

Brief Intervention Sessions (BIS) Background

Over the last three years SFUSD has refined its Drug/Alcohol Referral Policy and Intervention Protocol and Mandatory Brief Intervention Sessions (BIS) to help students who have been caught with Alcohol and other Drugs.

- Brief Intervention is a mandatory counseling type intervention consisting of 2-3 one-on-one sessions that focus on why students are use drugs. It supports them to set goals and make better informed choices relating to their drug use.
- We are proud that in the last three years Student Support Services have trained over 120 staff members who have conducted Brief Intervention sessions with over 600 SFUSD students.

Mandatory BIS sessions are for individuals who:

- Are experiencing few problems with their drug use
- Have low levels of dependence
- Have a short history of drug use
- Have stable backgrounds
- Are unsure or ambivalent about changing their drug use

Through BIS, we hope to:

- Provide a forum for a young person to talk about their drug use
- Give accurate information about their drug of choice
- Support the person in identifying drug use related issues that impact their health, lifestyle and relationships
- Empower the person to set goals and make informed choices relating to their drug use
- Refer out students who needing additional services