

**CRLS School Council Meeting
2/27/18**

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Project READY
Reducing the Effects of Alcohol and Drugs on Youth at CRLS

CRAFFT Questions “A Brief Screening Test of Adolescent Substance Abuse”

C – Have you ever ridden in a CAR driven by someone (including you) 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 or 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 or drugs?

*2 or more yes answers suggests a significant problem

Project READY approach:

Intervention using Motivational Interviewing/CBT skills for teen in trouble at school because of drugs and alcohol

Provide drug/alcohol assessment

School-based (clients are seen during school hours)

8 weeks of treatment (meeting once per week)

In Sessions:

After assessment

Goal setting

Personalized feedback

Decisional balance exercise

Readiness ruler

Change planning

Relapse prevention
Skills/MI follow up

Outcomes: 4 Months post-treatment

Marijuana

- 13 to 5 days using per month
- 33% abstaining for four months

Alcohol

- 33 drinks to 10 per month
- 38% abstaining for four months

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CHA Referral Line 617-665-3458 ask for Dr. David Stewart at CRLS Teen Health for teen substance use services.