

CONCERNED YOU HAVE A DRUG PROBLEM?

A self-assessment guide for Substance Use Disorder



Cornerstone
of Recovery



YOU'RE NOT ALONE

According to the 2019 National Survey on Drug Use and Health, 20.4 million people ages 12 and older qualified for a previous-year diagnosis of a Substance Use Disorder, or SUD. 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 experienced:

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Hazardous use?

Overdosed, blacked out or put yourself/others in danger?

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Tried to quit?

Tried to cut back or stop using entirely but been unable to do so?

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Lost time?

Do you spend most, if not all, of your time using or planning to?

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Craved it?

Had an intense, strong, undeniable or inexplicable urge to use?

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Neglecting?

Have you failed to meet your responsibilities at work, school or home because of your continued drug use?

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Personal problems?

Experienced personal and/or relationship problems because your using has caused conflicts with people in your life?

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Used more?

Used larger amounts, or for longer periods, than you intended?

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Social problems?

Given up/cut back interesting or important activities to get high?

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Health problems?

Experienced physical or psychological problems because of your continued drug use?

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Tolerance?

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

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Withdrawal?

When you've stopped or attempted to stop, do you get physically and mentally sick from withdrawal symptoms?

SO WHAT'S THE DIAGNOSIS?

Checking "yes" to two or more of these criteria indicates a Substance Use Disorder (SUD), 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



5.4%

Only 5.4% of the 21.6 million adults who needed SUD treatment received it 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 addiction.



Psychiatric Services

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



Intensive Outpatient

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



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.