

PATIENT AGE	WHO TO SCREEN	WHAT TO SCREEN FOR	OPENING SCREENING QUESTIONS
0 - 8 years	Parents	Tobacco	"Do you smoke?" "Where do you smoke?" "Is your child exposed to tobacco smoke any where else?"
9 - 11 years	Parents & Patients	Tobacco, Alcohol	(ASK PARENTS SAME QUESTIONS AS ABOVE) "Do you have any friends who smoke or use tobacco?" "Have you ever tried smoking cigarettes or smokeless tobacco?" "Do you have any friends who drink alcohol, including beer or wine?" "Have you ever drank alcohol, including beer & wine?"
12+ years	Patients	Tobacco, Alcohol Illicit Drugs, Rx Drug Misuse	"Have you ever smoked cigarettes or used smokeless tobacco?" (SEE BELOW FOR ALCOHOL & DRUG SCREENING QUESTIONS)

OPENING SCREENING QUESTIONS (12+ y.o.)		Praise & Encouragement Ask CRAFFT CAR Question
"Have you ever... <ul style="list-style-type: none"> ...drank any alcohol, including beer & wine?" ...smoked any marijuana, or used cocaine or any other substance to get high, like huffing things like glue or paint?" ...used any prescription medications that weren't yours or in a way that wasn't prescribed?" 	No to All Yes to Any	Administer the CRAFFT C = "Have you ever ridden in a CAR driven by someone (including you) who had been using alcohol/drugs?" R = "Do you ever use alcohol or drugs to RELAX , feel better about yourself or to 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 = "Does 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/drugs?"



BRIEF INTERVENTION "5 A's": ASK, ADVISE, ASSESS, ASSIST, ARRANGE	
ASK	Respectfully raise the subject and screen (see reverse side for screening questions)
ADVISE	Provide Feedback: Advise to quit & discuss risks of continued use, especially as they may relate to patient's development or current medical condition(s).
ASSESS	Assess Readiness to Change: Assess patient's willingness to try to quit or cut back Show the Readiness Ruler and ask, "On a scale of 1—10, how ready are you to change your current use of ____?" If >1, ask "Why did you choose ____ and not a 0?" If ≤1, ask "What would make your use of (____ substance) a problem for you?" or "Have you ever done anything you wish you hadn't while using ____?"
ASSIST	Enhance Motivation: Ask patient if s/he sees any connections between his/her health or social, family, or other problems & his/her substance use. <ul style="list-style-type: none"> • If the patient sees a connection, reflect what the patient has said. • If the patient doesn't see a connection, help explore the reasons for ambivalence. Explore the pros & cons of continued use. • Help to create a discrepancy between what the patient is saying & important priorities/goals that may be threatened by his/her substance use. Negotiate a Plan: Help patient set goal for cutting back/quitting his/her substance use.
ARRANGE	Follow Up: If patient is <u>willing</u> , arrange to see or speak with patient again at the next appointment, or by telephone. If <u>unwilling</u> , address tobacco/substance use at next visit. If necessary, Refer to Treatment: Help patient connect to treatment resources, either within your setting or an outside provider/clinic. If <u>patient is intoxicated at current visit</u> , arrange for patient to be taken to the nearest ER.



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www.sbirt.umaryland.edu

