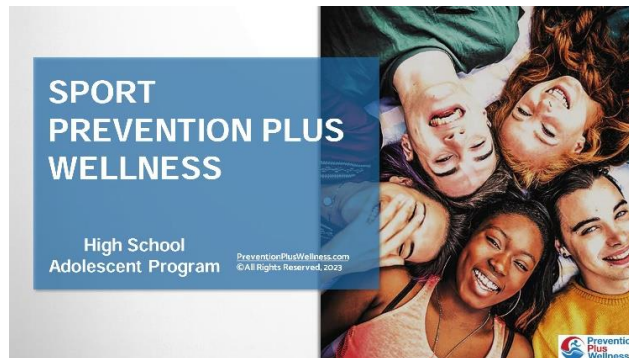


# **SPORT© Alcohol/Drug Prevention Plus Wellness (PPW) High School Adolescent Screening, Brief Intervention & Referral to Treatment (SBIRT)**

## **Introduction**

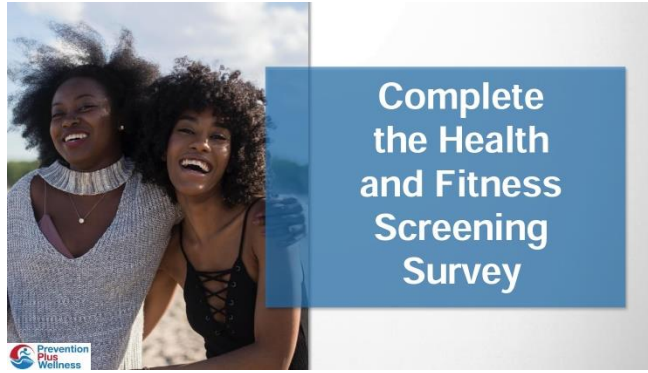
(Before introducing the PPW-SBIRT program, administer the optional Health Behavior pretest survey using the customized URL link which you can request from Prevention Plus Wellness). (Show slide).



Hi, \_\_\_\_\_ (youth's name). My name is \_\_\_\_\_ . I'll be your health care provider during this brief fitness and health talk. I'm going to speak with you about habits that can make you look better, feel better, and improve your performance in physical activities, school, and relationships.

## **Screening**

(Verbally administer the PPW-SBIRT screening survey, followed by the CRAFFT screener). (Show slide).



## **SPORT© Prevention Plus Wellness Health and Fitness Screening Survey**

To be verbally administered by the clinician

**(Read: The purpose of this survey is to determine what you are doing about your health. Your answers will be confidential. Please answer each question honestly.)**

1. What sports or physical activities did you play in the last year? (Check all that apply)
  - a.  Baseball or softball
  - b.  Basketball
  - c.  Riding a bicycle
  - d.  Dance/Cheerleading/Gymnastics
  - e.  Football
  - f.  Golfing
  - g.  Horseback riding
  - h.  Running or walking
  - i.  Rollerblading
  - j.  Skateboarding

- k.  Soccer
- l.  Surfing
- m.  Swimming
- n.  Tennis
- o.  Track
- p.  Volleyball
- q.  Wrestling
- r.  Weightlifting
- s.  Others (list) \_\_\_\_\_
- t.  I did not play any sports or physical activities last year

2. Do you participate in any physical activity for at least 30 minutes four or five times a week? For example, riding a bike, running, walking, swimming, or playing a sport for 30 minutes or more on most days.

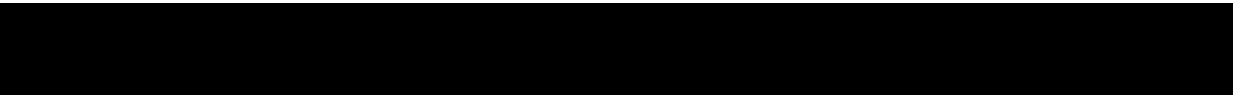
- a.  Yes
- b.  No

3. Do your friends influence you to participate in regular physical activity?

- a.  Yes
- b.  No

4. Do you usually eat a healthy breakfast each morning? For example, cereal and low-fat milk, whole wheat toast, oatmeal, eggs, yogurt or fruit.

- a.  Yes
- b.  No



6.

d

7.

**(Now administer the CRAFFT screener and then begin reading the brief prevention intervention script).**

### **The CRAFFT Interview (version 2.1)**

To be verbally administered by the clinician

**Begin:** "I'm going to ask you a few questions that I ask all my patients. Please be honest. I will keep your answers confidential."

#### **Part B**

**C** Have you ever ridden in a CAR driven by someone (including yourself) who was "high" or had been using alcohol or drugs? **No Yes**

**R** Do you ever use alcohol or drugs to RELAX, feel better about yourself, or fit in? **No Yes**

**A** Do you ever use alcohol or drugs while you are by yourself, or ALONE? **No Yes**

**F** Do you ever FORGET things you did while using alcohol or drugs? **No Yes**

**F** Do your FAMILY or FRIENDS ever tell you that you should cut down on your drinking or drug use? **No Yes**

**T** Have you ever gotten into TROUBLE while you were using alcohol or drugs? **No Yes**

**Score: Total number of Yes answers: (0-6) \_\_\_\_\_**

\*Two or more YES answers in Part B suggests a serious problem that needs further assessment.

**NOTICE TO CLINIC STAFF AND MEDICAL RECORDS:** The information on this page is protected by special federal confidentiality rules (42 CFR Part 2), which prohibit disclosure of this information unless authorized by specific written consent.

© John R. Knight, MD, Boston Children's Hospital, 2020. Reproduced with permission from the Center for Adolescent Behavioral Health Research (CABHRe), Boston Children's Hospital. [crafft@childrens.harvard.edu](mailto:crafft@childrens.harvard.edu)  
[www.crafft.org](http://www.crafft.org) For more information and versions in other languages, see [www.crafft.org](http://www.crafft.org)

## **Prevention Intervention Feedback**

**(Read the brief prevention intervention script below to the youth while showing the slides. For individuals providing two or more YES answers in Part B of the CRAFFT, follow the suggested clinician action at the end of the script).**

### **1. Sports/Physical Activity Last Year**

Have the youth respond verbally to each of the screening survey slides. Read only ONE response. If the youth responds “Yes” to any sport or physical activity in question #1 on the screening survey, read “Yes” response. If the youth answers “t” for question 1, read “No” response.

## ☐ (Yes) Sports/Physical Activity

### 1. Benefits of Sports & Physical Activity (Show slides).



I see that you participate in: \_\_\_\_\_ (name sports and physical activities listed on the survey.)

Good for you! Sports and physical activities are a great way to get regular exercise. Sports and physical activities are fun, help you look fit and strong, feel good about yourself, give you lots of energy, and can help you do better in school.

### 2. Substance Use Harms Sports & Physical Activity (Show slide).



However, an active lifestyle and alcohol use do not mix. Using too much alcohol can hurt your performance in sports, physical activities, and school. It can also have a negative impact on your health and your relationships with friends and family.

## ❑ (No) Sports/Physical Activity

### 1. Benefits of Sports & Physical Activity (Show slides).



The first slide features a background image of a soccer player in mid-air on a grassy field. A semi-transparent blue box in the center contains the text: "What sports or physical activities did you play in the last year?". The "Prevention Plus Wellness" logo is in the bottom right corner. The second slide has a blue background with the title "Sports & Physical Activities:" and a list of five benefits. To the right of the text is a photo of a young woman and man leaning against a brick wall with skateboards. The "Prevention Plus Wellness" logo is in the top right corner.

What sports or physical activities did you play in the last year?

**Sports & Physical Activities:**

1. Are fun
2. Help you look fit & strong
3. Feel good about yourself
4. Give you lots of energy
5. Do better in school & work

I see that you may not be playing any sports or participate in any physical activities. You can really improve your health and how well you feel by being more active. Sports and physical activities are fun, help you look fit and strong, feel good about yourself, give you lots of energy, and help you do better in school. Pick a fun physical activity that you like to do, such as riding a bike or walking, and do it today!

### 2. Substance Use Harms Sports & Physical Activity (Show slide).



The slide features a background image of several people's hands stacked together in a circle, symbolizing support or teamwork. A blue box on the right contains the title "An Active Life and Alcohol Do NOT Mix" and a list of five points under the heading "Alcohol & Drugs Hurt:". The "Prevention Plus Wellness" logo is in the top left corner.

**An Active Life and Alcohol Do NOT Mix**

**Alcohol & Drugs Hurt:**

- Your relationships
- How well you do in sports
- How you feel about yourself
- Your energy level
- How you do in work & school

Alcohol use can keep you from having an active life. Using too much alcohol can hurt your performance in sports, physical activities, and school. It can also have a

negative impact on your health and your relationships with friends and family.

## 2. Regular Physical Activity

Read only ONE response. If the youth answers “Yes” to question #2 on the screening survey, read “Yes” response. If the youth answers “No” to question 2 on survey, read “No” response.

### ☐ (Yes) Regular Physical Activity

1. Benefits of Regular Physical Activity (Show slides).



The image is a composite of three parts. On the left, a woman with dark curly hair is drinking from a grey water bottle. On the right, a person in a red shirt is playing tennis on a green field. In the center, a blue box contains the following text:

**30 minutes of Sports & Physical Activities**

- Promote a healthy heart & lungs
- Help control weight & stress
- Increases feelings of success & well-being
- Less anxiety & disease

Below the image, a blue box contains the following text:

Do you participate in any physical activity for at least 30 minutes four or five times a week? For example, riding a bike, running, walking, swimming, or playing a sport for 30 minutes or more on most days.

I see that you engage in regular physical activity. That’s great! Sports or other physical activities promote a healthy heart and lungs, as long as they last for at least 30 minutes on most days. Physical activity also helps control weight and stress. Various rewards come from participating in physical activity, such as increased feelings of success, reduced feelings of depression and anxiety, decreased body fat, and reduced risk of developing various diseases.

Discussion Question: What types of sports or other physical activities would you like to try or do more of? (Pause and have them answer this question to themselves. Then ask them to share their response). (Show slide).





2. Substance Use Harms Regular Physical Activity (Show slide).



Using too much alcohol can interfere with fitness and weight control by decreasing your energy level and adding empty calories to your diet. Avoiding alcohol, along with getting regular exercise, is the key to keeping a fit and healthy body.

**(No) Regular Physical Activity**

1. Benefits of Regular Physical Activity (Show slides).



I see that you may not get regular physical activity. To feel better and have a healthy heart and fit body, you should get some regular physical activity. Sports and other physical activities promote a healthy heart and lungs, as long as they last

for at least 30 minutes most days. Physical activity also helps control weight and stress. Various rewards come from participating in physical activity, such as increased feelings of success, reduced feelings of depression and anxiety, decreased body fat, and reduced risk of developing various diseases.

Discussion Question: What types of sports or other physical activities would you like to try or do more of? (Pause and have them answer this question to themselves. Then ask them to share their response). (Show slide).



## 2. Substance Use Harms Regular Physical Activity (Show slide).



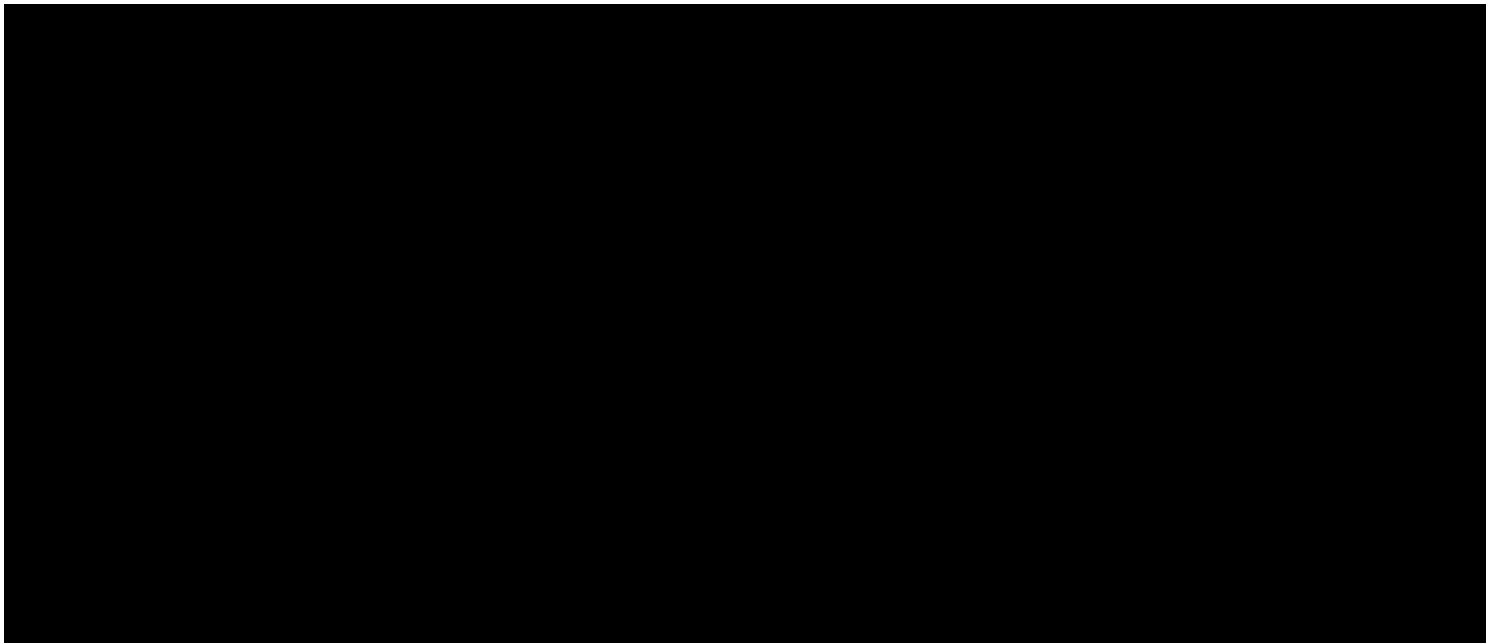
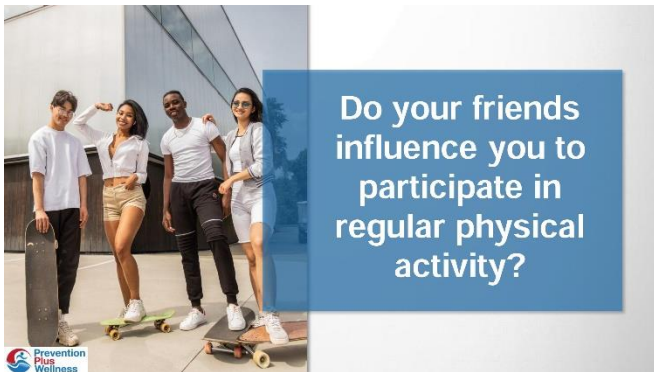
Using too much alcohol can interfere with fitness and weight control by decreasing your energy level and adding empty calories to your diet. Avoiding alcohol, along with getting regular exercise, is the key to keeping a fit and healthy body.

## 3. Physical Activity Norms

Read only ONE response. If the youth answers “Yes” to question #3 on the screening survey, read “Yes” response. If the youth answers “No” to question 3 on survey, read “No” response.

## (Yes) Physical Activity Norms

1. Friends Can Support Your Healthy Habits (Show slides).



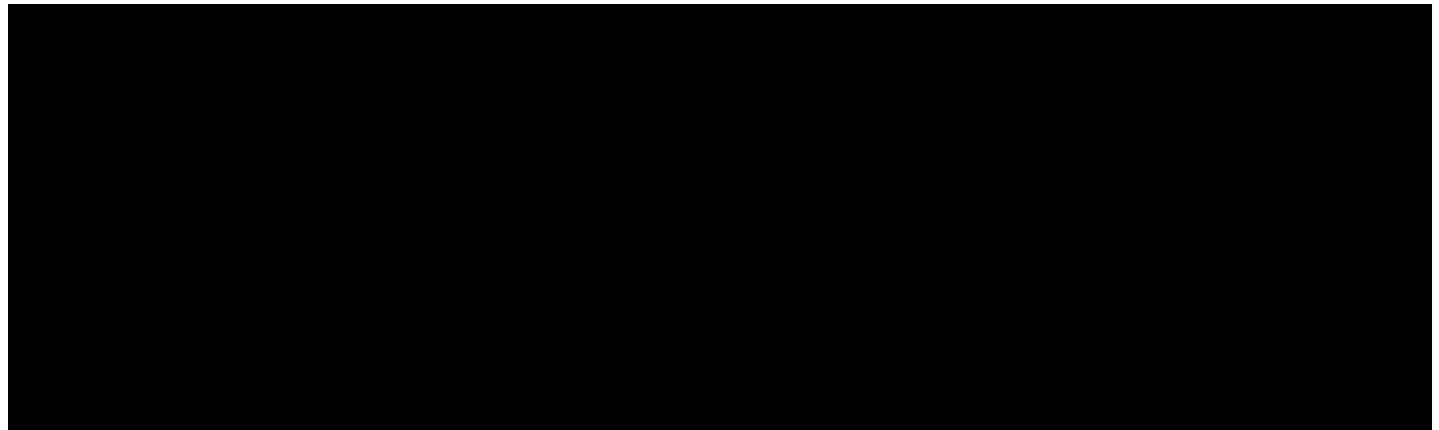



## 2. Some Friends Can Hinder Your Being Healthy (Show slide).

Spend time with friends who support you being active & avoiding alcohol & drugs

Ask yourself:

- Do they encourage you to engage in habits that better your fitness & health?
- Or do they pressure you to do unhealthy things?



## (No) Physical Activity Norms

### 1. Friends Can Support Your Healthy Habits (Show slides).

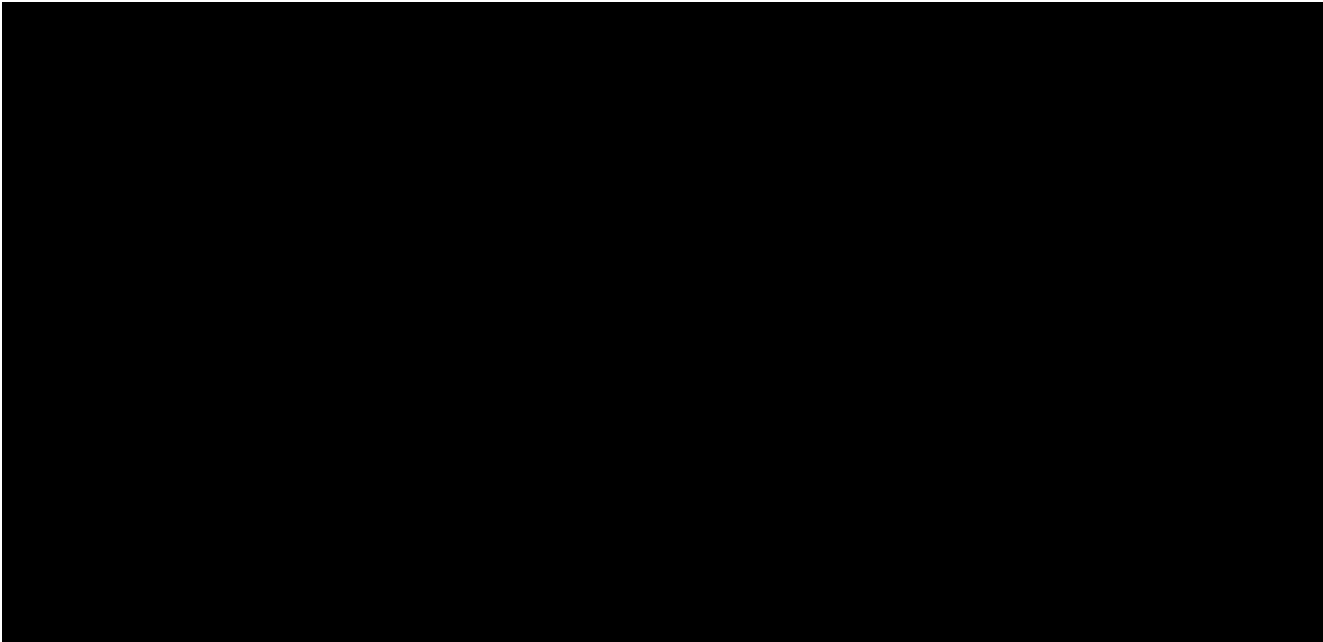


Do your friends influence you to participate in regular physical activity?



Young people are more likely to be physically active if their friends are active

- Social support from friends & family can promote healthy habits
- Friends can also influence you to either avoid or engage in unhealthy habits, such as using alcohol or drugs



ve.  
e  
likely  
g  
you to  
em  
).



2. Some Friends Can Hinder Your Being Healthy (Show slide).

Spend time with friends who support you being active & avoiding alcohol & drugs

Ask yourself:

- Do they encourage you to engage in habits that better your fitness & health?
- Or do they pressure you to do unhealthy things?



Do you to  
interfere with  
supporting  
healthy habits,

#### 4. Breakfast and Nutrition

Read only ONE response. If the youth answers “Yes” to question #4 on the screening survey read “Yes” response. If the youth answers “No” to question 4 on survey, read “No” response.

#### (Yes) Breakfast and Nutrition

1. Benefits of Healthy Eating (Show slides).



Do you usually eat a healthy breakfast each morning? For example, cereal and low-fat milk, whole wheat toast, oatmeal, eggs, yogurt or fruit.

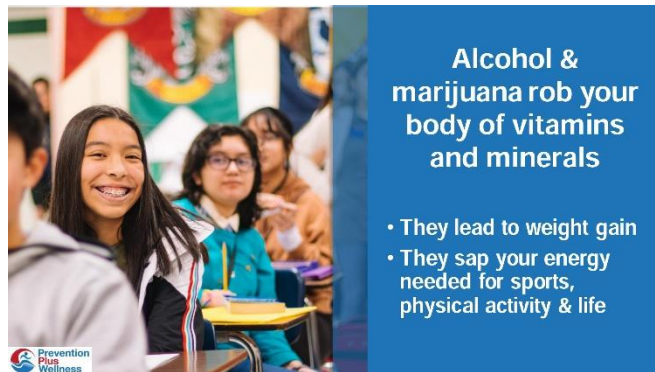
#### Eat a Healthy Breakfast & Healthy Foods

- Eat eggs, nutritious cereal, yogurt or fruit for breakfast
- Eat 5 or more servings of fruits & veggies each day
- Limit packaged salty or sweet junk foods
- It can have a big effect on how you feel
- It can also help you have more energy in school & sports





2. Substance Use Harms Healthy Eating (Show slide).



**(No) Breakfast and Nutrition**

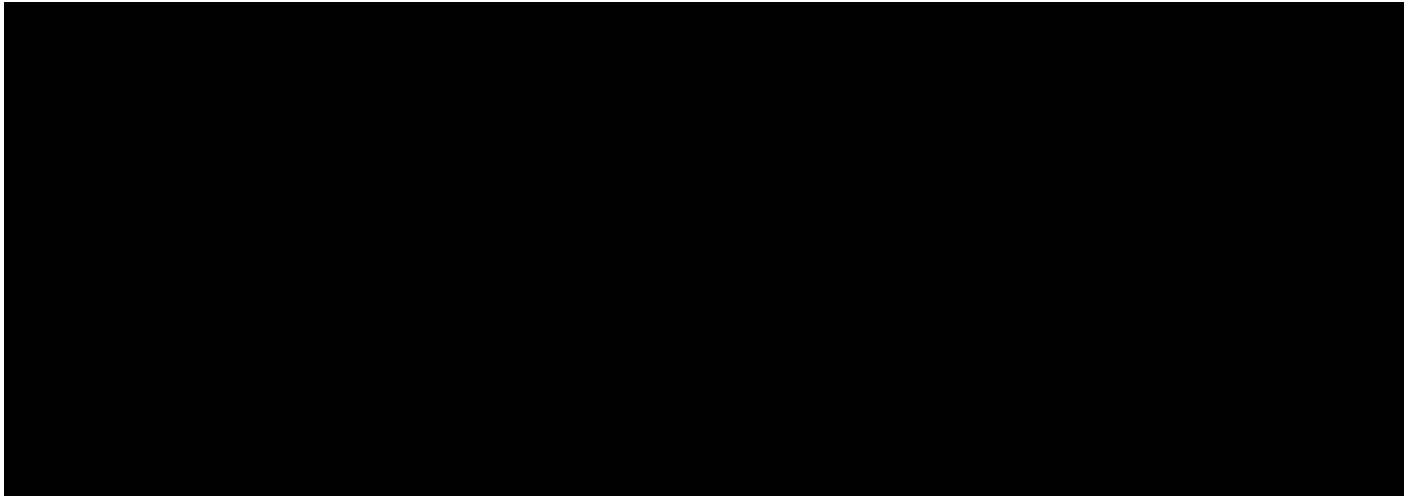
1. Benefits of Healthy Eating (Show slides).



Do you usually eat a healthy breakfast each morning? For example, cereal and low-fat milk, whole wheat toast, oatmeal, eggs, yogurt or fruit.

### Eat a Healthy Breakfast & Healthy Foods

- Eat eggs, nutritious cereal, yogurt or fruit for breakfast
- Eat 5 or more servings of fruits & veggies each day
- Limit packaged salty or sweet junk foods
- It can have a big effect on how you feel
- It can also help you have more energy in school & sports



u



Discussion Question: What types of healthy foods do you like to eat or would you like to eat more of?



2. Substance Use Harms Healthy Eating (Show slide).

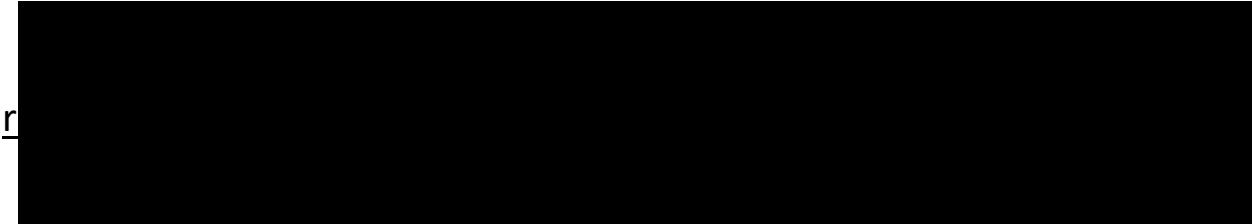




**Alcohol & marijuana rob your body of vitamins and minerals**

- They lead to weight gain
- They sap your energy needed for sports, physical activity & life

Prevention Plus Wellness



while  
our

### 5. Sleep 8 or More Hours

Read only ONE response. If the youth answers “yes” to question #5 on the screening survey, read “Yes” response. If the youth answers “No” to question 5 on survey, read “No” response.

#### (Yes) Sleep

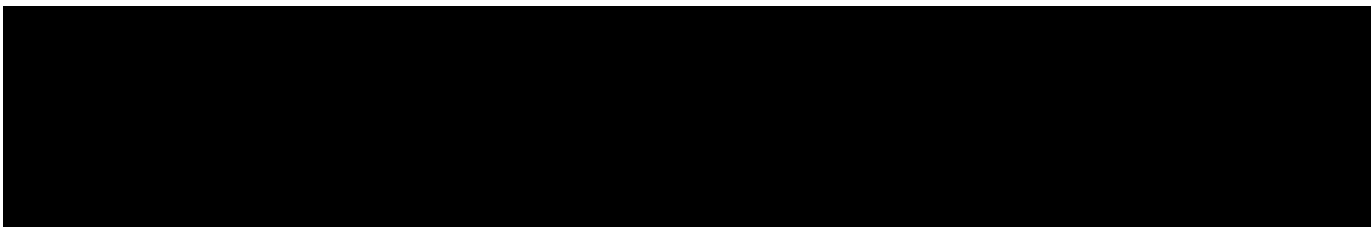
1. Benefits of Getting Plenty of Sleep (Show slides).

**Do you usually sleep eight or more hours each night?**

Prevention Plus Wellness

**Getting 8 or more hours of sleep each night can give you maximum energy and help you think clearly all day**

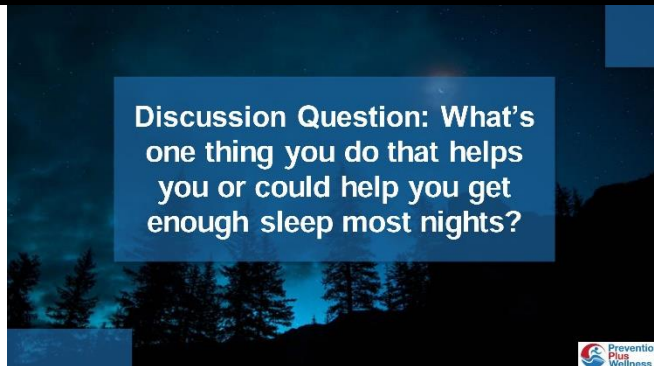
Prevention Plus Wellness



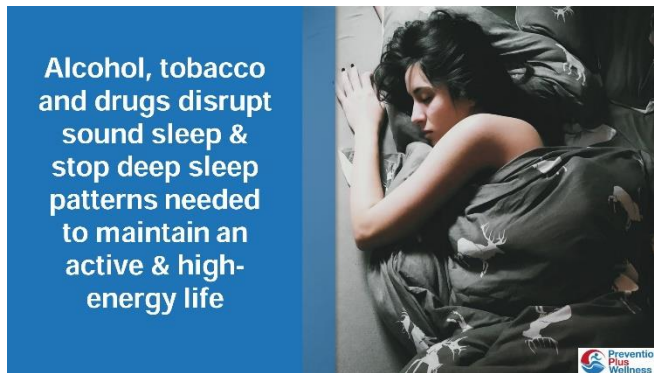
nty

Di  
e  
th

get



2. Substance Use Harms Getting Enough Sleep (Show slide).



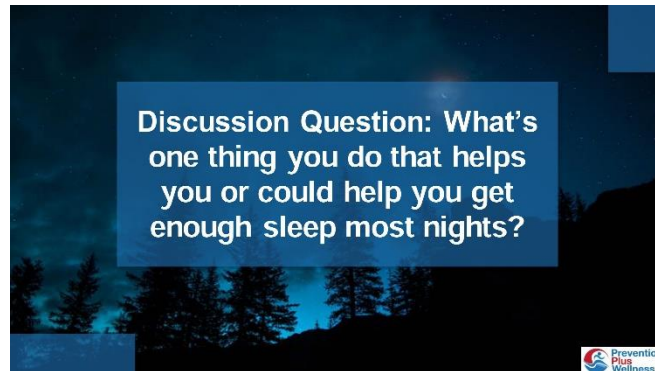
p

(No) Sleep

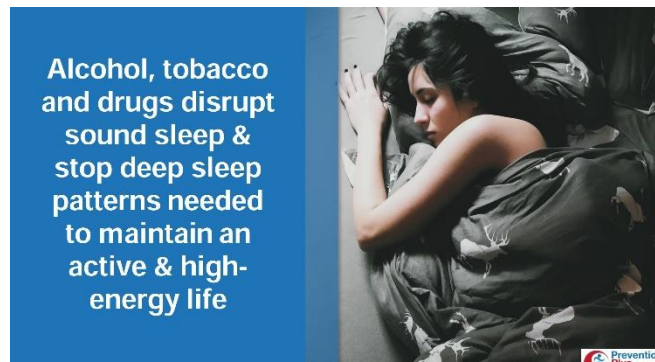
1. Benefits of Getting Plenty of Sleep (Show slides).



to  
e  
get



2. Substance Use Harms Getting Enough Sleep (Show slide).



## 6. Alcohol Use

Read only ONE response. For example, if the youth answers "f" on the screening survey item #6, read only the message next to "f."

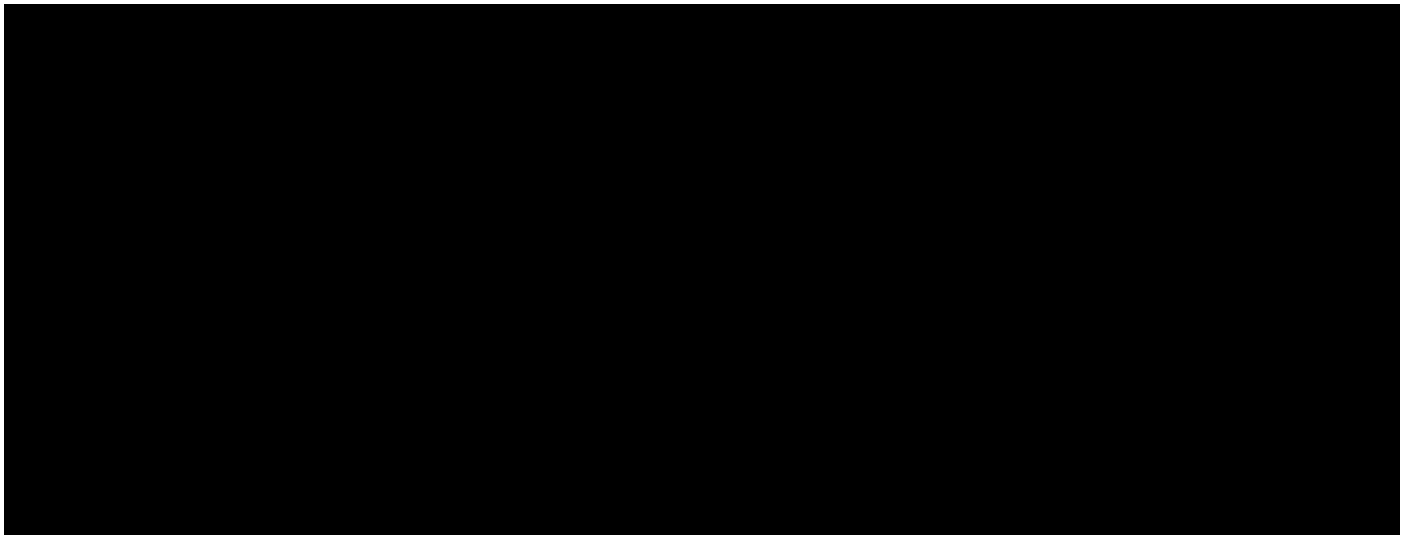
**(f). It looks like you are not currently using alcohol**

1. Alcohol Use Can Harm Your Fitness & Health (Show slides).

During the past 30 days, what is the greatest number of alcoholic drinks you had at any one time?

Using alcohol or drugs puts you at risk for:

1. Embarrassing yourself in front of friends
2. Getting hurt or sick
3. Getting into trouble with your family, at school, or with the police



in  
y,  
.

Discussion Question: What other types of problems people your age could have with drinking alcohol?

2. Alcohol Use Can Cause Life Problems (Show slide).

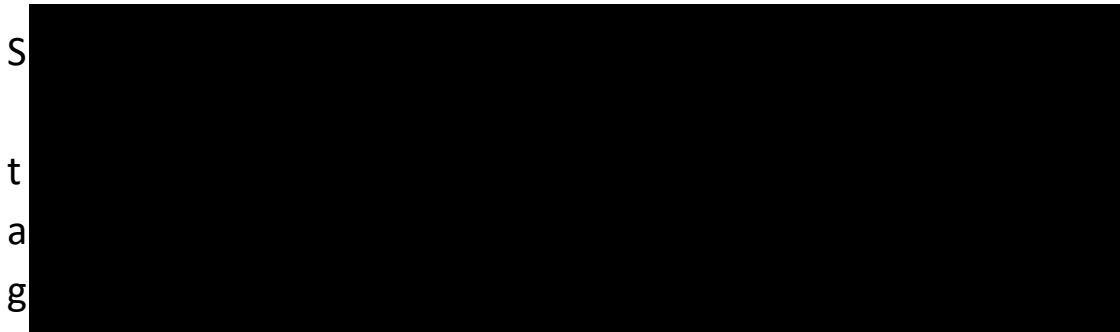
Some young people think that drinking helps make friends or have fun

The truth is, it causes:

- Arguing & fighting
- Doing things you later regret
- Having shallow conversations
- Problems achieving goals like getting a good job, college & relationships



Prevention Plus Wellness



r makes parties  
ighting, doing  
sations. Also,  
h as getting a

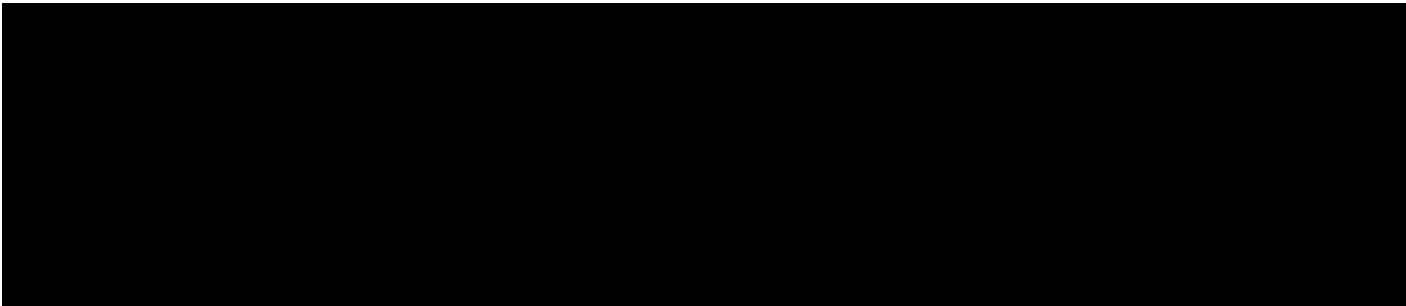
3. Alcohol Myths (Show slide).

You can increase your skill to say NO, by practicing, like any sport or skill

The myth that all athletes drink alcohol probably comes from the media...which often markets and advertises alcohol during sporting events



Prevention Plus Wellness



4. Most Youth Do Not Drink (Show slide).

e  
l  
,

People often draw incorrect conclusions from seeing one person or hearsay

- The truth is, most young people DO NOT use alcohol or drugs
- Statistics show the majority of US high school students DO NOT currently drink alcohol or use illegal drugs



Prevention Plus Wellness

Y  
A  
i  
b  
T  
a  
d

hol.  
r  
rson's  
  
drink  
rrently

5. Choose for Yourself (Show slide).



Choose not to misuse alcohol while leading an active life

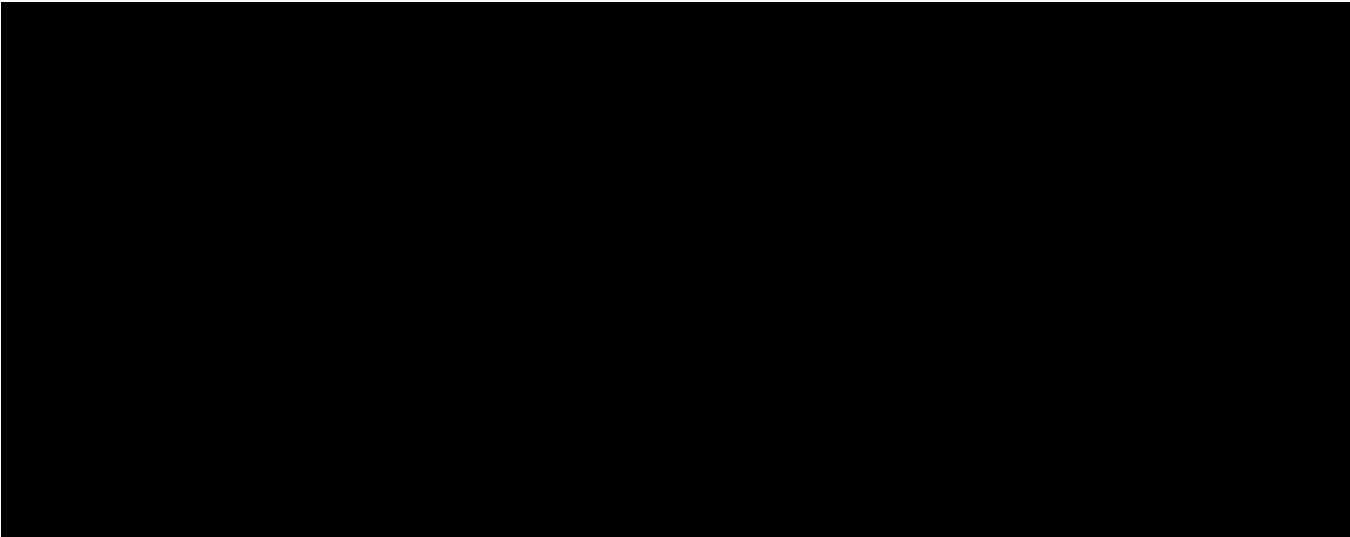
To increase your control:

- Stay away from people that might "push" alcohol on you
- Avoid places that increase pressure to act in unhealthy ways

Prevention Plus Wellness

ase  
tive  
. Also,  
s

6. Plan Ahead (Show slides).



ead  
es.  
  
olic  
  
d the  
  
s.

7. Recommendations for Increasing Wellness (Show slide).

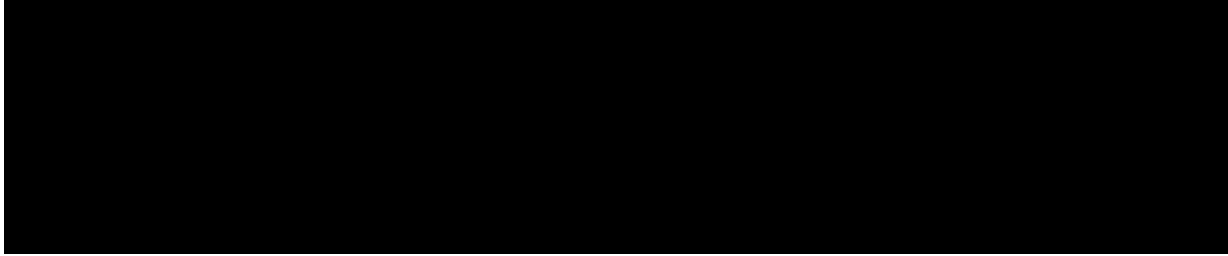


**(d or e). MALE. It looks like the most alcohol you drank at any one time in the last 30 days is 1 or 2 drinks.**

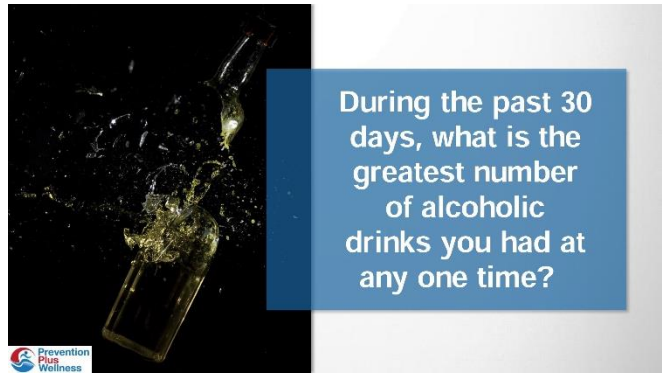
**(e). FEMALE. It looks like the most alcohol you drank at any one time in the last**

**30 days is 1 drink.**

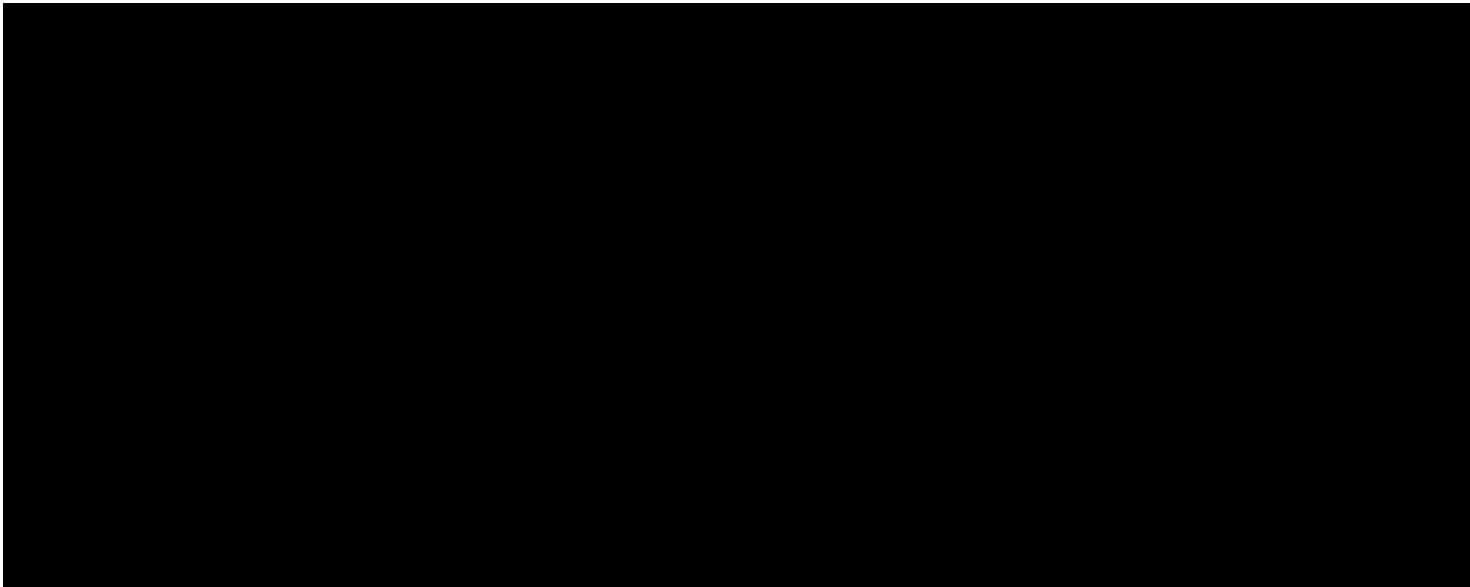
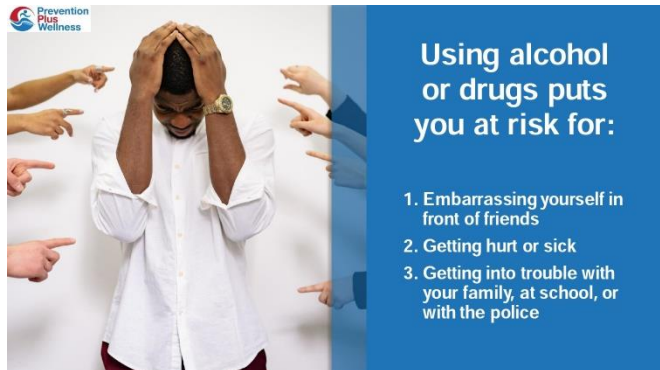
1.



n the  
ctive

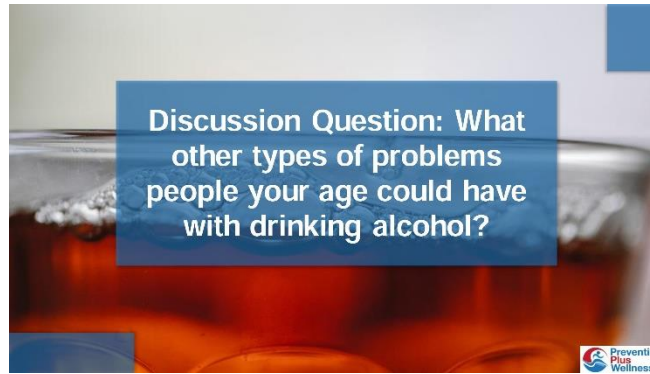


2. Alcohol Use Can Harm Your Fitness & Health (Show slide).

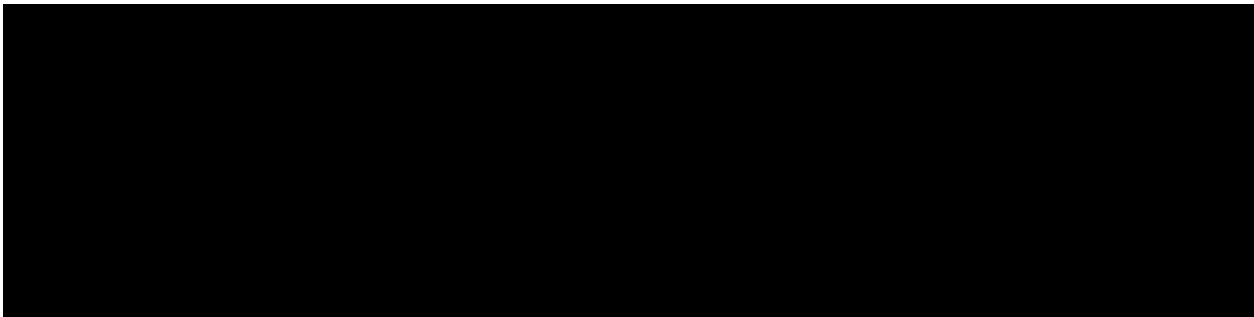




Then ask them to share their response). (Show slide).

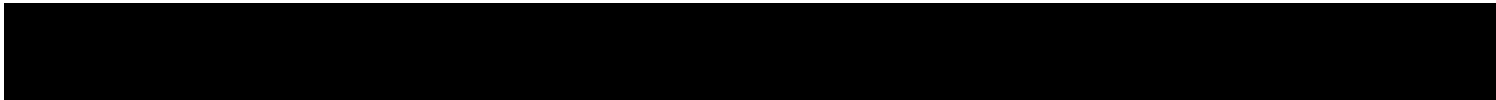


3. Alcohol Use Can Cause Life Problems (Show slide).



es parties  
g, doing  
s. Also,  
tting a

4. Alcohol Myths (Show slide).



a

5. Most Youth Do Not Drink (Show slide).

People often draw incorrect conclusions from seeing one person or hearsay

- The truth is, most young people DO NOT use alcohol or drugs
- Statistics show the majority of US high school students DO NOT currently drink alcohol or use illegal drugs



Prevention Plus Wellness

hol.  
r  
son's  
  
drink  
rently

6. Choose for Yourself (Show slide).



Choose not to misuse alcohol while leading an active life

To increase your control:

- Stay away from people that might "push" alcohol on you
- Avoid places that increase pressure to act in unhealthy ways

Prevention Plus Wellness

control,  
ce on  
id places

7. Plan Ahead (Show slides).



he  
m

8. Recommendations for Increasing Wellness (Show slide).



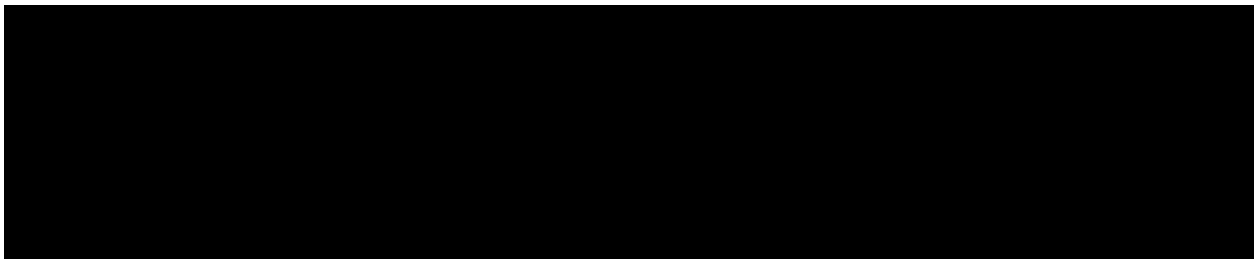
### Recommendations for Increasing Wellness

1. Get 8 or more hours of sleep each night;
2. Eat a healthy breakfast every day, such as nutritious cereal and low-fat milk, whole wheat toast, oatmeal, eggs, yogurt or fruit, and eat a daily variety of other healthy foods, such as fruits and vegetables, while limiting junk food;
3. Participate in some fun physical activity, such as riding a bike, running, swimming or walking, at least 30 minutes a day four or five times a week;
4. Practice a stress control technique most days a week like slow-deep breathing, yoga, meditation, prayer, taking a relaxing bath or shower, placing yourself in a quiet space, or walking in nature; and
5. Most importantly, avoid alcohol, tobacco, e-cigarettes, prescription drug misuse, marijuana and illegal drug use.


**(a-c). MALE. It looks like you have been drinking more than 2 drinks at a time during the last 30 days.**

**(a-d). FEMALE. It looks like you have been drinking more than 1 drink at a time during the last 30 days.**

1.



; the ain



During the past 30 days, what is the greatest number of alcoholic drinks you had at any one time?

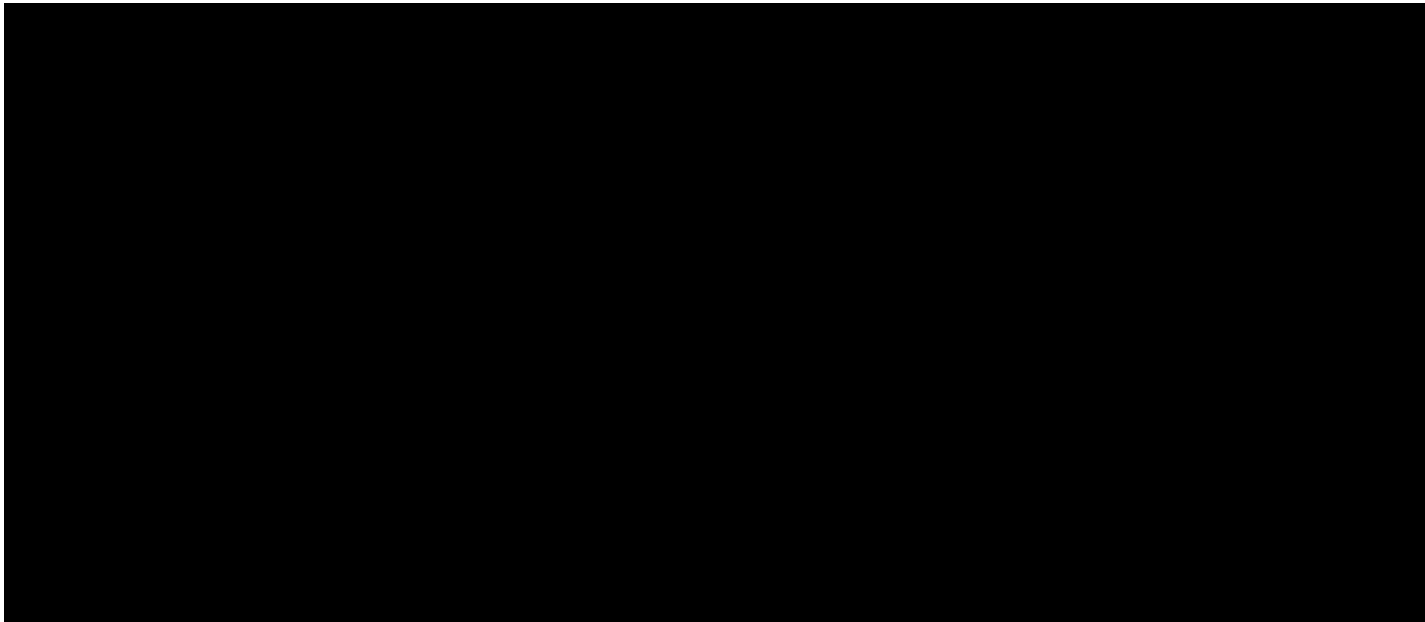
2. Alcohol Use Can Harm Your Fitness & Health (Show slide).



Prevention Plus Wellness

### Using alcohol or drugs puts you at risk for:


1. Embarrassing yourself in front of friends
2. Getting hurt or sick
3. Getting into trouble with your family, at school, or with the police



Discussion Question: What other types of problems people your age could have with drinking alcohol?

Prevention Plus Wellness

### 3. Alcohol Use Can Cause Life Problems (Show slide).



Some young people think that drinking helps make friends or have fun

The truth is, it causes:

- Arguing & fighting
- Doing things you later regret
- Having shallow conversations
- Problems achieving goals like getting a good job, college & relationships

Prevention Plus Wellness

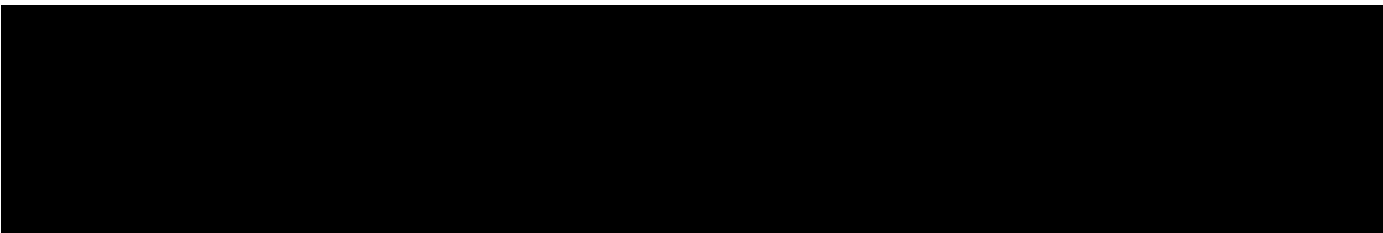


S

#### 4. Alcohol Myths (Show slide).

**You can increase your skill to say NO, by practicing, like any sport or skill**

The myth that all athletes drink alcohol probably comes from the media...which often markets and advertises alcohol during sporting events

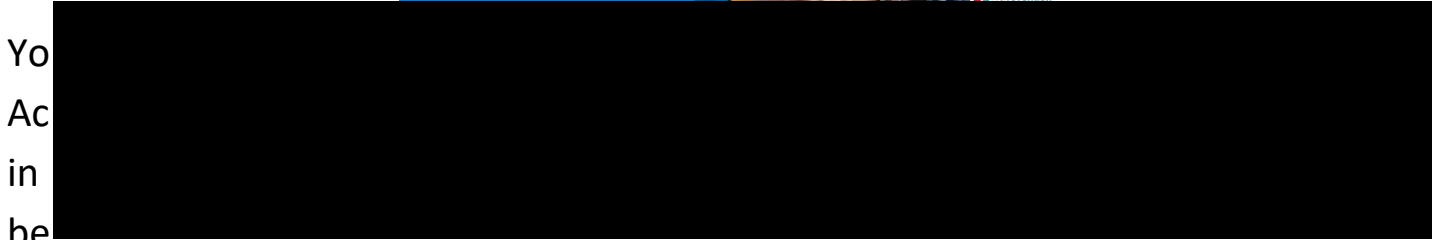


ke

#### 5. Most Youth Do Not Drink (Show slide).

**People often draw incorrect conclusions from seeing one person or hearsay**

- The truth is, most young people **DO NOT** use alcohol or drugs
- Statistics show the majority of US high school students **DO NOT** currently drink alcohol or use illegal drugs



Yo  
Ac  
in  
be

6. Choose for Yourself (Show slide).



**Choose not to misuse alcohol while leading an active life**

To increase your control:

- Stay away from people that might "push" alcohol on you
- Avoid places that increase pressure to act in unhealthy ways

Prevention

7. Plan Ahead (Show slides).



**Discussion Question: What are some healthy alternatives people can use instead of drinking alcohol?**

Prevention Plus Wellness



Prevention Plus Wellness

**Decide in advance to avoid drinking & drug use so you can stay in control & resist pressure from friends**

**Try non-alcohol drinks, exercise, music, sports or reading in place of drinking**

## 8. Recommendations for Increasing Wellness (Show slide).



## Wellness Goal Plan & Contract

(Give the youth a goal plan/contact to complete. If you are presenting the PPW-SBIRT program virtually, you can show the goal plan slide and have youth complete it online).

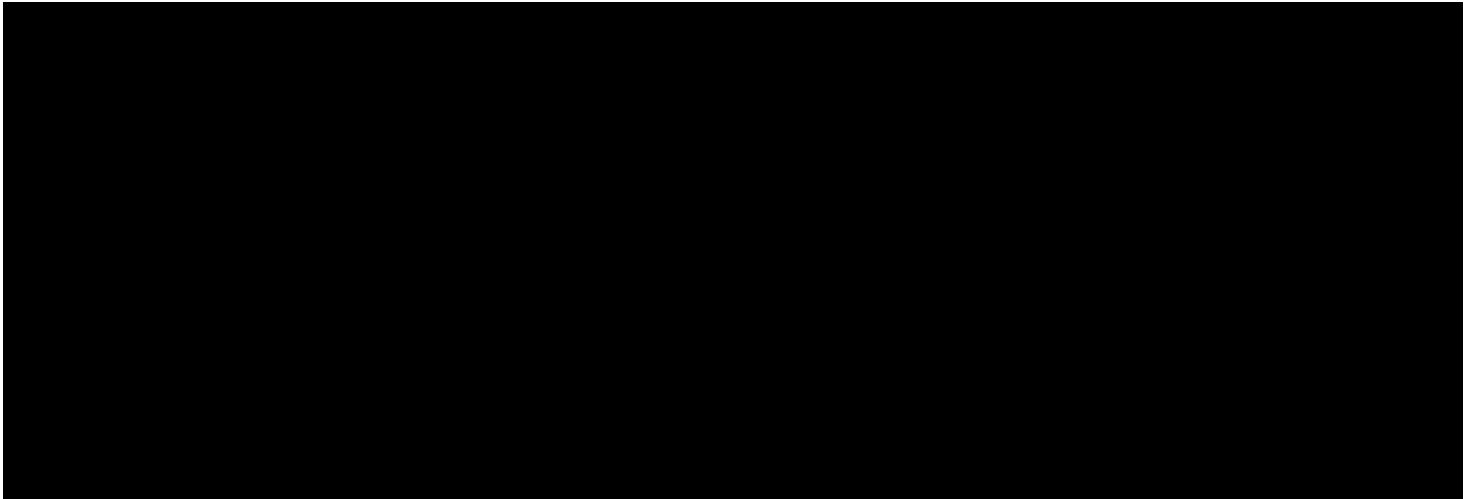
(Show slide).



Now, please look at a copy of the Wellness Goal Plan/Contract and read along with me.



(Read the goal plan aloud and assist the participant with completing each item on the goal plan. Then, have them sign and you co-sign the plan. Lastly, read the concluding statement on the plan with the participant).



## **SPORT© Prevention Plus Wellness Wellness Goal Plan**

Print out a copy for the individual to complete.

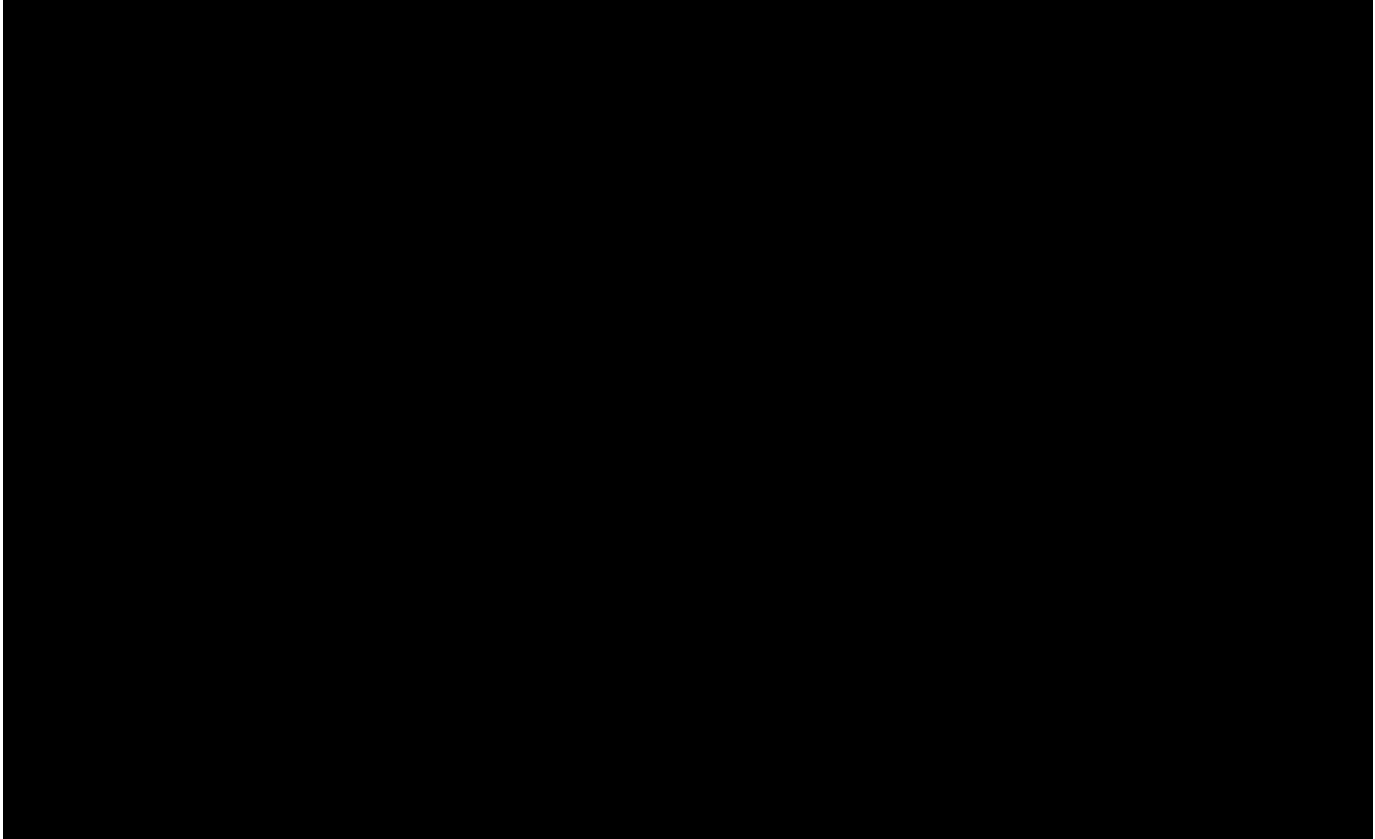
*Recommendations for increasing your wellness:*

1. Get 8 or more hours of sleep each night;
2. Eat a healthy breakfast every day, such as nutritious cereal and low-fat milk, whole wheat toast, oatmeal, eggs, yogurt or fruit, and eat a daily variety of other healthy foods, such as fruits and vegetables, while limiting junk food;
3. Participate in some fun physical activity, such as riding a bike, running, swimming, or walking, at least 30 minutes a day four or five times a week;
4. Practice a stress control technique most days a week like slow-deep breathing, yoga, meditation, prayer, taking a relaxing bath or shower, placing yourself in a quiet space, or walking in nature; and
5. Most importantly, avoid alcohol, plus tobacco, e-cigarettes, prescription drug misuse, marijuana, and illegal drug use.

*Keep in mind, being fit does not mean being perfect. Your main goal should be to have a healthy body image and not engage in unhealthy behaviors.*

*To help you achieve the above goals, make the following commitment:*

**Choose to avoid alcohol and drug use each day during the next 7 days in order to maintain an active, healthy lifestyle.**

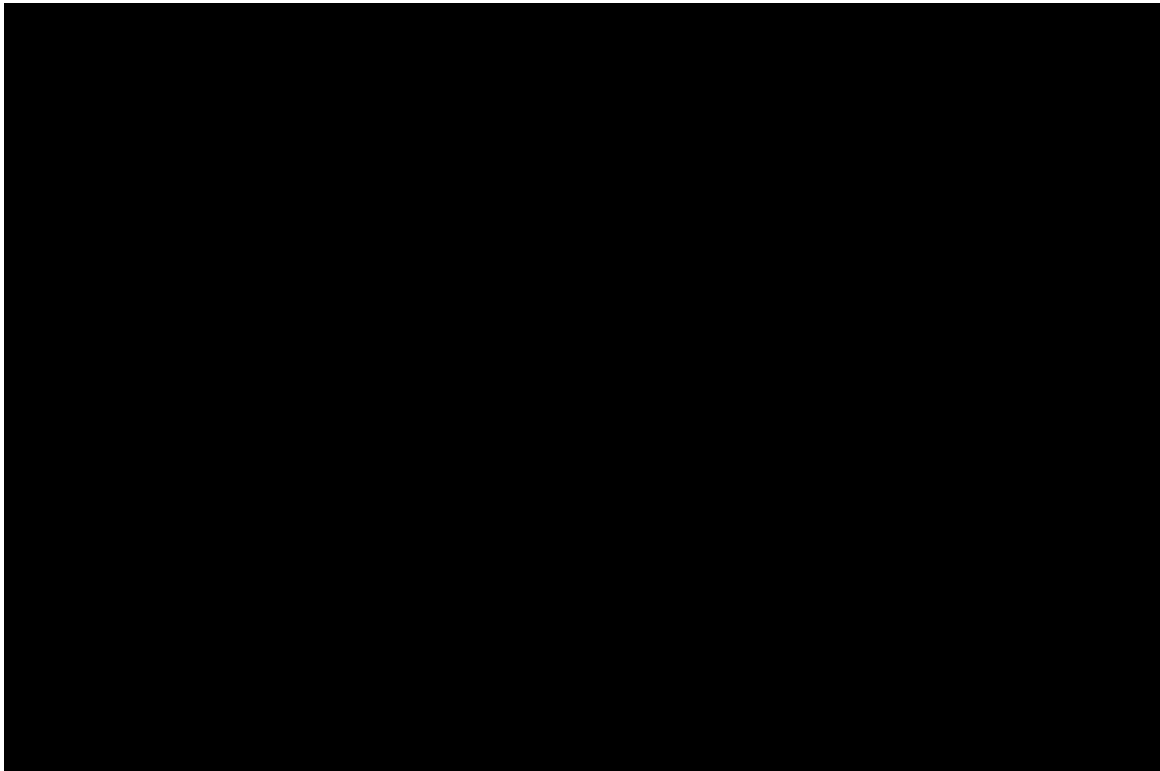


\_\_\_\_\_  
\_\_\_\_\_  
  
\_\_\_\_\_  
\_\_\_\_\_

\_\_\_\_\_  
**(Youth's signature) (Date)**

\_\_\_\_\_  
**(Instructor's signature) (Date)**

Now, for the next 7 days, circle a response on the calendar below to track your goal success. Then, total the number of days you reached a wellness goal.



**Congratulations!** You have successfully completed this *SPORT* PPW lesson.

1. Take this contract home and put it where it can be seen every day, week and month (i.e., on the refrigerator, wall, or your mirror) so you can track your goal progress each day.
2. Revisit your goal plan at the end of the first week and make changes if needed to help you be even more successful in reaching your future goals every week.

3. [Redacted]

[Redacted]

[Redacted] proving



day, week,

### Follow Up

(Follow up with youth one or more months after providing the PPW-SBIRT program to administer the optional Health Behavior posttest survey using the customized URL link which you can request from Prevention Plus Wellness).

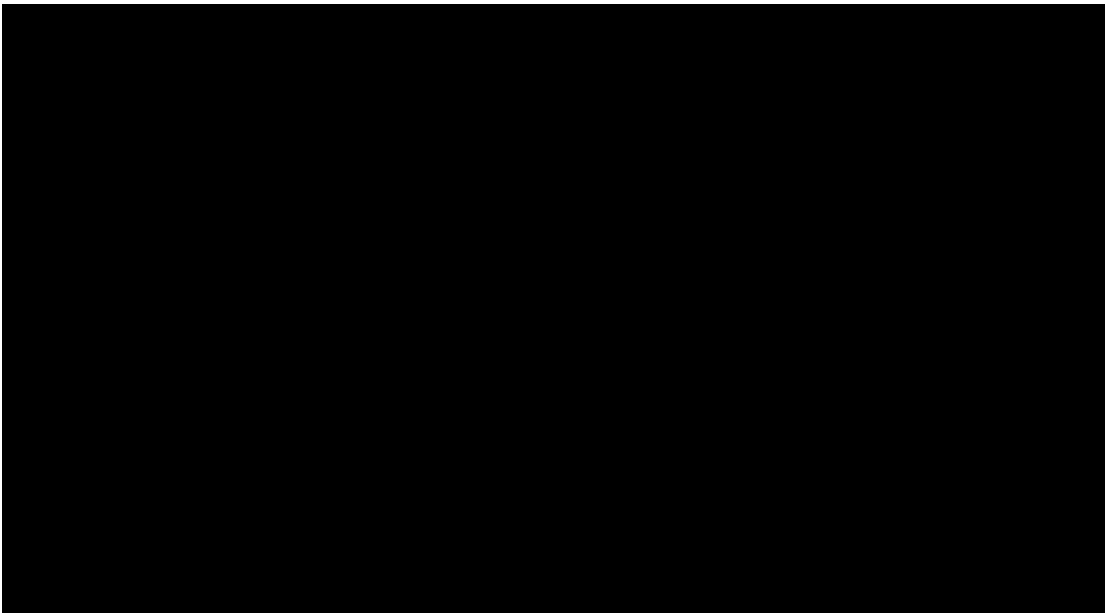
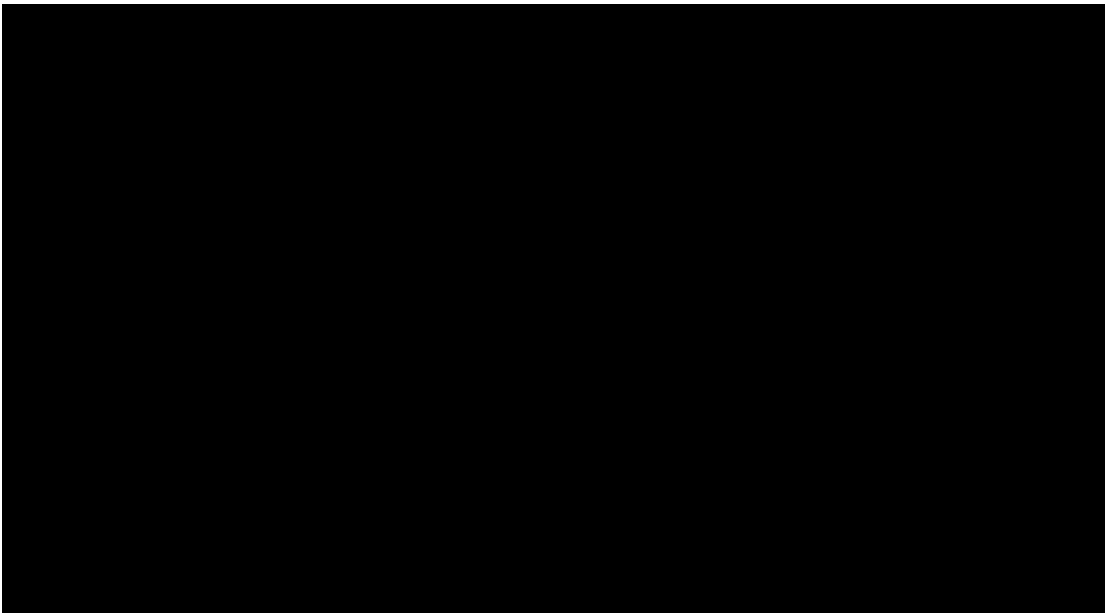
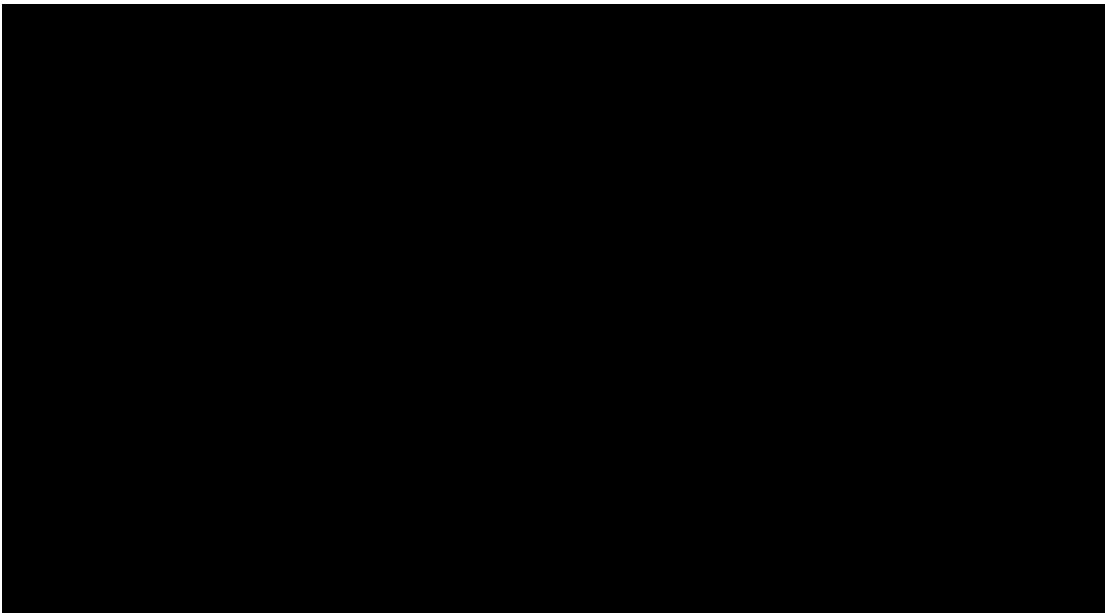
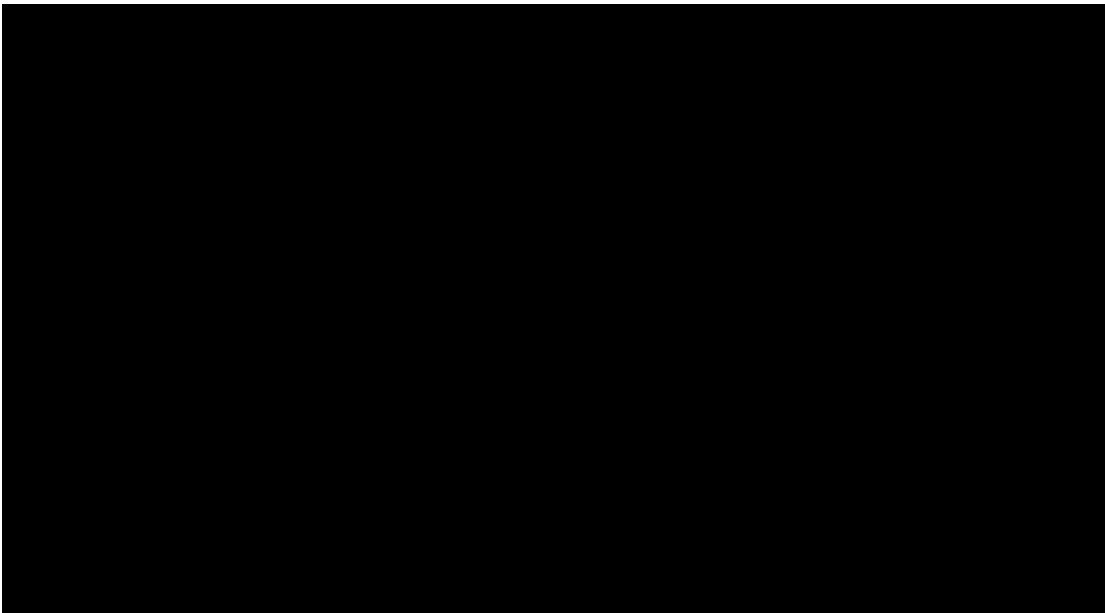
### Referral to Treatment

(Note: For individuals providing two or more YES answers on the CRAFFT, follow the suggested clinician action below).

#### Suggested Clinician Action

The suggested intervention for this risk level is further assessment to determine how to best manage care.

#### Additional Suggestions for This Risk Level

-  annual, Fifth
- 
-  sion to  
ether he or  
tance.
-  essed

#### References and Additional Resources

•

•

•

•