

Starting the conversation on substance use, abuse, myths and treatment

**SBIRT Referrals**

**Adolescent Substance Abuse**

Are you concerned about substance use by an adolescent in your care?

Have you determined after screening and brief interventions that a patient may be at risk for unhealthy substance abuse and related behavioral problems?

Are there environmental factors that pose situations adding to the risk of substance abuse?

Are adolescents and their families in your practice aware of the dangers inherent in early use of alcohol, marijuana, and other substance such as stimulants opioids, and benzodiazepines?

**Therapeutic Interventions**

Therapists at Quality Behavioral Health, trained by the RI-SBIRT Resource Center, are available to provide ongoing therapeutic interventions for adolescents screened and identified in your practice as being at risk for substance abuse. Evidence-based therapeutic modalities such as Motivational Interviewing and Cognitive Behavioral Therapy are used to help patients at risk to consider healthier alternatives.

**Psychoeducation**

Education about substance abuse is an important component of assessment and treatment. Information is provided by trained clinicians for children and caregivers related to warning signs of substance use: how alcohol and specific drugs affect the mind and body, and how the use of addictive substances can have adverse effects on one’s physical health, family, relationships, and other areas of functioning.

**Trauma-Related Substance Abuse**

Trauma that is experienced by youth can be a reliable indicator of addictive habits and behaviors in later years. Clinicians at QBH recognize that trauma is frequently an underlying cause of substance abuse. Therapy may be centered on the impact of trauma on current maladaptive behaviors.

**Co-occurring Disorder**

One third of individuals with a mental health disorder will experience unhealthy substance abuse. Physicians, psychiatric nurse practitioners, and therapists at Quality Behavioral Health are experienced in providing treatment for co-occurring mood, anxiety, and ADHD symptoms associated with both trauma and substance abuse disorders. Medical assisted treatment and therapy are available whenever indicated.

**Voluntary Drug Testing**

Drug testing for substance use is available at an East Side Lab on site in addition to a full-service pharmacy, Genoa Healthcare.

If you are concerned that an adolescent under your care who has been identified as at risk for substance abuse, and is in need of additional counseling, please contact Quality Behavioral Health to schedule an appointment with one of our therapists.

Quality Behavioral Health

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Visit our Website

qbhri.com