

I haven't thought about changing my drug use...

1. Think about how drug use fits into your life.
2. Review the doctor's advice, and risks associated with drug use.
3. Make a list of what's good and not so good about drug use. Consider both the short-term and long-term consequences.
4. Check out these websites:
www.health.org
www.niaaa.nih.gov
www.nidha.nih.gov
5. Talk with close friends and family about their concerns about your drug use.

I'm ready to take action to reduce or stop my drug use....

1. Make a list of high-risk situations where you might be tempted to use drugs. Avoid these situations.
2. If you find yourself in a high-risk situation, use distraction techniques, such as leaving, taking a walk or using relaxation or meditation.
3. Let people know you're making a change.
4. If you think about using drugs, talk through these thoughts with a supportive friend or family member.
5. Make a list of the risks and negative consequences of drug use and read it over.
6. Make a list of the advantages of avoiding drugs and review it to remind yourself of the reasons for making a change.
7. Contact The Center for Alcohol & Drug Studies & Services at 619-229-5038.

What's Good & Not So Good		
About Drug Use		
	GOOD	NOT SO GOOD
Short-Term		
Social		
Emotional		
Financial		
Long-Term		
Health		
Work		
Legal		
Relationships		

PERSONAL CHANGE PLAN	
to reduce or stop using drugs:	
1.	
2.	
3.	



Center for Alcohol & Drug Studies and Services

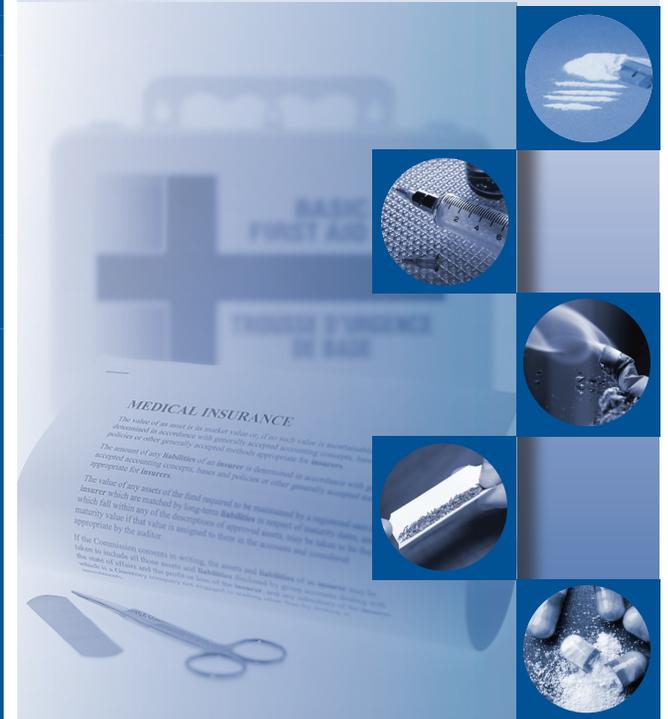
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DRUG USE

Reducing RISKS

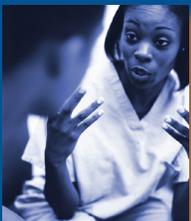


CASBIRT: California

- Screening
- Brief Intervention
- Referral
- Treatment



Doctor's **ADVICE**



There is **NO SAFE LIMIT** for illicit drug use.

Physicians advise you to **ALWAYS** abstain from illicit drug use.

If You Are...

Not Using Drugs:

Continue to avoid illicit drugs

At-Risk or High Risk:

Abstain from any further illicit drug use

Severe Risk:

Abstain from illicit drug use and get further assessment



Prescription and over-the-counter medications should only be used as directed. Prescribed medications should only be used if prescribed to you.

Drug **RISK LEVELS**

Severe Risk	2%
High Risk	3%
At-Risk	5%
No Use	90%

Health **RISKS** of Using Drugs

Marijuana/Cannabis: *dope, weed, pot, grass, reefer, Mary Jane*

Signs & Symptoms: mood swings, slow thinking and reflexes, dilated pupils, increased appetite

Health Risks: frequent colds, shortness of breath, heart and lung disease, dependence

Methamphetamine: *crystal, ice, crank, glass, speed, meth, tweek*

Signs & Symptoms: euphoria, increased pulse rate and blood pressure, insomnia, loss of appetite

Health Risks: anxiety, body sores, excessive perspiration, headaches, blurred vision, coma, death

Cocaine/Crack: *coke, flake, rock*

Signs & Symptoms: excitability, anxiety, increased pulse rate, dilated pupils, agitation, paranoia

Health Risks: addiction, violent behavior, impaired sexual performance, respiratory problems

Inhalants: *airplane glue, nail polish, lighter fluid, hair spray, nitrous oxide*

Signs & Symptoms: slurred speech, lack of coordination, nausea, vomiting, slowed breathing

Health Risks: brain damage, heart trouble, depression, fatigue, loss of appetite, nosebleeds

Narcotics: *heroin, morphine, codeine, Demerol, Methadone*

Signs & Symptoms: drowsiness, nausea, constipation, constricted pupils, slowed breathing

Health Risks: addiction, mood swings, tremors, toxic psychosis, HIV infection

Hallucinogens: *LSD (acid), PCP, mescaline*

Signs & Symptoms: euphoria, increased pulse rate, insomnia, hallucinations

Health Risks: paranoia, depression, flashbacks, impaired judgment, violent behavior

Depressants: *Valium, Librium, Ativan, Xanax, Seconal*

Signs & Symptoms: drowsiness, confusion, slurred speech, depressed pulse rate, shallow respiration

Health Risks: anxiety, depression, restlessness, changes in eyesight, severe withdrawal symptoms

Club Drugs: *Ecstasy (X), Rohypnol (roofies), Ketamine (Special K), GHB*

Signs & Symptoms: sweating, shaking, feeling sleepy, having problems walking and talking, vomiting

Health Risks: brain damage, baldness, diarrhea, violent behavior

LEGAL Risks

Being arrested for possession, selling drugs, conspiracy to sell drugs, and/or driving under the influence

FINANCIAL Risks

*Losing your job due to random drug testing
Not getting hired at a new job due to failing a drug test
Spending money on drugs instead of on food, rent or your family*

PERSONAL Risks

*Relationships are threatened when family and friends have concerns about your drug use
You may not be setting the example you would like for your children and others
You may put yourself in embarrassing or risky situations when using drugs*

