

Alcohol and Drug Education

Signs of a Substance Use Disorder



There are three levels of substance use disorders:

MII

MILD: 2-3 signs



MODERATE: 4-5 signs



SEVERE: 6-11 signs

While a clinical provider must officially diagnose these symptoms, it's useful to be aware of them.

CRAVINGS

Strong urge to use the substance

INTERPERSONAL PROBLEMS

Keeps using even if it causes social problems or fights

TOLERANCE

More of the substance is needed to feel the same effect as when the person first started using it

PHYSICAL OR PSYCHOLOGICAL PROBLEMS Keeps using after having substance related problems in these areas

MORE THAN
PLANNED

The person uses more of the substance or uses it for longer than planned

DANGEROUS USE Using in dangerous situations or places

GIVING UP

Stops doing activities or hobbies because of use

LOSS OF CONTROL

Unsuccessful attempts to quit or cut down use

TIME USING

Spends a lot of time getting, using or recovering from using the substance

WITHDRAWAL

Unpleasant side-effects (physical and mental) when a person quits

MISSING OBLIGATIONS

Doesn't keep commitments (to things like job, school, loved ones) because of use





