

STUDENT HEALTH SERVICES PERSONAL COUNSELING SUBSTANCE ABUSE SCREENING TOOL *

Many students deal with stress through abusing substances and such abuse can be devastating for academic success. The following questionnaire will help you identify whether you may have a substance abuse problem.

Have you ever felt that you should cut down on your drinking or drug use?

Yes No

Have people ever annoyed you by complaining about your drinking or drug use?

Yes No

Have you ever felt guilty about your drinking or drug use?

Yes No

Have you ever had a drink or drug in the morning to steady your nerves or get rid of a hangover?

Yes No

Do you use any drugs other than those prescribed by a physician?

Yes No

Has a physician ever told you to cut down or quit using alcohol or drugs?

Yes No

Has your drinking or drug use caused family, job or legal problems?

Yes No

If you answered yes to two or more of the above questions you may have a substance abuse problem. Don't hesitate to speak to a professional counselor to receive help and support.

Referrals:

SBCC Personal Counseling	965-0581 x2298
Alcoholics Anonymous	962-3332
Narcotics Anonymous	569-1288
Council on Alcoholism and Drug Abuse	928-0093
Project Recovery	564-6057
Cottage Hospital's Chemical Dependency Program	682-7111
Zona Seca	963-8961

*** This Screening Tool has been borrowed from SAACK**

(<http://www.saack.org/cage.html>) Offers assistance for substance abusers

Other web links:

<http://www.campusblues.com/> A user friendly site for college student's emotional health

<http://alcoholism.about.com/health/alcoholism/> A guide to help for alcoholism

Alcohol Use Self-Assessment

Having the facts is only part of making careful decisions about alcohol use. Analyze your attitudes and behavior by answering the following self-assessment question.

1. Are you unable to stop drinking after a certain number of drinks?
2. Do you need a drink to get motivated?
3. Do you often forget what happened while you were “partying” (have blackouts)?
4. Do you drink or “party” alone?
5. Have others annoyed you by criticizing your alcohol use?
6. Have you been involved in fights with your friends or family while you were drunk or high?
7. Have you done or said anything while drinking that you later regretted?
8. Have you destroyed or damaged property while drinking?
9. Do you drive while high or drunk?
10. Have you been physically hurt while drinking?
11. Have you been in trouble with the school authorities or the campus police because of your drinking?
12. Have you dropped or chosen friends based on their drinking habits?
13. Do you think you are a normal drinker despite friends’ comments that you drink too much?
14. Have you ever missed classes because you were too hung-over to get up on time?
15. Have you ever done poorly on an exam or assignment because of drinking?
16. Do you think about drinking or getting high a lot?
17. Do you feel guilty or self-conscious about your drinking?

If you answered “yes” to three or more of these questions, or if your answer to any of the questions concerns you, you may be using alcohol in ways that are harmful. Do not waste your time blaming yourself for past binges or any other alcohol-related behavior. If you think you have or might be developing problems in which drinking plays a part, act now. You can get help.

For more information and counseling, contact your campus health or counseling center, community mental health facility, or Alcoholics Anonymous (AA).

SBCC Student Health Services and Wellness Program
Room SS 170; 965-0581 Ext. 2298.