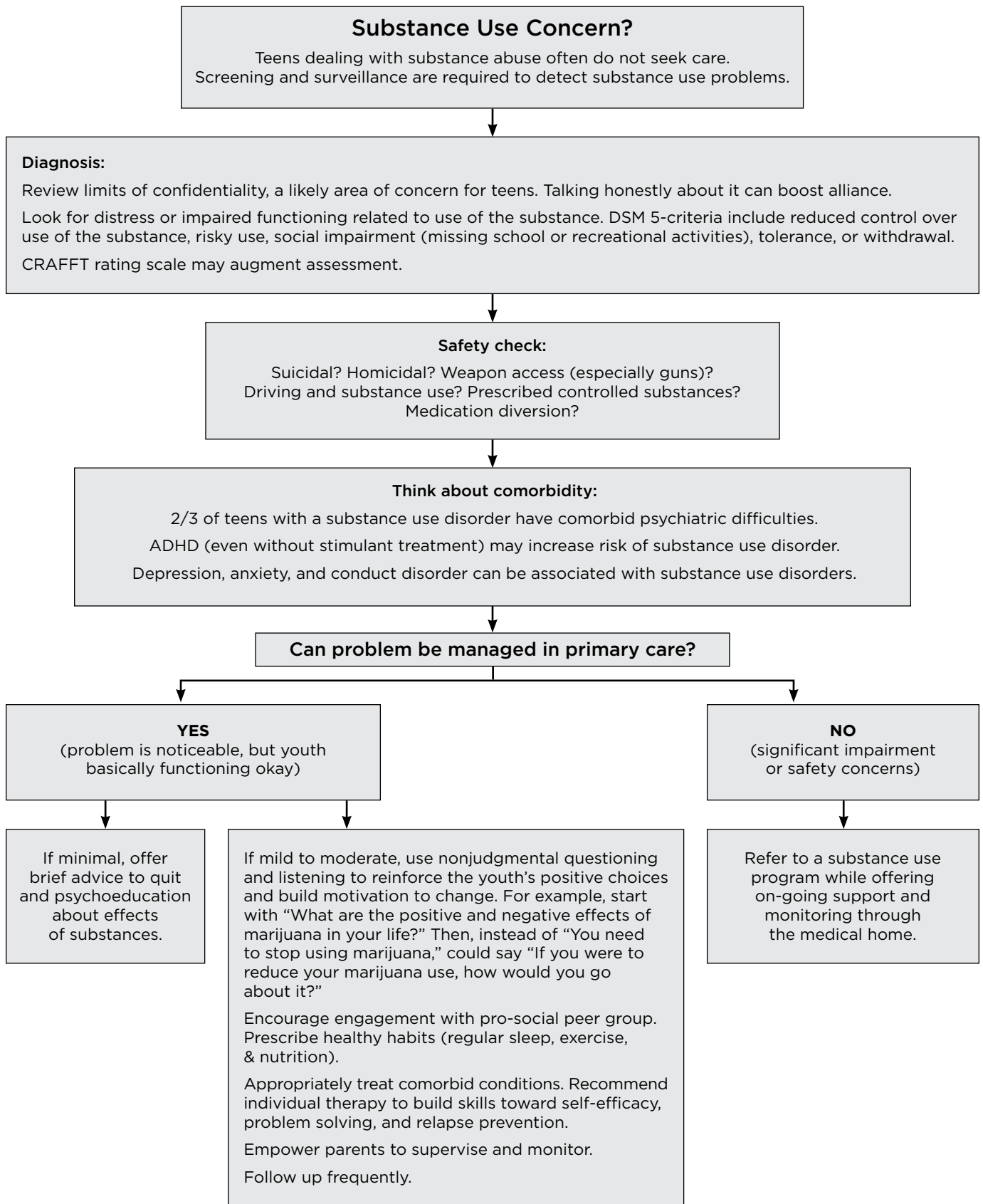




Substance Use



Reference:
Barclay and Hilt. "Integrated Care for Pediatric Substance Abuse."
Child and Adolescent Psychiatric Clinics of North America 2016 October: 769-777.

The CRAFFT Questionnaire (version 2.0)

Begin: "I'm going to ask you a few questions that I ask all my patients. Please be honest. I will keep your answers confidential."

Part A

During the PAST 12 MONTHS, on how many days did you:

1. Drink more than a few sips of beer, wine, or any drink containing alcohol ? Say "0" if none.	<input type="text"/>
	# of days
2. Use any marijuana (pot, weed, hash, or in foods) or " synthetic marijuana " (like "K2" or "Spice")? Say "0" if none.	<input type="text"/>
	# of days
3. Use anything else to get high (like other illegal drugs, prescription or over-the-counter medications, and things that you sniff or "huff")? Say "0" if none.	<input type="text"/>
	# of days

Did the patient answer "0" for all questions in Part A?

YES



Ask CAR question only, then stop

NO



Ask all six CRAFFT* questions below

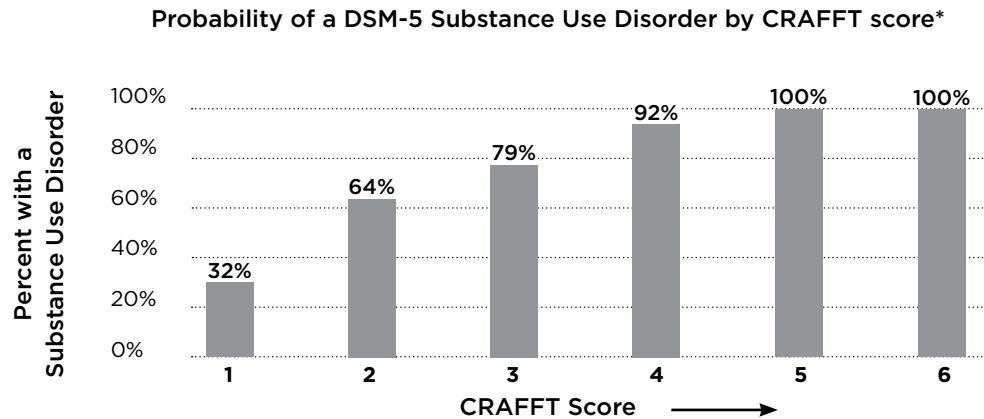
Part B

	NO	YES
C Have you ever ridden in a CAR driven by someone (including yourself) who was "high" or had been using drugs	<input type="checkbox"/>	<input type="checkbox"/>
R Do you ever use alcohol or drugs to RELAX , feel better about yourself, or fit in?	<input type="checkbox"/>	<input type="checkbox"/>
A Do you ever use alcohol or drugs while you are by yourself, or ALONE ?	<input type="checkbox"/>	<input type="checkbox"/>
F Do you ever FORGET things you did while using alcohol or drugs?	<input type="checkbox"/>	<input type="checkbox"/>
F Do your FAMILY or FRIENDS ever tell you that you should cut down on your drinking or drug use?	<input type="checkbox"/>	<input type="checkbox"/>
T Have you ever gotten into TROUBLE while you were using alcohol or drugs?	<input type="checkbox"/>	<input type="checkbox"/>

*Two or more YES answers suggest a serious problem and need for further assessment. See next page for further instructions →

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1. Show your patient his/her score on this graph and discuss level of risk for a substance use disorder.



*Data source: Mitchell SG, Kelly SM, Gryczynski J, Myers CP, O’Grady KE, Kirk AS, & Schwartz RP. (2014). The CRAFFT cut-points and DSM-5 criteria for alcohol and other drugs: a reevaluation and reexamination. Substance Abuse, 35(4), 376-80.

2. Use these talking points for brief counseling.



1. **REVIEW** screening results
For each “yes” response: *“Can you tell me more about that?”*



2. **RECOMMEND** not to use
“As your doctor (nurse/health care provider), my recommendation is not to use any alcohol, marijuana or other drug because they can:
 - 1) Harm your developing brain;
 - 2) Interfere with learning and memory, and
 - 3) Put you in embarrassing or dangerous situations.”



3. **RIDING/DRIVING** risk counseling
“Motor vehicle crashes are the leading cause of death for young people. I give all my patients the Contract for Life. Please take it home and discuss it with your parents/guardians to create a plan for safe rides home.”



4. **RESPONSE** elicit self-motivational statements
Non-users: *“If someone asked you why you don’t drink or use drugs, what would you say?”*
Users: *“What would be some of the benefits of not using?”*



5. **REINFORCE** self-efficacy
“I believe you have what it takes to keep alcohol and drugs from getting in the way of achieving your goals.”

3. Give patient Contract for Life. Available at www.crafft.org/contract

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The information on this page is protected by special federal confidentiality rules (42 CFR Part 2), which prohibit disclosure of this information unless authorized by specific written consent. A general authorization for release of medical information is NOT sufficient.

Substance Use Resources

Information for Families

Websites families may find helpful:

A Parent's Guide to Preventing Underage Marijuana Use

www.seattlechildrens.org/pdf/parents-guide-preventing-underage-marijuana-use.pdf

Partnership for Drug-Free Kids

www.drugfree.org

Parent-Teen Driving Agreement

www.healthychildren.org/English/ages-stages/teen/safety/pages/Teen-Driving-Agreement.aspx

Drugs: What You Should Know

www.seattlechildrens.org/kids-health/teens/drugs-and-alcohol/drugs/drugs--what-you-should-know

Mental Health and Substance Use Treatment Services

(800) 535-4006 or (307) 777-6494

<https://health.wyo.gov/behavioralhealth/MHSA>

Start Talking Now

www.starttalkingnow.org

National Institute on Drug Abuse for Parents

<https://teens.drugabuse.gov/parents>

Websites youth may find helpful:

The Cool Spot

www.thecoolspot.gov

Books families may find helpful:

Beyond Addiction: How Science and Kindness Help People Change (2014) by Jeffrey Foote, PhD, Carrie Wilkens, PhD, and Nicole Kosanke, PhD, with Stephanie Higgs

Clean: Overcoming Addiction and Ending America's Greatest Tragedy (2014) and Beautiful Boy: A Father's Journey Through His Son's Addiction (2009), both by David Sheff