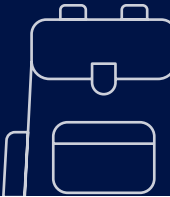


SPI Fact Sheet

Screening, Prevention, and Intervention for Adolescent Service Providers



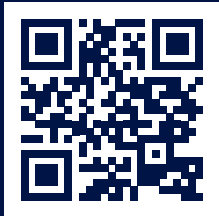
Screening

Screening for alcohol and drug use involves using brief, structured tools to identify potential substance use concerns early. Service providers working with adolescents should consider incorporating validated screening into their settings to promote timely support.

SCREENING TOOLS

There are several validated screening tools available for adolescents:

CRAFFT (Car, Relax, Alone, Forget, Family/Friends, Trouble) Screening Tool



<https://crafft.org>

Screening to Brief Intervention (S2BI)



nida.nih.gov/s2bi

Brief Screener for Tobacco, Alcohol, and other Drugs (BSTAD)



nida.nih.gov/bstad

SCREENING TIPS

- Screen all youth in your setting, regardless of perceived risk
- Use validated tools
- Offer self-administration when possible

YOUTH CENTERED COMMUNICATION

- Normalize: “We ask everyone about alcohol and drugs.”
- Ask Permission: “Would it be alright if we spend a few minutes talking about that?” Use neutral, nonjudgmental language.

Prevention

Prevention focuses on reducing the risks of alcohol and drug use before use starts and promoting healthy behaviors and environments. It is essential because early, proactive strategies help protect adolescents from substance-related harms and support long-term well-being.

PREVENTION FOLLOWING SCREENING

For youth with NO or LOW risk screening scores, consider:

- Focusing on **risk awareness**, **education**, and **personalized feedback** rather than confrontation or diagnosis
- Discuss the consequences of use to increase awareness
- Recommend abstinence as the healthiest choice for adolescents
- Share population norms to help youth recalibrate their understanding of “normal” use
- Use visual aids or fact sheets tailored to your setting

OVERDOSE PREVENTION

Never drink or use alone. Call 911 if someone shows signs of alcohol poisoning or drug overdose. Carry Narcan.

OTHER PREVENTION RESOURCES

“Talk. They Hear You.” Underage Drinking Campaign. SAMHSA’s national youth substance use prevention campaign aims to reduce underage drinking and other substance use among youths under the age of 21 by providing parents, caregivers, educators, and community members information and resources they need to address these issues with their children early and often.



<https://www.samhsa.gov/substance-use/prevention/talk-they-hear-you>

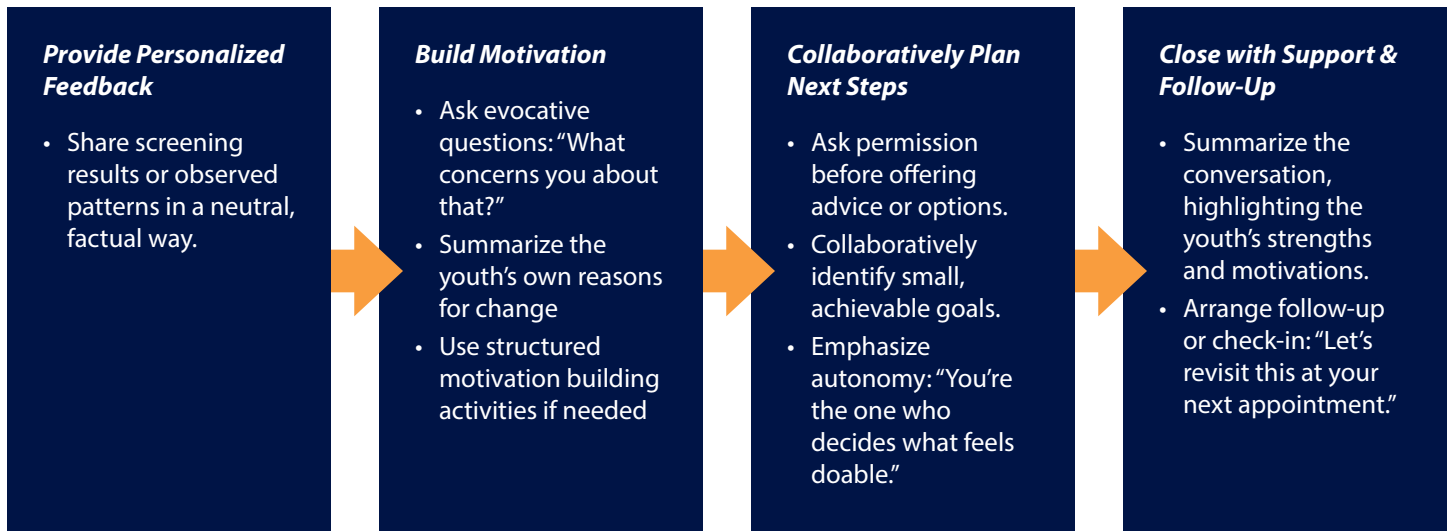
Intervention

Intervention for alcohol and drug use involves taking active steps to address substance-related problems through counseling, behavioral strategies, and, when appropriate, medication. It is important because timely intervention can reduce harm, support recovery, and improve overall functioning and quality of life.

BRIEF INTERVENTION

For youth with MODERATE risk on screening tools, consider:

Conducting **brief intervention**, with a focus on **building motivation** to change.



INTERVENTION / REFERRAL

For youth with **HIGH** risk on a screening tool or a use disorder consider:

- Using **ASAM Criteria** to determine the appropriate level of care
- Using or Referring to **Evidence-Based Modalities**: Motivational Interviewing, Cognitive Behavioral Therapy (individual or group), Ecological Family-Based Treatment, Behavioral Family-Based Treatment, Contingency Management
- Recommending mutual support groups (e.g. AA, NA)
- Refer or prescribe Medication Assisted Treatment (e.g. buprenorphine, methadone, naltrexone)



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