



Substance Abuse

Substance Dependence/Addiction

A pattern of repeated substance use, even though this use causes unpleasant or distressing events.

It may also be defined as a destructive pattern of substance use leading to clinically significant (social, occupational, medical) impairment or distress as manifested by one or more of the following in the same 12-month period:

1. Use that interferes with an individual's ability to carry through with obligations with family, school or work.
2. Repeated use in dangerous situations such as while driving a car.
3. Legal problems related to substance use such as arrests for driving under the influence (DIU) or disorderly conduct.
4. Persistent use despite social or personal problems caused by or made worse by use of the substance. This includes everything from arguments with a co-op member to physical fights with strangers.

Substance dependency or addiction can be defined as the continued use of alcohol, prescription drugs, street drugs or other mood-altering substances even after negative consequences have been experienced.

It is as if he or she has crossed an invisible line and can no longer choose whether or not to use the drug and/or alcohol.

Any three of the following indicate substance dependency and addiction:

1. **INCREASED TOLERANCE**, which means needing, increased amounts in order to get the desired result or getting significantly less effect from the same amount.
2. Experiencing **withdrawal** symptoms or taking another substance to prevent withdrawal.
3. Taking the substance in larger amounts or for a longer period than intended.
4. Having difficulty cutting down usage even though there is a desire to do so. **LOSS OF CONTROL**
5. Spending an inordinate amount of time in activities designed to obtain the substance and in recovering from usage. **COMPULSIVE BEHAVIORS**
6. Giving up previously important activities because of usage.
7. Continued substance use despite consequences