Dear Parents and Guardians of Seventh and Ninth Grade Students,

The nursing, counseling, and health education staff will conduct an interview-based health screening, called SBIRT (Screening, Brief Intervention and Referral to Treatment) starting in January.

SBIRT is another way for LPS to teach students about drug and alcohol prevention, as directed by School Committee Policy [TEACHING ABOUT DRUGS, ALCOHOL AND TOBACCO PREVENTION](https://lps.lexingtonma.org/site/default.aspx?PageType=3&ModuleInstanceID=11588&ViewID=7b97f7ed-8e5e-4120-848f-a8b4987d588f&RenderLoc=0&FlexDataID=23686&PageID=8132). The goals of the proactive screening are: a) reinforce positive decisions if students are not using substances, b) help to prevent students from starting to use substances, and c) intervene if students are reporting early use.

Student screening sessions will be brief and will be conducted confidentially in private, individualized sessions by the school nurse or a trained professional. Please note screening is voluntary and students may choose not to answer any or all of the screening questions.

Students who are not using substances will have their healthy choices reinforced; and the screener will provide brief feedback to any student who reports using substances or is at risk for future substance use. If needed, the student will be referred for further evaluation to his or her School Counselor. The results of the screening will not be included in a student’s school record, nor will results be shared with parents or with any staff other than the SBIRT Team. As a proactive measure, all students will receive some educational material and a resource list at the time of the screening.

As with any school screening, you have the right to opt your child out of this screening. If you wish to exclude your child from this screening, please email your [school nurse](https://lps.lexingtonma.org/Page/1503).

If you have any questions or need further information, please email Jill Gasperini, Director of School Health Services at jgasperini@lexingtonma.org. We look forward to working together to support our students in making healthy choices. Thank you for your support.