

Name _____

Test Date _____

Age _____

Substance	Client's Score	Risk Level	Client's Risk level <i>(please tick)</i>		
			Moderate	High	Not used (low)
a. Tobacco products		2-11 Moderate 12+ High			
b. Alcoholic beverages		5-17 Moderate 18+ High			
c. Cannabis		2-11 Moderate 12+ High			
d. Cocaine		2-8 Moderate 9+ High			
e. Amphetamine-type stimulants		2-8 Moderate 9+ High			
f. Inhalants		2-8 Moderate 9+ High			
g. Sedatives or Sleeping Pills		2-6 Moderate 7+ High			
h. Hallucinogens		2-8 Moderate 9+ High			
i. Opioids		2-6 Moderate 7+ High			
j. Other - specify		2-6 Moderate 7+ High			



What does your score mean?

Moderate

The way you use substances is placing you at risk of health problems as well as other problems, both now and also in the future if you continue to use in the same way.

High

You are at high risk of a range of serious problems (health, social, financial, legal, relationship) as a result of the way you use substances and could be dependent.



Are you concerned about your substance use?

a. Tobacco

Your risk of harm is _____

Not used (please tick)

Moderate

High

Regular tobacco smoking is associated with:

Short-term risks (ie. things that can happen to you now)

- Bad skin and bad breath
- Less physical fitness (ie. getting out of breath, easily exhausted when exercising)
- More likely to catch a cold, flu, or bronchitis (ie. sore throat, chest pain, shortness of breath)
- More likely to get injured, as well as injuries also taking longer to get better (ie. slow healing)
- More likely to have unpleasant and uncomfortable symptoms from damage to your lungs such as shortness of breath, phlegm, lung infections and asthma

Longer-term risks (ie. things that can happen to you if you keep using)

- Looking older than you really are (ie. wrinkles and other signs of ageing)
- Kidney disease, emphysema, heart disease and stroke, diabetes and cancer (eg. lung, throat etc), losing fingers, toes and teeth.
- Dependency/addiction (ie. having difficulty controlling use, cravings).

b. Alcohol

Your risk of harm is _____

Not used (please tick)

Moderate

High

Regular excessive alcohol use is associated with:

Short-term risks (ie. things that can happen to you now)

- Finding it harder to do the activities you usually do such as attending school, and completing school work, participating in leisure and social activities and sport etc.
- Unpleasant and uncomfortable physical feelings (eg. hangovers- nausea, headaches, dizziness)
- Feeling anxious or worried, or feeling unhappy or sad (ie. depressed) more often than usual
- More likely to do things without thinking about it, like getting into fights, shoplifting, doing graffiti or having unwanted sex.
- More likely to get injured, or be in an accident (eg. car accident- even if you are not the driver)
- Higher risk of being attacked or hurt while under the influence of alcohol.

Longer-term risks (ie. things that can happen to you if you keep using)

- Using alcohol can make it harder for you to achieve longer-term goals such as career goals, sporting goals, relationship goals etc.
- More likely to develop mental/emotional health problems (ie. feeling anxious or worried, or unhappy/sad for long periods). Also more likely to feel anxious/worried in social situations (ie. social phobia) if you've been using alcohol to overcome shyness in social situations.
- Liver disease, pancreas disease and cancer, as well as problems with your heart and digestive system.
- Slow brain development leading to problems remembering things and solving problems, as well as problems concentrating and paying attention.
- Permanent brain injury, as well as damage to your muscles and nerves.

c. Cannabis

Your risk of harm is _____

- Not used (please tick)
 High

Regular use of cannabis is associated with:

Short-term risks (ie. things that can happen to you now)

- Finding it harder to remember things and solve problems, as well as problems concentrating and paying attention.
- Feeling unmotivated.
- Finding it harder to do the activities you usually do such as attending school, and completing school work, participating in leisure and social activities and sport etc.
- More likely to catch a cold, flu, or bronchitis (ie. sore throat, chest pain, shortness of breath).
- Feeling anxious or worried, or feeling unhappy or sad (ie. depressed) more often than usual.
- Problems using your judgement/making good decisions.
- More likely to do things without thinking about it, like getting into fights, shoplifting, doing graffiti or having unwanted sex.
- More likely to get injured, or be in an accident (eg. car accident- even if you are not the driver)

Longer-term risks (ie. things that can happen to you if you keep using)

- Using cannabis can make it harder for you to achieve longer-term goals such as career goals, sporting goals, relationship goals etc.
- More likely to have unpleasant and uncomfortable symptoms from damage to your lungs such as, shortness of breath, lung infections and asthma.
- More likely to develop mental/emotional health problems (ie. feeling anxious or worried, or unhappy/sad for long periods). Increased chance of psychosis (loss of touch with reality-hallucinations etc) if you have a personal or family history of schizophrenia.
- Heart disease, cancers and emphysema.

d. Cocaine

Your risk of harm is _____

- Not used (please tick)
 High

Regular use of cocaine is associated with:

Short-term risks (ie. things that can happen to you now)

- Finding it harder to do the activities you usually do such as attending school, and completing school work, participating in leisure and social activities and sport etc.
- Problems sleeping, increased heart rate, headaches and weight-loss.
- Numb, tingling and clammy skin can lead to scratching, or picking and sores.
- Damage to the nose and sinuses.
- Thinking in a way that is not logical, sudden changes in your mood, feeling angry.
- Feeling anxious or worried, or feeling unhappy or sad (ie. depressed) more often than usual.
- More likely to do things without thinking about it, like getting into fights, shoplifting, doing graffiti or having unwanted sex.
- More likely to get injured, or be involved in an accident

Longer-term risks (ie. things that can happen to you if you keep using)

- Using cocaine can make it harder for you to achieve longer-term goals such as career goals, sporting goals, relationship goals etc.
- More likely to develop mental/emotional health problems (ie. feeling anxious or worried, or unhappy/sad for long time periods). Increased chance of psychosis (loss of touch with reality-hallucination etc) after using cocaine repeatedly in high doses.
- Heart disease and stroke, damage to the lungs and respiratory problems, kidney failure.
- Dependency/addiction (ie. having difficulty controlling use, cravings and withdrawal symptoms).

e. Amphetamine-type stimulants

Your risk of harm is _____	<input type="checkbox"/> Not used (please tick) <input type="checkbox"/> High
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Regular use of amphetamine type stimulants (ATS) is associated with:

Short-term risks (ie. things that can happen to you now)

- Finding it harder to do the activities you usually do such as attending school, and completing school work, participating in leisure and social activities and sport etc.
- Problems sleeping, irregular heartbeat and difficulty breathing, headaches, loss of appetite, weight loss, and dehydration.
- Jaw clenching and painful teeth and jaws
- Thinking in a way that is not logical, paranoid thinking, sudden changes in your mood.
- Feeling anxious or worried, or feeling unhappy or sad (ie. depressed) more often than usual.
- More likely to do things without thinking about it, like getting into fights, shoplifting, doing graffiti or having unwanted sex.

Longer-term risks (ie. things that can happen to you if you keep using)

- Using ATS can make it hard for you to achieve longer-term goals such as career goals, sporting goals, relationship goals etc.
- More likely to develop mental/emotional health problems (ie. feeling anxious or worried, or unhappy/sad for long periods).
- Malnutrition (ie. not getting enough nutrients from food to stay healthy)
- Permanent damage to your brain cells.
- Dependency/addiction (ie. difficulty controlling use, have cravings and withdrawal symptoms)

f. Inhalants

Your risk of harm is _____	<input type="checkbox"/> Not used (please tick) <input type="checkbox"/> Moderate <input type="checkbox"/> High
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Regular use of inhalants is associated with:

Short-term risks (ie. things that can happen to you now)

- Finding it harder to remember things and coordinating your movement (eg. feeling unbalanced, slowed reaction).
- Feeling dizzy, drowsy and disoriented. Blurred or fuzzy vision, problems with digestion and stomach ulcers.
- More likely to catch a cold or flu, or have problems with your sinuses (i.e., sinusitis) and nosebleeds.
- Feeling anxious or worried, or feeling unhappy or sad (ie. depressed) more often than usual
- More likely to get injured, or be involved in an accident.
- Increased risk of damage to your brain cells.
- Increased risk of permanent damage to your heart, lungs, liver and kidneys.

g. Sedatives

Your risk of harm is _____

Not used (please tick)

High

Regular use of sedatives is associated with:

Short-term risks (ie. things that can happen to you now)

- Finding it harder to do the activities you usually do such as attending school, and completing school work, participating in leisure and social activities and sport etc.
- Problems controlling when you do and don't want to sleep, headaches, drowsiness, dizziness, and problems coordinating your movement.
- Finding it harder to remember things and solve problems, problems concentrating and paying attention, slow reaction time.
- Feeling anxious or worried, or feeling unhappy or sad (ie. depressed) more often than usual.
- More likely to do things without thinking about it, like getting into fights, shoplifting, doing graffiti or having unwanted sex.
- Becoming tolerant (ie. needing to take more of the substance to get the same effect) and/or dependent (ie. addicted) after using for only a short time period.

Longer-term risks (ie. things that can happen to you if you keep using)

- Using sedatives can make it harder for you to achieve longer-term goals such as career goals, sporting goals, relationship goals etc
- More likely to develop mental/emotional health problems (ie. feeling anxious or worried, or unhappy/sad for long periods).
- Dependency/addiction (ie. difficulty controlling use, having cravings and withdrawal symptoms)
- Increased risk of becoming unconscious- death if used with alcohol, opioids or other depressant drugs.

h. Hallucinogens

Your risk of harm is _____

Not used (please tick)

High

Regular use of hallucinogens is associated with:

Short-term risks (ie. things that can happen to you now)

- Finding it harder to do the activities you usually do such as attending school, and completing school work, participating in leisure and social activities and sport etc.
- Problems with your sleep, dizziness and vomiting, increased heart rate and problems with your blood pressure.
- Thinking in a way that is not logical, paranoid thinking, and sudden changes in your mood.
- Feeling anxious or worried, or feeling unhappy or sad (ie. depressed) more often than usual.

Longer-term risks (ie. things that can happen to you if you keep using)

- Using hallucinogens can make it hard for you to achieve longer-term goals such as career goals, sporting goals, relationship goals etc.
- More likely to develop mental/emotional health problems (ie. feeling anxious or worried, or unhappy/sad for long periods), and can make already existing mental health problems worse.

i. Opioids

Your risk of harm is _____

- Not used (please tick)
 High

Regular use of opioids is associated with:

Short-term risks (ie. things that can happen to you now)

- Finding it harder to do the activities you usually do such as attending school, and completing school work, participating in leisure and social activities and sport etc.
- Problems with coordinating your movement (eg. poor balance, slow reaction time)
- Finding it harder to remember things and solve problems, problems concentrating and paying attention.
- Feeling anxious or worried, or feeling unhappy or sad (ie. depressed) more often than usual.
- Dizziness, drowsiness, sweating (ie. hot flushes), vomiting, stomach cramps, loss of appetite and tooth decay.
- More likely to do things without thinking about it, like getting into fights, shoplifting, doing graffiti or having unwanted sex.
- Becoming unconscious and not breathing- death.

Longer-term risks (ie. things that can happen to you if you keep using)

- Using opioids can make it harder for you to achieve longer-term goals such as career goals, sporting goals, relationship goals etc.
- Becoming tolerant (ie. needing to take more of the substance to get the same effect) and/or dependent/addicted (ie. difficulty controlling use, have cravings and withdrawal symptoms).