

Screening and Treating Adolescent Substance Use



As a clinician, you play an important role in providing care for adolescent patients with substance use disorder. Use this tool to help guide your decision making with patients from screening through diagnosis and treatment. For more information on adolescent substance use and to earn CE credits, see the full training module: [cdc.gov/overdose-prevention/hcp/trainings/adolescent-substance-use.html](https://www.cdc.gov/overdose-prevention/hcp/trainings/adolescent-substance-use.html).

Screening Tools

[Screening to Brief Intervention \(S2BI\)](#)

[Brief Screener for Tobacco, Alcohol, and Drugs \(BSTAD\)](#)

[CRAFT Screening Tool](#)

Interpreting Screening Results

No Use

Experimental Use

Frequent/High-Risk Use

Reinforce Healthy Behaviors

Provide Brief Intervention

Proceed to Risk Assessment

Make a Diagnosis

Choose Appropriate Treatment Options

Follow Up



For more information on brief intervention techniques, aspects of risk assessments, and substance use disorder treatment options see details below.

Brief Intervention Techniques

You can conduct a brief intervention using different approaches such as:

- Applying the **FRAMES** model
 - » **F**eedback
 - » **R**esponsibility
 - » **A**dvice
 - » **M**enu
 - » **E**mpathy
 - » **S**elf-efficacy
- Addressing key discussion topics like:
 - » Comparing to norms
 - » Discussing health and development risks
 - » Exploring pros and cons
 - » Setting goals
 - » Building commitment to action
- Using motivational interviewing techniques, such as:
 - » Asking open-ended questions
 - » Providing affirmations
 - » Offering reflections
 - » Summarizing key points

Risk Assessment

An assessment should evaluate **several key domains**:

- Substance Use History
- Mental and Physical Health History
- Family and Social History
- School and Vocational Background

You can conduct your patient's **assessment** using a combination of structured interviews, questionnaires, and observations.

Substance Use Disorder Treatment Options

If your patient meets the [criteria for substance use disorder](#) using the DSM-5, begin to explore treatment options. Treatment planning should consider a variety of options and ensure that both the adolescent patient and their family are involved in the decision-making process. This process often involves multiple conversations.

- Treatment options
 - » Medications for Opioid Use Disorder
 - » Family-Based Therapies
 - » Behavioral Interventions
- Identifying strategies for interdisciplinary care to support adolescent treatment and recovery