

THINK YOU HAVE A DRINKING PROBLEM?

A self-assessment guide for Alcohol Use Disorder



Cornerstone
of Recovery



YOU'RE NOT ALONE

An estimated 15 million Americans have Alcohol Use Disorder, according to the National Institute on Alcohol Abuse and Alcoholism. That assessment is reached through a set of 11 criteria outlined in the Diagnostic and Statistical Manual of Mental Disorders, which states that those who meet **ANY TWO** of the following 11 criteria during the same 12-month period qualify for such a diagnosis, the severity of which – mild, moderate or severe – depends on the number of criteria met.

In the past year, have you:

Drank more?

Had times when you drank more, or longer than you intended?

Spent time?

Spent a lot of time drinking, being sick from it or recuperating?

Interference?

Found that drinking or being sick from it interfered with home, family, job or school responsibilities?

Kept drinking?

Continued even though it causes problems with family and friends?

Health problems?

Continued drinking in spite of feeling anxious, depressed or like it makes other problems worse?

Withdrawal?

Experienced shaking, irritability, sweating, nausea, sweating, anxiety, depression or hallucinations when you stop?

Tried to stop?

Wanted to cut down or stop drinking, or tried, but couldn't?

Craved it?

Had an intense, strong or inexplicable urge to drink?

Danger?

Gotten into situations while or after drinking that increased your chances of getting hurt (driving, swimming, casual sex, etc.)?

Put drinking first?

Given up/cut back interesting or important activities to drink?

Tolerance?

Have to drink more to get the effect you want, or found that it doesn't have the effect it used to?

SO WHAT'S THE DIAGNOSIS?

Checking "yes" to two or more of these criteria indicates an Alcohol Use Disorder (AUD), the severity of which is considered:

- **Mild:** Yes to two or three symptoms
- **Moderate:** Yes to four to five symptoms
- **Severe:** Yes to six or more symptoms



7.9%

Only 7.9% of the 14.4 million adults with AUD received treatment during the previous year.

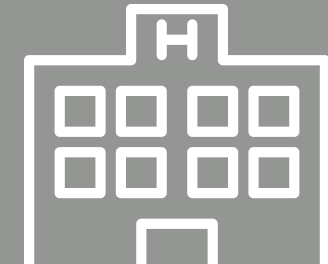
So what are you going to do about it?

If you recognize you have a problem, and you're ready to get help, here are some options.



Medical Detox

A safe, comfortable, medically supervised regimen to help you get past physical dependence.



Residential Inpatient

A 28- to 35-day program that addresses the issues, traumas and problems associated with alcoholism.



Psychiatric Services

Dual diagnosis treatment for co-occurring mental health issues that may contribute to an individual's AUD.



Intensive Outpatient

Eight to 10 weeks of post-residential therapy for three hours a day, four days a week to strengthen sobriety.



Sober Living

Short- or long-term residence in a community that provides accountability, support and increasing responsibility.



Aftercare

Volunteer attendance at on-campus meetings that provide a safety line back to a recovering community.