

SUBSTANCE ABUSE

“Do you continue to use in spite of the consequences?”

CAGE

Cut down: *“Have you ever felt the need to cut down on your use?”*

Annoyance: *“Have you ever been annoyed by someone’s concern about your use?”*

Guilt: *“Have you ever felt guilty about your drinking or drug use?”*

Eye-opener: *“Have you ever felt the need for a drink or a drug in the morning?”*

A positive response to 2 or more items implies a 95% chance of abuse or dependence.

AUDIT (Alcohol Use Disorders Identification Test)

<http://www.mercycarehealthplans.com/ace-files/Alcohol%20DCM/AUDIT.pdf>

- * Avoid labels like abuse or dependence, especially at the start.
- * What reasons does client give for wanting to change pattern of use?
- * Has the client ever tried to cut down or quit?
- * Shoot for progress, not perfection. Expect slips and struggles, not immediate abstinence.