**Brief Nego**

Find the CRAFFT+N: SBIRT in Schools screening tool in English and other translations at masbirt.org/schools

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**SBIRT IN SCHOOLS**

**Brief Intervention Protocols**

**Reinforce**
- Tell me a little about why you’ve made the healthy decision to **not** use alcohol, other drugs, nicotine, or tobacco.
- **Use a reflection and/or affirmation to reinforce their reasons for not using.**

**Educate**
- Elicit: What do you already know about the risks of using these substances? Would it be okay if I share some information with you?
- Provide: **Share 1-2 salient risks.**
- Elicit: What are your thoughts about that?

**Anticipate Challenges of Tomorrow**
- What situations could make it hard for you to continue to avoid using these substances? How might you handle those situations?
- What might you do or say if offered one of them?
- **Summarize conversation and thank them for sharing.**

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### Risks

**Nicotine (Vaping Devices, E-cigs, Tobacco Products)**
- Some vape pods have as much nicotine as 20 cigarettes
- Nicotine can harm the brain, including memory and ability to learn
- Aerosol from vaping is not water vapor, it may contain cancer-causing chemicals

**Alcohol (Beer, Wine, Liquor)**
- The brain is developing until age 25, alcohol use during the teen years can interfere with healthy brain development
- Alcohol is particularly damaging to the part of the brain that is important for memory and learning (the hippocampus)
- Alcohol impairs safe driving by causing vision impairment, slower reaction times, lower concentration and difficulty multi-tasking

**Cannabis (Marijuana)**
- Cannabis can impact attention, learning, memory, concentration and coordination; important factors for school, sports and driving
- Depending on the source and mode of use, cannabis can vary greatly in its effect and potency
- Cannabis can increase risks of chronic cough, anxiety and depression

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**Build Rapport**

- I’d like to learn a little more about you.
- What are some important things/hopes/goals in your life? OR What is a typical day like for you?
- How does your use of [X] fit in?

**Explore Pros and Cons**
- What do you like about using [X]?
- What do you like less or regret about using [X]?
- **Explore problems mentioned in CRAFFT+N:**
  - You mentioned... Can you tell me more about that?
  - So, on the one hand you said [PROS], and on the other hand you said [CONS]; Where does that leave you?

**Provide Feedback**
- Elicit: What do you already know about the risks of using [X]?
- Would it be okay if I share some information with you?
- **Provide: Share 1-2 salient substance specific risks.**
- Elicit: What are your thoughts about that?

**Use Readiness Ruler**
- On a scale of 1-10, how ready are you to change any aspect of your [X] use?
- Why did you choose [X] and not a lower number like 1 or 2?
- If “1”: What would need to happen for you to consider making a change?
- **Use a reflection to reinforce their reasons for change.**

**Negotiate Action Plan**
- Given our discussion, what might you do?
- If making suggestions or a referral, use Elicit-Provide-Elicit.
- On a scale of 1-10, how confident are you that you could meet this goal?
- Why did you choose [X] and not a lower number like 1 or 2?
- What might help you to get to a higher number?
- What obstacles do you anticipate? What helped you succeed with changes in the past?
- **Summarize conversation and thank them for sharing.**

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### Referrals

**MA Substance Use Helpline**
(800) 327-5050
helplinema.org

**This is Quitting**
Text “VapeFreeMass” to 88709
truthinitiative.org

**My Life, My Quit™**
Call or text “Start My Quit” to (855) 891-9989
mylifemyquit.com

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### Resources

masbirt.org/schools | mass.gov/maclearinghouse | getoutraged.org

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**What’s in Your Cup?**

<table>
<thead>
<tr>
<th>16 oz Cup</th>
</tr>
</thead>
<tbody>
<tr>
<td>Beer - 12 oz</td>
</tr>
<tr>
<td>Wine - 5 oz</td>
</tr>
<tr>
<td>Liquor - 1.5 oz</td>
</tr>
</tbody>
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3.2022