

CRAFFT — Adolescent Screening Tool

During the past 12 months, did you:

- 1) Drink any alcohol?
(more than a few sips)
- 2) Smoke any marijuana/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")

If patient answered
"no" to all of these...

... ask only
question 1
below, and then
stop.

If patient answered
"yes" to any of these...

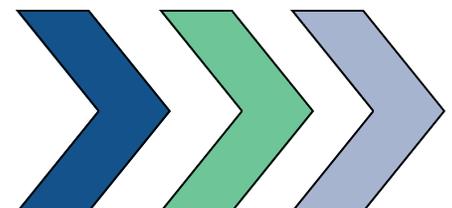
... ask all
questions
below.

- 1) Have you ever ridden in a **C**ar driven by someone (including yourself) who was high or had been using alcohol or drugs?
- 2) Do you ever use alcohol or drugs to **R**elax, feel better about yourself, or fit in?
- 3) Do you ever use alcohol or drugs while you are by yourself, **A**lone?
- 4) Do you ever **F**orget things you did while using alcohol or drugs?
- 5) Do your **F**amily or **F**riends ever tell you that you should cut down on your drinking or drug use?
- 6) Have you ever gotten into **T**rouble while you were using alcohol or drugs?

CRAFFT—Validity and use:

- The AMA recommends that adolescents be screened annually regarding alcohol and other substance use. American Medical Association. (1997). "Guidelines for Adolescent Preventive Services". *Department of Adolescent Health*.
- The US Surgeon General also advocates for screening and intervention in the course of preventive and emergency care. "US Surgeon General's Call to Action to Prevent and Reduce Underage Drinking". (2007). Office of the Surgeon General.
- The 2007 Surgeon General's Call to Action also recommends that health care associations make brief interventions and screening tools widely available.
- With scores of 2 or higher, the CRAFFT tool can correctly identify substance-related problems and disorders, regardless of age, race, or sex. Knight, J.R., Sherritt, L., Shrier, L.A., Harris, S.K., and Chang, G. (2002). "Validity of the CRAFFT Substance Abuse Screening Test Among Adolescent Clinic Patients". *Archives of Pediatric and Adolescent Medicine*, 156: 607-614.

CRAFFT **scoring**
and **treatment**
resources are on
the next page



How do I interpret CRAFFT scores?

“No” to all opening questions

“Yes” to any opening question

If the patient HASN'T ridden in a car with a driver under the influence...

Praise that behavior, and check in again during their next visit.

If the patient HAS ridden in a car with a driver under the influence...

Ask the patient to make an agreement with you not to ride with intoxicated drivers in the future. At their next visit, check in again.

If the patient only answers “yes” to the “CAR” question...

If the score is 0 or 1 (besides “CAR” question)...
Talk briefly with the patient about the consequences of use. Express concern, advise to abstain, and check in during their next visit.

If the score is 2 or higher...

Assess further to see if referral to treatment services are needed.

Treatment Referral Resources

- To find services, call the Maine Office of Substance Abuse at 1-800-499-0027, or go online to www.maineosa.org/help/directory.htm for a list of treatment agencies.
- Dial 211 or visit www.211maine.org for 24-hour referrals for assistance.
- Statewide Crisis Hotline—DHHS: 1-888-568-1112 (24 hour)



21 Reasons
Medical Care Development
48 Free Street, Suite 208
Portland, ME 04101

207-773-7737
www.21reasons.org

Resources for Parents

- Maine Parents (www.maineparents.net) has monitoring tips, ways to talk with your teen about alcohol, and what to do if you suspect your teen is using.
- The Partnership for a Drugfree America (www.drugfree.org) has drug guides, stories of recovery, and more.
- Parents—The Anti-Drug (www.theantidrug.com) has parenting advice, news, and downloadable guides.

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Resources adapted from “Raising Your Child Alcohol Free” and “An Action Guide for Maine Parents” from the Maine Office of Substance Abuse, Department of Health and Human Services; and from “Using the CRAFFT Screening Tool” Provider Guide, Massachusetts Department of Public Health Bureau of Substance Abuse Services, March 2009.

