

JAG



JAMS AWARENESS GROUP

Who are we?

A student led group working to spread awareness about mental health and drugs.

- Made/making posters
 - Articles in the Paw Print (school newspaper)
-

Started in 7th grade (last year) mainly focusing on learning about anxiety and posting informational posters around the school.

Currently an all 8th grade group, however there are plans to expand to 6th and 7th graders in hopes to continue this group in future years.

Introducing SBIRT

at JANE ADDAMS MIDDLE SCHOOL



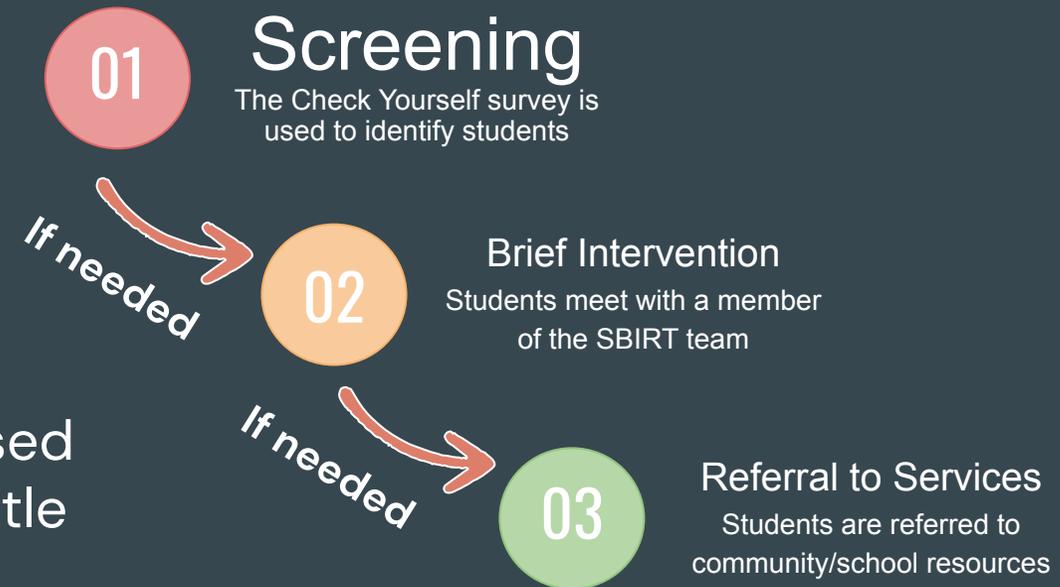
2022-23

Overview

SBIRT stands for
Screening,
Brief Intervention, and
Referral to Treatment/Services.

SBIRT is not a diagnostic tool.

Check Yourself is the screening tool used to screen students (Developed by Seattle Children's).



SBIRT Process

Youth

- Explore CY Report
- Understand goals & impact
- Enhance motivation
- Plan for change
- Plan for meeting with caregiver



Caregiver

- Introduce SBIRT
- Empathize with adolescents
- Elicit cultural/familial norms
- Prepare for meeting



Youth and Caregiver

- Establish an agenda
- Set guidelines for conversation
- Create a shared goal
- Mobilize support for next steps



GOAL BREAKDOWN

GOAL:

TARGET DUE DATE:

3 ACTIONABLE STEPS

#1

#2

#3

WHAT COULD GET IN THE WAY?

HOW I WILL PUSH THROUGH & SOLVE:

WHY IS MY GOAL IMPORTANT?

RESULTS I WILL SEE IF I ACHIEVE MY GOAL:

WHO CAN I ENLIST FOR SUPPORT:

Parent-Teen Communication

Communication Tip: Be Clear and Calm

What to do

If your teens break rules, be calm in dealing with them. It's okay to take a break and relax before you talk with them.

- Let them know why you are disappointed in their actions, and what the consequences are
- Talk with them about what steps you can take in the future

Why it Matters

Teens need for you to have age appropriate rules for their behavior.

When you remain calm, you help your teens to be calm, and you get your message across the way you intend.

Communication Tip: Listen

What to do

- Find a quiet place in order to hear what your teens are saying
- Make sure you understand their point of view

Give them your full attention by looking at them while they talk and nodding your head. Share what you heard them say and ask if you got it right.

Why it Matters

Teens want to feel that they matter. Listening to them is a powerful way to let them know that they are important to you. Teens will seek out people who listen to them. You want to be one of those people.

Communication Tip: Accept

What to do

- Tell your teens often that you love them
- Let them know every week what you think is special and good about them

When your teens disappoint you, tell them that you are disappointed in the behavior not in them.

Why it Matters

Your teens are unique people, separate from you. They need to feel that you accept who they are, even when they do things you do not like.

Teens learn best from their mistakes if they have caring people in their lives. Feeling special and understood is what helps a teen have better self-worth.

Communication Tip: Support

What to do

- If your teens say they need you, make yourself available.
- Remind them that you are in their corner and available to help with problems and decisions.

Let them know that you do not expect perfection. When they make mistakes, help them to learn important lessons and to think about ways not to make the same mistakes again.

Why it Matters

No matter how old they are, teens need their parents' support.

Being there to help when your teens need it, allowing them to make mistakes along the way, is helping them to gain the strength they need to be independent from you when the time comes.

Communication Tip: Seek Solutions

What to do

- Tell your teens you want to work through problems *with* them
- Let them know that you believe there is a way to solve it

If you find that you and your teens are not able to find a solution that works, find other people who can help. Family members, friends, or professionals can assist you and your teens.

Why it Matters

There are solutions to problems no matter how difficult. You will be better able to help your teens work through problems if you believe there are ways to resolve them. Communicating this belief helps teens to feel better about their abilities to make positive changes in their lives.

Student Surveys

We interviewed the majority of 8th grade students about communication about drugs, alcohol, and communication in their families.

Do you talk to your parents about drugs and relationships?

Yes: 29 No: 11

Do you think your parents understand you as a teenager?

Yes: 16 No: 24

Who do you feel most comfortable talking to?

Friend: 26 Parents: 9 God: 2 Counselor: 2