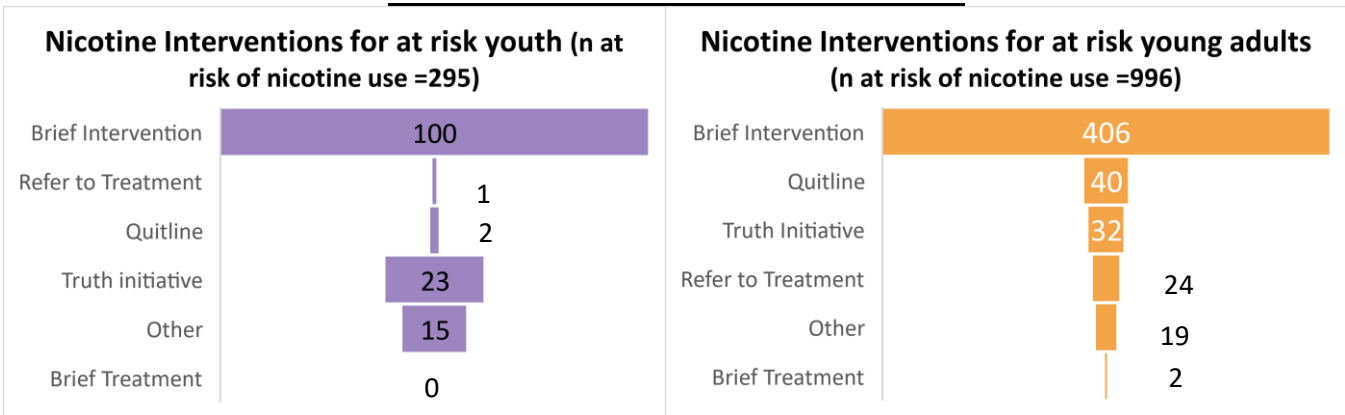
There are **1.9 greater odds** of experiencing moderate to severe **depression** among females compared to males.

1.6 greater odds of experiencing suicidal thoughts among females compared to males.

*Individuals who identify as transgender, nonbinary or other constituted a small enough sample to prohibit analyses.

Interventions

Nicotine Interventions Delivered



48% of youth with nicotine risk received an intervention.

53% of young adults with nicotine risk received an intervention.



it was good that [clinician] tried setting me up with the text message for nicotine use. [Clinician] said here it is and offered me help. It made me think about it and used it and it definitely helped me quit" - adult participant

Alcohol and Drug Interventions Delivered

Individuals scoring in the low risk range are recommended for brief interventions. Those scoring in the moderate to severe range are recommended for on site brief treatment and referral to specialty substance abuse treatment respectively.

64%

of youth with **ANY** substance use risk received an intervention

68%

of young adults with **ANY** substance use risk received an intervention

53%

of youth with **LOW** substance use risk received a brief intervention

64%

of young adults with **LOW** substance use risk received a brief intervention

71%

of youth with **MODERATE to HIGH** substance use risk received a brief intervention

80%

of young adults with **MODERATE to HIGH** substance use risk received a brief intervention



of youth with **MODERATE to HIGH** substance use risk scheduled treatment*



of young adults with **MODERATE to HIGH** substance use risk scheduled treatment*

*This percentage is after accounting for 44 youth already engaged in treatment and 3 youth who reported already quitting.

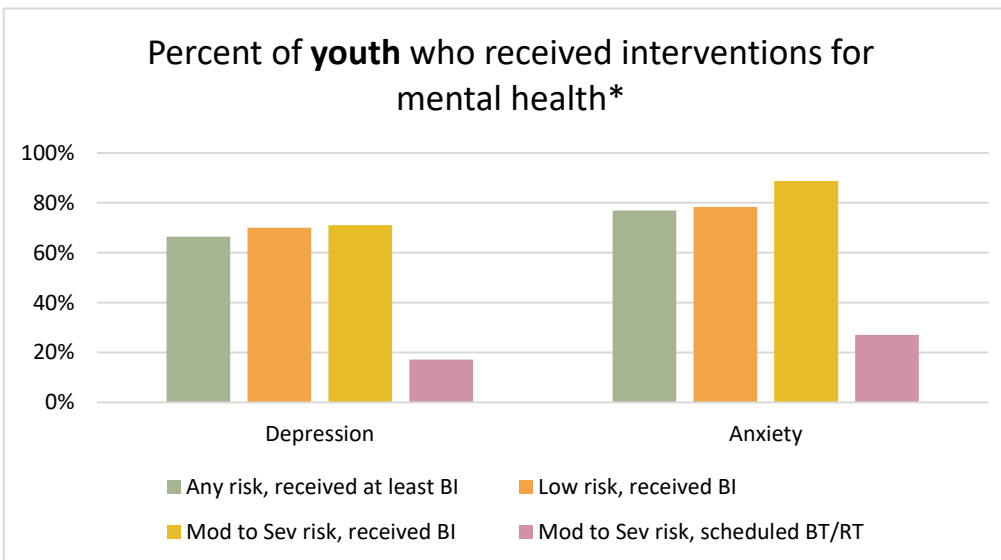
228 of the 355 at risk youth received a BI, 3 received BT and 7 RT.

*This percentage is after accounting for 35 young adults already engaged in treatment and 6 young adults who reported already quitting.

539 of the 871 young adults who are at risk received a BI, 26 received BT and 28 received RT.

Mental Health Interventions Delivered

Individuals scoring in the low risk range are recommended for brief interventions. Those scoring in the moderate to severe range are recommended for on site brief treatment and referral to more intensive mental health treatment respectively.



The 2 charts show that, for any level of mental health risk, both youth and young adults at least received a brief intervention. It was more challenging to engage those with greater risk.

*BI refers to brief intervention; BT refers to on site therapy, and RT refers to a referral to a mental health treatment provider. The percent of interventions delivered for BT/RT exclude those who indicated they were already in treatment. For youth, this totaled 48 for depression and 56 for anxiety. For young adults, this totaled 121 for depression and 136 for anxiety.

