

CRAFFT

(CAR, RELAX, ALONE, FORGET, FRIENDS, TROUBLE)

C	Have you ever travelled 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 by yourself, or 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?
F	Have you ever gotten into TROUBLE while you were using alcohol or drugs?

CRAFFT Scoring

Each “Yes” response to the CRAFFT questions is scores 1 point. Adolescents who report no use of alcohol or drugs and have a CRAFFT score of 0 should receive praise and encouragement. Those who report any use of alcohol or drugs and have a CRAFFT score of 0 or 1 should be encouraged to stop and receive a brief intervention and advice regarding the adverse health effects of substance use.

A score of 2 or greater is a “positive” screen and indicates that the adolescent is at high-risk for having an alcohol or drug-related disorder and requires further assessment from specialist services.