

Role play: Andrew

For the health professional:

Andrew is a 17-year-old who is being seen for a physical. Here are Andrew’s answers on the CRAFFT:

During the PAST 12 months , on how many days did you:	Number of days
1. Drink more than a few sips of beer, wine, or any drink containing alcohol ? Put “0” if none.	100
2. Use any marijuana (weed, oil, or hash by smoking, vaping, or in food) or “synthetic marijuana” (like “K2,” “Spice”)? Put “0” if none.	100
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.	0
4. Use any tobacco or nicotine products (for example, cigarettes, e-cigarettes, hookahs or smokeless tobacco)? Say “0” if none.	0

If you put “0” in **ALL** of the boxes above, ANSWER QUESTION 5, THEN STOP.

If you put “1” or **higher** in **ANY** of the boxes above, ANSWER QUESTIONS 5-10.

	No	Yes
5. Have you ever ridden in a car driven by someone (including yourself) who was “high” or had been using alcohol or drugs?	<input checked="" type="checkbox"/>	<input type="checkbox"/>
6. Do you ever use alcohol or drugs to relax, feel better about yourself, or fit in?	<input type="checkbox"/>	<input checked="" type="checkbox"/>
7. Do you ever use alcohol or drugs while you are by yourself, or alone?	<input type="checkbox"/>	<input checked="" type="checkbox"/>
8. Do you ever forget things you did while using alcohol or drugs?	<input type="checkbox"/>	<input checked="" type="checkbox"/>
9. Do your family or friends ever tell you that you should cut down on your drinking or drug use?	<input checked="" type="checkbox"/>	<input type="checkbox"/>
10. Have you ever gotten into trouble while you were using alcohol or drugs?	<input type="checkbox"/>	<input checked="" type="checkbox"/>

For the patient:

You are a 17 year-old who is being seen for a physical. You answered “yes” to the following questions on the questionnaire:

- Do you ever use alcohol or drugs to relax, feel better about yourself, or fit in?
- Do you ever use alcohol or drugs while you are by yourself, or alone?
- Do you ever forget things you did while using alcohol or drugs?
- Have you ever gotten into trouble while you were using alcohol or drugs?

A month ago you were arrested for drinking in a parked car. The police brought you to the station and had your parents pick you up, but did not press charges. You quit drinking after the arrest. Your parents told you your grandfather had alcohol problems, which can run in families. If brought up by the clinician, you agree not to ride with any drivers who have been drinking or using drugs, and agree to sign a Contract for Life.

However, you have no intention of stopping using marijuana, which you smoke almost every day. You know marijuana could damage your lungs, but you plan on quitting in the future rather than now. You do not believe that marijuana is an addictive drug, and believe you could quit at any time you wanted to. However, if reassured by the clinician that the choice of when/if to quit would be up to you, you reluctantly agree to speak with a specialist who may help you think more about your marijuana use and the impact on your health.

You believe your parents already know that you used to drink alcohol and still use marijuana, and you give permission to the clinician to discuss your conversation, especially if the clinician agrees not discuss the details of your drug use and emphasize how you’ve agreed to keep abstaining from alcohol and not ride with any impaired drivers.

Your readiness to stop using marijuana is 3 on the Readiness Ruler.

For the observer:

Brief intervention observation sheet

Did the health professional . . .

Raise subject

- | | | |
|---|-----|----|
| 1) Ask patient for permission to discuss substance use? | Yes | No |
| 2) Define their role before beginning discussing the patient's use. | Yes | No |
| 3) Elicit the patient's own description of their substance use. | Yes | No |

Share information

- | | | |
|---|-----|----|
| 4) Explain any connection between the patient's use and their health complaint (if applicable). | Yes | No |
| 5) Share information about of risks of use, including low-risk alcohol limits (if applicable). | Yes | No |
| 6) Ask the pt what they think of the information just provided. | Yes | No |

Enhance motivation

- | | | |
|---|-----|----|
| 7) Ask the patient about their perceived pros and cons of their use, then summarize what the patient said. | Yes | No |
| 8) Ask what the pt wants to change about their use. | Yes | No |
| 9) Gauge patient's readiness/confidence to reach their goal. If using Readiness Ruler, ask, "Why not a lower number?" | Yes | No |

Identify plan

- | | | |
|---|-----|----|
| 10) If patient sounds ready, ask them to identify a plan of change. | Yes | No |
| 11) Affirm patient's readiness to change and affirm their plan. | Yes | No |
| 12) Ask to schedule follow-up. | Yes | No |

How well did the health professional use a guiding style of communication?

Not at all

Very well

1

2

3

4

5

6

7