YOUR ADDICTION PREDICTION
Fill in the circled numbers that apply to you

1. I can sometimes stay awake for days without sleeping
2. I often get depressed or sad
3. I sometimes get heart palpitations or chest pains
4. I have alcoholism in my family
5. I often start projects and never complete them
6. I am often constipated or have diarrhea, and sometimes both
7. Reading is hard for me because I often lose track of what I've read
8. I've had panic attacks where I can feel scared, my heart races, I have trouble breathing, and I can feel dizzy
9. I sometimes have obsessive behaviors or thoughts
10. I have trouble falling asleep
11. I had trouble focusing when I was younger and couldn't sit still in class
12. I took antidepressants like Prozac, Zoloft, and Lexapro, but they didn't really help me
13. I avoid social situations with people I don't know
14. Sometimes I can stay in bed and sleep all day
15. One of my relatives was depressed

The shade where you find most of your answers indicates your major imbalance and predicts the substances you are most likely to abuse.

<table>
<thead>
<tr>
<th>NEUROTRANSMITTER IMBALANCE</th>
<th>ABUSED SUBSTANCE</th>
</tr>
</thead>
<tbody>
<tr>
<td>DOPAMINE</td>
<td>COCAINE/METH</td>
</tr>
<tr>
<td>NORADRENALIN</td>
<td>VALIUM/XANAX/ATIVAN/KLONOPIN</td>
</tr>
<tr>
<td>SEROTONIN</td>
<td>OPIATES/ALCOHOL</td>
</tr>
</tbody>
</table>
### Progressive Effects of Alcohol

<table>
<thead>
<tr>
<th>Blood Alcohol Concentration</th>
<th>Changes in Feelings and Personality</th>
<th>Physical and Mental Impairments</th>
</tr>
</thead>
<tbody>
<tr>
<td>0.01–0.06</td>
<td>Relaxation</td>
<td>Thought</td>
</tr>
<tr>
<td></td>
<td>Sense of well-being</td>
<td>Judgment</td>
</tr>
<tr>
<td></td>
<td>Loss of inhibition</td>
<td>Coordination</td>
</tr>
<tr>
<td></td>
<td>Lowered alertness</td>
<td>Concentration</td>
</tr>
<tr>
<td></td>
<td>Joyousness</td>
<td></td>
</tr>
<tr>
<td>0.06–0.10</td>
<td>Blunted feelings</td>
<td>Reflexes</td>
</tr>
<tr>
<td></td>
<td>Disinhibition</td>
<td>Reasoning</td>
</tr>
<tr>
<td></td>
<td>Extroversion</td>
<td>Depth perception</td>
</tr>
<tr>
<td></td>
<td>Impaired sexual pleasure</td>
<td>Distance acuity</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Peripheral vision</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Glare recovery</td>
</tr>
<tr>
<td>0.11–0.20</td>
<td>Over-expression</td>
<td>Reaction time</td>
</tr>
<tr>
<td></td>
<td>Emotional swings</td>
<td>Gross motor control</td>
</tr>
<tr>
<td></td>
<td>Anger or sadness</td>
<td>Staggering</td>
</tr>
<tr>
<td></td>
<td>Boisterousness</td>
<td>Slurred Speech</td>
</tr>
<tr>
<td>0.21–0.29</td>
<td>Stupor</td>
<td>Severe motor impairment</td>
</tr>
<tr>
<td></td>
<td>Loss of understanding</td>
<td>Loss of consciousness</td>
</tr>
<tr>
<td></td>
<td>Impaired sensations</td>
<td>Memory blackout</td>
</tr>
<tr>
<td>0.30–0.39</td>
<td>Severe depression</td>
<td>Bladder function</td>
</tr>
<tr>
<td></td>
<td>Unconsciousness</td>
<td>Breathing</td>
</tr>
<tr>
<td></td>
<td>Death possible</td>
<td>Heart rate</td>
</tr>
<tr>
<td>&gt;0.40</td>
<td>Unconsciousness</td>
<td>Breathing</td>
</tr>
<tr>
<td></td>
<td>Death</td>
<td>Heart rate</td>
</tr>
</tbody>
</table>

Source: Virginia Tech, Campus Alcohol Abuse Prevention Center
RESOURCES GUIDE

Suicide Hotline
The National Institute of Drug Abuse (NIDA) and the National Institute of Mental Health (NIMH) have suicide prevention sources and hotlines nationwide. If you or someone you know is considering suicide, don't hesitate to call: 1-800-273-TALK [1-800-273-7255]

Crisis Planning
The Substance Abuse and Mental Health Services Administration (SAMHSA) offers an action plan both to aid recovery and prevent the intensifying of addictive tendencies. This includes warning signs, priorities during treatment and even homeopathic aids. [http://nmhicstore.samhsa.gov/publications/allpubs/SMA-3720/crisis.asp]

General Sources
The American Society of Addiction Medicine (ASAM) is a certification program aiming to improve the quality of substance abuse treatment. [http://www.asam.org]
Under the expanding umbrella of ASAM, most states now have their own societies—CSAM is the California Society of Addiction Medicine (http://www.csam-asam.org). To find your state's society, visit ASAM's Web site or do an online search.
The Mental Health Parity Act (2010) widens the parameters of the 1996 legislation to include several uncovered categories, including substance abuse disorders. [https://www.cms.gov/HealthInsReformforConsume/04_TheMentalHealthParityAct.asp]
This online version of the Physicians' Desk Reference is a source that allows doctors around the country to quickly find information on any disease or disorder. [http://www.pdr.net]
As a source for the latest medical news, Health World offers a wide berth of clear, easily accessible data that address your health concerns. [http://www.healthy.net]
Other useful sites for general information include:
The National Institute of Health (NIH) [http://www.nih.gov]
The National Institute on Drug Abuse (NIDA) [http://www.nida.nih.gov]
The Centers for Disease Control and Prevention (CDC) [http://www.cdc.gov]
The Substance Abuse and Mental Health Services Administration (SAMHSA) [http://www.samhsa.gov]

Drug Testing
Government approved drug testing information and resources are available via the National Institute on Drug Abuse Web site. [http://www.drugabuse.gov/drugpages/testing.html]

Addiction Treatment Centers and Programs
The Substance Abuse and Mental Health Services Administration offers a database of substance abuse treatment facilities. [http://dasis3.samhsa.gov]
Alcoholics Anonymous has become a staple of the rehabilitation process for many addicts of varied substances. Although we cannot vouch for every individual program's value, we present the information in case it helps even one person ease their stress. [http://www.aa.org] (When checking out local AA meetings, make sure that dual diagnosis and medical treatment is accepted.)

Vocational Services
The Department of Human Services offers a resource for finding and understanding vocational rehabilitation. [http://dhs.sd.gov/drs/voc rehab/vr.aspx]
The Office of Vocational and Adult Education offers avenues for getting a new career started. This can serve as part of a rehabilitation process. [http://www2.ed.gov/about/offices/list/ovae/index.html](http://www2.ed.gov/about/offices/list/ovae/index.html)

**Veterans’ Addiction Treatment**
The Department of Veterans Affairs offers services to those who’ve served in the past and suffer from addiction. [http://www.va.gov](http://www.va.gov)

**Mental Health Services/Treatment**
The Substance Abuse and Mental Health Services Administration offers a source for locating recommended treatment centers nationwide. [http://mentalhealth.samhsa.gov/databases](http://mentalhealth.samhsa.gov/databases)

The National Association of Cognitive-Behavioral Therapists offers a directory of certified therapists in your area. This up-and-coming type of therapy allows you to change the behaviors that create a cycle of addiction. [http://www.nacbt.org](http://www.nacbt.org)

**Substance Abuse Research**
The Office of Applied Studies offers the latest data on drug treatment, abuse, and the substances themselves. [http://www.oas.samhsa.gov](http://www.oas.samhsa.gov)

The National Institute on Alcohol Abuse and Alcoholism focuses on research and resources for alcohol abuse. [http://www.niaaa.nih.gov](http://www.niaaa.nih.gov)


**Medical Journals**
Journals allow all members of the medical community to keep track of breakthroughs and new research on a monthly basis. Reading them as a patient can feel daunting, but if you can get past the medicalese and doctor slang, you’ll be (essentially) reading over your doctor’s shoulder.

*Journal of Addiction Medicine*
[http://journals.lww.com/journaladdictionmedicine](http://journals.lww.com/journaladdictionmedicine)

*Journal of Addictive Diseases*

*Alcohol*
[http://www.alcoholjournal.org/home](http://www.alcoholjournal.org/home)

**Detoxification Resources**
The National Alliance of Advocates for Buprenorphine Treatment offers information about the new frontier of opioid addiction treatment. [http://www.naabt.org](http://www.naabt.org)

*We do not recommend rapid detox. Make sure to research any detoxification center (and speak with previous patients) before entering care.*

**Pain Management Centers**
The American Society of Anesthesiologists serves as a source for pain management treatment, offering various sources and a large breadth of advice for those suffering from the chronic pain that can tempt a new or dormant addiction out of the shadows. [http://www.asahq.org/patientEducation/managepain.htm](http://www.asahq.org/patientEducation/managepain.htm)

**Sleep Centers**
Approved by the American Academy of Sleep Medicine, this site is a source to locate sleep centers in your area. [http://www.sleepcenters.org](http://www.sleepcenters.org)

**Eating Disorders**
A list of National Institute of Mental Health approved clinical trials being held all over the United States is available at [http://www.nimh.nih.gov/trials/eating-disorders.shtml](http://www.nimh.nih.gov/trials/eating-disorders.shtml)

**Sources for Family and Friends**
Al-Anon and Alateen (for youths) are groups to support those affected by the addictions of their loved ones. They offer counseling, group therapy, and follow their own version of a twelve-step program. [http://www.al-anon.alateen.org/english.html](http://www.al-anon.alateen.org/english.html)

**Prevention**
The American Council for Drug Education is an agency that works to teach people of all ages about substance abuse using the most up to date scientific data available. [http://www.acde.org](http://www.acde.org)

The Center on Addiction and the Family offers support to those with parents suffering from an alcohol addiction. [http://www.coaf.org](http://www.coaf.org)

The Center for Substance Abuse Prevention offers the latest resources for deterring the onset of addiction. [http://www.prevention.samhsa.gov](http://www.prevention.samhsa.gov)

**More Resources**
For more resources, or to ask questions regarding those already listed, visit our Web site at [http://www.theaddictionsolution.com](http://www.theaddictionsolution.com)