

# Clinical Toolkit

## Clinical Tips: Alcohol and Other Drugs Screening Tools

### CRAFFT

The CRAFFT is a behavioural health screening tool for use with 12-17yo. It consists of a series of 6 questions developed to screen adolescents for high risk alcohol and other drug use disorders simultaneously. **headspace** recommends the use of this tool.

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/drugs while you are by yourself, 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 gotten into TROUBLE while you were using alcohol or drugs?

If the adolescent answers "Yes" to any one or more of the first three opening questions, the provider asks all six CRAFFT questions. If the answer is "no" to the first 3 questions then no further questions should be asked.

More information can be found at [the Centre for Adolescent Substance Abuse Research](#)

### ASSIST

The Alcohol, Smoking and Substance Involvement Screening Test (ASSIST) was developed for the World Health Organization (WHO) by an international group of substance abuse researchers to detect and manage substance use and related problems in primary and general medical care settings.

**This is used in people aged 18 years and over.**

ASSIST has undergone significant testing to ensure that it is feasible, reliable, valid, flexible, comprehensive and cross-culturally relevant, and able to be linked to brief interventions. You may access ASSIST through the following link.

[http://www.who.int/substance\\_abuse/activities/assist/en/](http://www.who.int/substance_abuse/activities/assist/en/)

### headspace Psychosocial Assessment

The headspace psychosocial assessment also has a domain on asking about AOD use

Domain 4: Alcohol and other drugs

The following questions should take into account the young person's developmental stage.

For those ages 12-15, consider beginning questions in the third person ("Some young people around your age are starting to try different substances....", then ask the young person about themselves ("what about you?").

For those ages 16=25, begin with 'what do you...'

Examples of **screening questions** you could use:

- Do you drink? Smoke? Have you tried or used drugs? What have you tried?

- What do you like about it? What don't you like?
- Have you regularly used alcohol or drugs to help you relax, calm down or feel better?
- Have you had any problems with family, friends, police (or courts) related to drinking or using drugs?
- Would any of your friends or family say you have a problem with drinking or drugs?

Examples of **probing questions** you could use:

- What were you drinking the last time you got drunk (or stoned/high)? Why? Could you remember everything?
- How did you get home?
- How do you (and your friends) take drugs?
- Do any of your family drink, smoke or use other drugs? If so, how do you feel about this? Is it a problem for you?

- In this last three months, what is the longest time you have gone without any alcohol or drug use?
- Have you tried to have any periods without alcohol or drug use and how did these go?
- Have you ever thought about changing or reducing your drug and alcohol use?

### AUDIT

The Alcohol Use Disorders Identification Test (AUDIT) is a 10-item screening tool which assesses alcohol *only* and was developed by the World Health Organization (WHO). It can be used with adolescents and young adults. As substance use is prevalent among young people, it is usually preferable to screen for substance use more broadly than just alcohol use initially. You may access AUDIT through [this link](#).