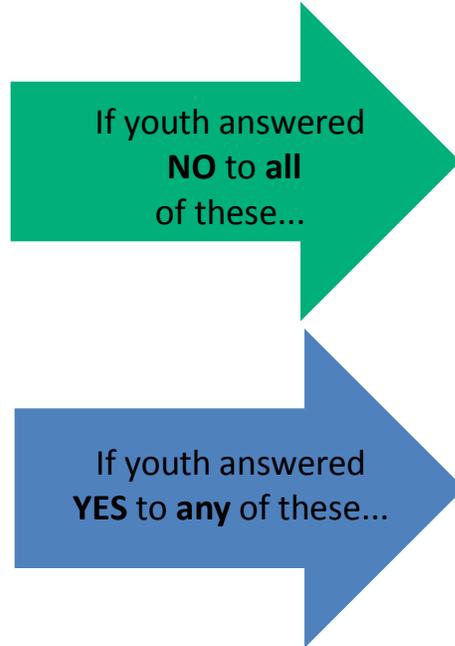


SBIRT: 1) Using the CRAFFT Screening Tool

During the past 12 months, did you:

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



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

... ask **all questions** below.

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 **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?

"No" to all opening questions

"Yes" to any opening question

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

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

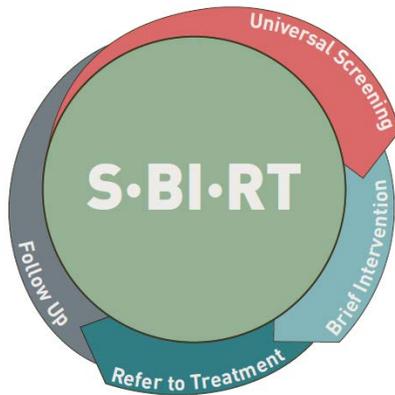
If the youth only answers "yes" to the "CAR" question...

If the score is 0 or 1 (besides "CAR" question)...
Talk briefly with the youth 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.

SBIRT: 2) Brief Intervention and 3) Referral to Treatment



The term Brief Intervention, in the context of S•BI•RT, encompasses a number of approaches ranging from positive reinforcement to motivational interviewing to brief intervention to treatment.

Positive Reinforcement

When a youth screen is negative for use, **positive reinforcement** is a crucial opportunity. It can be as simple for younger adolescents as “I see that you report not using any alcohol or other drugs. Most people your age do not and I’m really glad to see you are making this choice for your health and safety.” This is a unique prevention opportunity and is a key benefit of the S•BI•RT approach.

Brief Intervention

When the screen is positive but the youth **use is infrequent** and without substance use disorder diagnosis, brief intervention is warranted. This follow up acknowledges the positive screen, explains the risks to the developing brain, advises against further use, and facilitates development of strategies to support abstinence. A brief intervention could include a requiring a series of sessions, group or psycho-educational class, like SIRP (Student Intervention Reintegration Program). School nurses or counselors need to consider the protocol and policy for their school.

When the screening indicates **risky use**, drinking or using other drugs once per month or more, a brief intervention is also indicated. Practitioners can engage in a different kind of conversation using simple motivational interviewing techniques to increase awareness of problematic substance use, encourage reduction in use, and changes to risk behavior. This **brief intervention** conversation helps to engage the youth in the decision to participate in further **assessment** and to result in a successful **referral to treatment**. This may take several follow up interactions and often necessitates parental engagement – with the youth’s permission when possible. A brief intervention could include requiring a series of sessions, group, or a psycho-educational class, like SIRP (Student Intervention Reintegration Program).

Severe substance use, characterized in adolescents as using weekly or more frequently, often necessitates a referral for further assessment and treatment*.



207-351-2118

Youth and adult
treatment services.

Call for information,
evaluation or an
appointment.

Resources and Referral to Treatment

- Treatment Locator <https://findtreatment.samhsa.gov/>
- Dial 211 or visit www.211maine.org for 24-hour referrals
- 24 Hour Statewide Crisis Hotline—DHHS: 1-888-568-1112
- The Partnership for Drug Free Kids <http://www.drugfree.org>
Comprehensive guide for parents/caretakers