

UCSB Student Health Screening, Brief Intervention & Referral, Treatment (SBIRT) (Component III)

The SBIRT program screens students at high risk for addiction and other serious health and personal problems.

Data

Students who present to the Goleta Valley Cottage Hospital (GVCH) emergency room or who are referred to the UCSB Student Health Service with alcohol-related concerns are screened to assess their dependency on alcohol and to facilitate appropriate referrals for treatment. SBIRT employs a trained clinician using a 10 question instrument that asks questions about drinking behavior such as how often they drink and how often they drink heavily and the consequences of their drinking such as memory loss, inability to function normally or personal injury. Additional environmental questions are asked to identify where the students drink (home, friend's house) and with whom they drink (alone, with friends, at a party) .

Findings

- Between January 2006 and June 2007 945 SBIRT screenings were completed 124 at GVCH and 821 at UCSB Student Health.
- At the GVCH emergency room most of the patients referred for assessment were brought in by a friend or significant other. One-third came to the hospital with an injury related to alcohol use most often an injury to the head or face. Another 20% presented with alcohol intoxication as the primary complaint and the rest for other medical complaints. Four came in following sexual assault.
- The majority of the Student Health Service referrals (720) came from the UCSB CASE (College Alcohol Skills Education) program. Students are referred to the CASE program by UCSB residence hall authorities, in response to alcohol/drug policy violations, or by the local court system, as part of their sentence for alcohol/drug arrests that occur in Isla Vista.
- The average age of the patients was 19 and 62% were males.
- More than one-half of the patients reported drinking 2 or more times per week and 6% 4 or more times per week. 40% reported once per week they have 6 or more drinks.
- Few patients mentioned drinking alone or in their own home. Most often they reported drinking with friends at both small and large parties.

Implications for Prevention

SBIRT prevention opportunities focus on helping those close to high-risk students (friends, family, significant others) and alerting others nearby (e.g. property managers) to recognize the concerning signs of alcohol abuse and respond appropriately.