

Jamison: Patient Education and Wellness

HANDOUT 15.11: HOT TIPS BEFORE USING DRUGS

- ☐ Be aware of the facts
 - ☐ Anybody can become drug dependent – it is not a matter of willpower
 - ☐ There is an 80% chance that you have a current substance use disorder if, in the last year, you have:
 - felt you should cut down on your drug use or
 - used drugs more than you meant to
- ☐ Determine the cost:benefit ratio of taking a drug
 - ☐ Investigate the physiological effects of taking the drug
 - ☐ Investigate the side effects of the drug
 - ☐ Identify social and economic consequences of drug taking
 - ☐ List perceived personal benefits of taking the drug
 - ☐ List potential adverse repercussions of taking the drug
- ☐ Develop a strategy for coping in drug-using situations
 - ☐ Develop a plan for refusing drugs
 - ☐ Formulate and stick to a system of responsible drug use
 - ☐ Recognize when you have a drug problem (See Handout 15.1)

Avoid experimenting with drugs – you only find out if you can handle them when it is too late.

See <http://www.mentalhealthamerica.net/go/substance-abuse>

Enhance Kids awareness <http://teens.drugabuse.gov/sarasquest/index.php>