

## CRAFFT

### Screening for Alcohol and Drugs

#### During the past year have you...

1. **Drank** any alcohol (more than a few sips)?
2. **Smoked** any marijuana or hashish?
3. **Used** any other drug to get high?

(By other drug, I mean: **street drugs** such as ecstasy or cocaine; **inhalants** such as glue or paint thinner, **over-the-counter drugs** such as DXM, or **prescription drugs** such as OxyContin®, Dilaudid®, or Rivotril®, that you did not take the way a doctor prescribed.)

**All NO - CAR question only**      **Any YES - \*CRAFFT Screen (below)**

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

Yes       No

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

Yes       No

**A** Do you ever use alcohol/drugs while you are by yourself, **ALONE**?

Yes       No

**F** Do your **FRIENDS** (or family) ever tell you that you should cut down on your drinking or drug use?

Yes       No

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

Yes       No

**T** Have you gotten into **TROUBLE** while you were using alcohol or drugs?

Yes       No

**\*Two or more yes answers on the CRAFFT, suggest a serious problem and a need for further assessment**

## Did you know that ...

- \* it is safest to stop drinking and avoid street drugs and tobacco when you are pregnant?
- \* only drugs and medications recommended by your doctor or a pharmacist should be taken during pregnancy?
- \* it is recommended that you tell your health-care provider about any alcohol use during pregnancy?
- \* drinking alcohol and the use of some drugs/medications impairs driving?

#### For more information...

Ask your public health nurse, public health nutritionist, or your health-care provider for more information about using alcohol and drugs during pregnancy.

**Addiction Services:** Check your telephone book under Addiction Services for local services nearest you or on the web at: <http://www.gnb.ca/0378/poster-e.asp>

#### Motherisk Alcohol and Substance Use helpline:

1- 877- 327- 4636 (toll-free) or [www.motherisk.org](http://www.motherisk.org)

**Smokers' Helpline:** 1-877-513-5333 (toll-free)