

Adolescent SBIRT Opening Questions

During the past 12 months, did you:

1. Drink any alcohol (more than a few sips)?
2. Smoke any marijuana or hashish?
3. Use anything else to get high? ("Anything else" includes illegal drugs, over the counter and prescription drugs, and things that you sniff or "huff.")

No to all

Praise and Encouragement

"You have made some very good decisions in your choice not to use drugs and alcohol. I hope you keep it up."

CRAFFT "CAR" Question

If Yes to CAR

"Please don't ever ride with a driver who has had even a single drink, because people can feel that it's safe to drive even when it's not."

Offer a Contract for Life:

www.sadd.org/contract.htm

Yes to any

Administer CRAFFT

C = Have you ever ridden in a **CAR** driven by someone (including yourself) who was "high" or had been using alcohol or drugs?

R = Do you ever use alcohol or drugs to **RELAX**, feel better about yourself, or fit in?

A = Do you ever use alcohol or drugs while you are by yourself, or **ALONE**?

F = Do you ever **FORGET** things you did while using alcohol or drugs?

F = Do your family or **FRIENDS** ever tell you that you should cut down on your drinking or drug use?

T = Have you ever gotten into **TROUBLE** while you were using alcohol or drugs?

Brief Advice

"I recommend that you stop (drinking/smoking) and now is the best time. Alcohol/drugs kill brain cells and can make you do stupid things that you will regret. You are such a good (student/friend/athlete). I would hate to see anything interfere with your future."

CRAFFT = 0 or 1

CRAFFT ≥ 2

Brief Assessment

Tell me about your alcohol/substance use. Has it caused you any problems? Have you tried to quit? Why?

No Signs of Acute Danger or Addiction

Brief Negotiated Interview to stop or cut down.

Give brief advice and summary.

"As your physician, I recommend that you quit drinking entirely for the sake of your health and your brain, but we both know that decision is up to you. You said that all of your friends drink and you enjoy drinking at parties; on the other hand, you recently had a blackout and are not sure how you got home that night. What are your plans regarding alcohol use in the future?"

Give praise and encouragement if willing to quit. Plan follow-up.

"It sounds like you have already started thinking about how alcohol use is affecting your life and that it would be a really smart decision to cut down. Would you be willing to quit drinking entirely for one month and then check in again with me?"

If unwilling to quit, encourage to cut down. Plan follow-up.

"OK, it sounds like you're not willing to quit entirely, but you do want to cut down. Are you willing to limit yourself to one drink when you are at a party to make sure you don't have another blackout? I'd like you to come back in one month to see how that goes."

Signs of Addiction

≤ 14 years, daily or near daily use of any substance, CRAFFT ≥ 5, alcohol related blackouts (memory lapses):

Refer to treatment.

Summarize

"I hear you saying that you depend on marijuana to help you concentrate and relax. You are frustrated because you are fighting with your parents all of the time and you were suspended from school. You tried quitting for a while, but that didn't last long. I am worried that you may be losing control over marijuana."

Refer

"I would like you to speak to someone to think more about the role marijuana is playing in your life, and the impact it could have on your future."

Invite parents

"Let's tell your parents that you have agreed to talk to someone about marijuana. They already know you use, and in my experience parents are usually relieved when their child agrees to speak to someone. I don't plan on saying much else, but is there anything you would like to be sure I keep confidential?"

Signs of Acute Danger

Drug-related hospital visits; use of IV drugs; combining alcohol use with benzodiazepines, barbiturates or opiates; consuming potentially lethal volume of alcohol (14 or more drinks); driving after substance use.

Make an Immediate Intervention

Contract for safety:

"I am really worried about your drinking. Could you agree not to drink at all this weekend until you can speak with your counselor/me again on Monday?"

Consider breaking confidentiality to ask parents to monitor and insure follow-through:

"I am going to tell your parents about our agreement so that they can support you."

*