

CRAFFT[®] RISK ASSESSMENT



To be orally administered by the clinician

Part A

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

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? Put "0" if none. ___ days
2. Use marijuana (weed, oil, or hash by smoking, vaping, or in food) or "synthetic marijuana" (like "K2" or "Spice")? Put "0" if none. ___ days
3. Use anything else to get high (like other illegal drugs, prescription or over-the-counter medications, and things that you sniff, huff, or vape)? Put "0" if none. ___ days

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

If yes, ask the C question only, then stop. If no, ask all six CRAFFT questions below:

Part B

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

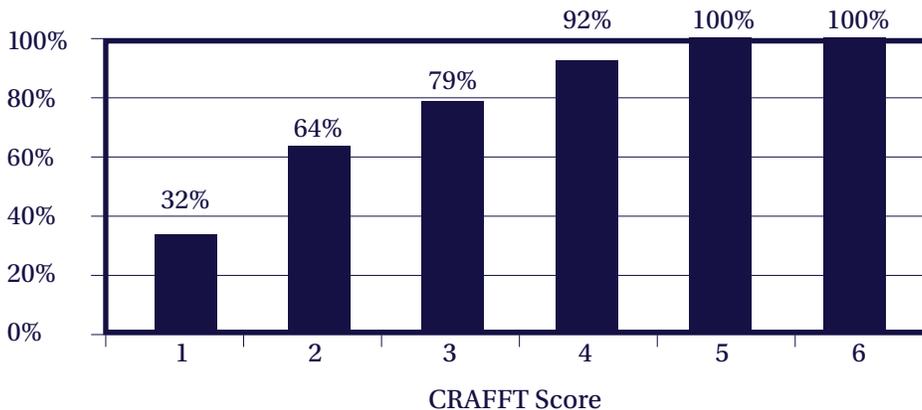
TWO OR MORE "YES" ANSWERS SUGGEST A SERIOUS PROBLEM AND NEED FOR FURTHER ASSESSMENT.

NOTICE TO CLINIC STAFF AND MEDICAL RECORDS: 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.

SEE BACK FOR FURTHER INSTRUCTIONS

Show your patient his or her score on this graph and discuss the level of risk for substance use disorder.

Percent with a DSM-5 Substance Use Disorder by CRAFFT Score*



* 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.

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 to not 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 or guardians to create a plan for safe rides home.”

4. Responses 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.”

Give patient Contract for Life. Available at <https://cesar.childrenshospital.org/contract-for-life/>.

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