

Screening

During the past 12 months, did you:

- Drink any alcohol (more than a few sips)?
- Smoke any marijuana or hashish?
- Use anything else to get high?

Your Risk Level

CRAFFT

>2

High
Risk

0 or 1

At-Risk

0

Low/No Risk

SBIRT

Screening, Brief Intervention &
Referral to Treatment
www.sbirtonline.org

No drinking/using is ever safe for children and adolescents. Any use is high risk for elementary and middle school.

CRAFFT

1. Have you ever ridden in a **CAR** driven by someone (including yourself) who was high or had been using alcohol or drugs?
2. Do you ever use alcohol or drugs to **RELAX** or feel better about yourself or fit in?
3. Do you ever use alcohol or drugs while **ALONE**?
4. Do you ever **FORGET** things you did while using alcohol or drugs?
5. Do your **FAMILY** or **FRIENDS** ever tell you that you should decrease your drinking or drug use?
6. Have you ever gotten in **TROUBLE** while using alcohol or drugs?

Beaver College of Health Sciences

APPALACHIAN STATE UNIVERSITY

Intervention

1. Raise the Subject	Is it OK if we talk about your substance use? Tell me about your...
2. Provide Feedback	-Thank you for sharing that with me. Would you mind if I provide you some feedback? -Your [alcohol/drug] use concerns me. Any [alcohol/drug] use is not safe for you.
3. Offer Advice	I would like you to consider not using [drugs/alcohol]. What are your thoughts about that?
4. Enhance Motivation	Use OARS* & techniques to enhance internal motivation: -What are some of the reasons for you to stop using? -On a scale of 1-10, how ready are you to stop using?
5. Negotiate a Plan	-What steps can you take to stop using? -Would it be okay for us to discuss what we have talked about with your parents at this time? -Can we schedule a follow up visit to talk about this further?

Key Interviewing Techniques:

Open Ended Questions
Affirmations
Reflections
Summaries

Roll With Resistance
Express Empathy
Develop Discrepancy
Support Self Efficacy

Readiness Ruler-

Why are you a __ and not something lower?

Readiness Ruler

Not At All Ready 1 2 3 4 5 6 7 8 9 10 Completely Ready

