

## Adolescent Substance Use Disorders

This instrument is a brief screen for alcohol and drug use by adolescents. It is called the CRAFFT.

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

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

Do you ever use alcohol or drugs when you are by yourself (**alone**).

Do you ever **forget** things you did while using alcohol or drugs?

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

Have you ever gotten in **trouble** while you were using alcohol or drugs?

A yes answer to two or more of the above questions is an indication the person may be at risk for alcohol related problems. These individuals should be assessed further to determine whether they have experienced alcohol problems or dependence.

Source: Alcohol and drug Abuse Institute Library, University of Washington, 1999 Screening and Assessment Instruments