

CRAFFT

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 or drugs while you are by yourself (alone)

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

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

T: Have you gotten in trouble while you were using alcohol