

Tobacco, Alcohol, and Drug Use Risk Assessment

CHILD AND TEEN CHECKUPS (C&TC) FACT SHEET FOR PRIMARY CARE PROVIDERS

Physical measurements are required at C&TC visits and differ by age. Routine and accurate measurements monitor growth and detect growth abnormalities or associated issues.

C&TC Requirements

General

Tobacco (including vaping), alcohol, and drug use risk assessment is required for all C&TC visits for youth ages 11 through 20.

Note: Tobacco refers to the use of manufactured, commercial tobacco and nicotine products, not traditional products. Refer to [Traditional Tobacco and American Indian Communities in Minnesota](#).

Personnel

A licensed health care provider must review and interpret the risk assessment: physician, nurse practitioner, physician assistant, or registered or public health nurse (RN or PHN) who has completed the C&TC Comprehensive Screening training through the Minnesota Department of Health (MDH).

Documentation

Documentation should indicate the tool used, findings, and plan to address results.

For documentation examples or for use as a template with your electronic medical record, refer to the [C&TC Provider Documentation Forms](#).

Procedure

Perform substance use risk assessment in a one-to-one conversation with the patient without a parent or guardian present. Inform the patient and parent or guardian of [Minnesota's minor's consent law MN Statute § 144.343](#).

Tools to Assess Risk

Risk assessment can be done through a patient questionnaire, an interview with the clinician, or by using a screening tool.

[Adolescent Substance Use Screening Tools](#) include the Brief Screener for Alcohol, Tobacco, and other Drugs (BSTAD) and the Screening to Brief Intervention (S2BI). Both are designed for adolescents 12-17 years of age. The [CRAFFT](#) is a tool to guide brief intervention and treatment steps (Levy & Williams, 2016).

The Global Appraisal of Individual Needs Short Screener (GAIN-SS) is a validated instrument that screens for both substance use and general mental health. Minnesota Health Care Program enrolled providers have free access to this tool at [GAIN-SS Materials](#).

Follow-Up

Universal [Screening, Brief Intervention, and Referral to Treatment \(SBIRT\)](#) is a recommended approach to identify the range of a young person’s substance use, from abstinence to addiction, and provide appropriate intervention at every visit (Levy & Williams, 2016).

Whenever possible, manage children and adolescents with substance use disorders collaboratively with a child and adolescent mental health or addiction specialist (Levy & Williams, 2016).

Advise patients, parents, or caregivers who use tobacco products to quit and give resources found on [Quit Partner](#). There are programs tailored to teens, American Indians, pregnant people, and individuals with mental illness. Visit the “Make a Referral” link to have the program contact clients.

Importance of Risk Assessment

Adolescent substance use is associated with an increased risk of motor vehicle crashes, emergency department visits, and suicide. It can alter brain development and negatively affect academic, occupational, and social functioning in adulthood (Levy & Williams, 2016).

In the 2022 Minnesota Student Survey, 17% of 11th-grade students reported drinking alcoholic beverages, 12% reported using marijuana, 14% reported vaping, and 5% reported smoking cigarettes (conventional tobacco) in the past 30 days (Minnesota Department of Health, 2023).

Professional Recommendations

American Academy of Pediatrics

Screen all adolescents for substance use with a validated screening tool at every visit. Provide appropriate brief intervention and referral for treatment if indicated (Levy & Williams, 2016).

Resources

Minnesota Department of Human Services

- [C&TC Schedule of Age-Related Screening Standards](#)
- [Minnesota Health Care Programs \(MHCP\) Provider Manual - C&TC Section](#)

Minnesota Department of Health

- [Child and Teen Checkups \(C&TC\)](#)

Other Resources

- [Fast Tracker MN](#)

References

Levy, S., & Williams, J. (2016). Substance Use Screening, Brief Intervention, and Referral to Treatment. *Pediatrics*, 138(1). doi:10.1542/peds.2016-1211

Minnesota Department of Health. (2023). *Minnesota Student Survey*. Retrieved from www.health.state.mn.us/data/mchs/surveys/mss/index.html

For More Information

The Child and Teen Checkups (C&TC) program is administered through a partnership between the

Minnesota Department of Human Services and the Minnesota Department of Health.

For questions about this fact sheet or to obtain this information in a different format, call 651-201-3650 or email health.childteencheckups@state.mn.us.

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Resource Links

- <https://edocs.dhs.state.mn.us/lfserver/Public/DHS-3379-ENG>
- [Minnesota Health Care Programs \(MHCP\) Provider Manual - C&TC Section \(www.dhs.state.mn.us/main/idcplg?IdcService=GET_DYNAMIC_CONVERSION&RevisionSelectionMethod=LatestRelease&dDocName=dhs16_150092\)](https://www.dhs.state.mn.us/main/idcplg?IdcService=GET_DYNAMIC_CONVERSION&RevisionSelectionMethod=LatestRelease&dDocName=dhs16_150092)
- [Child and Teen Checkups \(C&TC\) \(www.health.state.mn.us/people/childreneyouth/ctc/index.html\)](http://www.health.state.mn.us/people/childreneyouth/ctc/index.html)
- [Fast Tracker MN \(https://fasttrackermn.org\)](https://fasttrackermn.org)
- [Traditional Tobacco and American Indian Communities in Minnesota \(www.health.state.mn.us/communities/tobacco/traditional/index.html\)](http://www.health.state.mn.us/communities/tobacco/traditional/index.html)
- [C&TC Provider Documentation Forms \(https://mn.gov/dhs/partners-and-providers/policies-procedures/minnesota-health-care-programs/provider/types/ctc-resources\)](https://mn.gov/dhs/partners-and-providers/policies-procedures/minnesota-health-care-programs/provider/types/ctc-resources)
- [Minnesota's minor's consent law MN Statute § 144.343 \(www.revisor.mn.gov/statutes/cite/144.343\)](http://www.revisor.mn.gov/statutes/cite/144.343)
- [Adolescent Substance Use Screening Tools \(https://nida.nih.gov/nidamed-medical-health-professionals/screening-tools-prevention/screening-tools-adolescent-substance-use/adolescent-substance-use-screening-tools\)](https://nida.nih.gov/nidamed-medical-health-professionals/screening-tools-prevention/screening-tools-adolescent-substance-use/adolescent-substance-use-screening-tools)
- [CRAFFT \(http://crafft.org\)](http://crafft.org)
- [GAIN-SS Materials \(https://chestnut.app.box.com/v/GAIN-SS-Materials\)](https://chestnut.app.box.com/v/GAIN-SS-Materials).
- [Screening, Brief Intervention, and Referral to Treatment \(SBIRT\) \(www.samhsa.gov/sbirt\)](http://www.samhsa.gov/sbirt)
- [Quit Partner \(www.quitpartnermn.com/quit-your-way\)](http://www.quitpartnermn.com/quit-your-way)
- [C&TC Schedule of Age-Related Screening Standards](#)