

Brief Intervention for School Clinicians (BRISC)

The Brief Intervention for School Clinicians (BRISC) is a four-session assessment, engagement, brief intervention and triage strategy to be delivered as a first step or initial intervention for students in middle and high school seeking or referred to school mental health (SMH) services. This approach aims to promote efficiency and structure in SMH service delivery, while also using treatment elements that are research-based. Clinicians using the BRISC approach quickly assess the student's needs using a structured process and then engage the youth in skill building and problem solving around data-informed identified treatment goals.

BRISC has been used by school counselors, school social workers, school psychologists, and school-based mental health counselors as the first step for delivery of services to youth in school. Within the multi-tiered system of school supports, BRISC is considered a Tier 2 strategy and a useful place to start with any student requiring more targeted behavioral or psychosocial services. Designed to be an initial step in a stepped care approach to providing SMH services, BRISC is explicitly designed to inform referral to more specialized or intensive tier two or tier three services as needed.

To meet the needs of School Mental Health practitioners (SMHPs) who seek to use BRISC as part of a multi-tiered strategy for efficiently supporting students with mental health challenges, the SMART Center has designed a 3-hour, modular, online training that is accessed via a web-based Learning Management System (LMS) called "HealtheKnowledge". Those who license access to the BRISC eLearning also get access to the following materials:

- BRISC Implementation Guide
- BRISC Manual
- eLearning Instructions, and
- HealtheKnowledge Instructions; and

This training and accompanying materials can be licensed by organizations (e.g., school districts or communities) who seek to have multiple SMHPs trained, or by individuals. Districts and/or other organizations who wish to receive follow-on synchronous training sessions and/or BRISC consultation from BRISC trainer/consultants are available for those who license BRISC training materials. Inquiries can be directed to brisc@uw.edu.

For more information: <https://smartcenter.uw.edu/programs-services/brisc/>

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- Ideal for school mental health practitioners or educational leaders seeking to understand and use BRISC.
- \$250 per user per year - (only one user may purchase at a time).

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- Suitable for organizations (e.g., school districts or communities) to train multiple SMHPs.
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