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

<table>
<thead>
<tr>
<th>Short-Term</th>
<th>GOOD</th>
<th>NOT SO GOOD</th>
</tr>
</thead>
<tbody>
<tr>
<td>Social</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Emotional</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Financial</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Long-Term</th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Health</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Work</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Legal</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Relationships</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

### PERSONAL CHANGE PLAN
to reduce or stop using drugs:

1. 
2. 
3. 

Center for Alcohol & Drug Studies and Services
6386 Alvarado Court • Suite 224 •
San Diego, CA 92120 •
Phone 619-229-5038 •
Fax 619-265-5775 •
www.centerforaod.sdsu.edu •

Services are supported by a grant from the Substance Abuse and Mental Health Services Administration Center for Substance Abuse Treatment through a sub-grant with State Department of Alcohol & Drug Programs. Services are provided under contract with the County of San Diego.

CASBIRT: California
- Screening
- Brief Intervention
- Referral
- Treatment
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

<table>
<thead>
<tr>
<th>Risk Level</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>Severe Risk</td>
<td>2%</td>
</tr>
<tr>
<td>High Risk</td>
<td>3%</td>
</tr>
<tr>
<td>At-Risk</td>
<td>5%</td>
</tr>
<tr>
<td>No Use</td>
<td>90%</td>
</tr>
</tbody>
</table>

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

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

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

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

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

Depressants: Valium, Librium, Ativan, Xanax, Seconal

**Signs & Symptoms:** drowsiness, confusion, Ativan, Xanax, Seconal

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

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

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