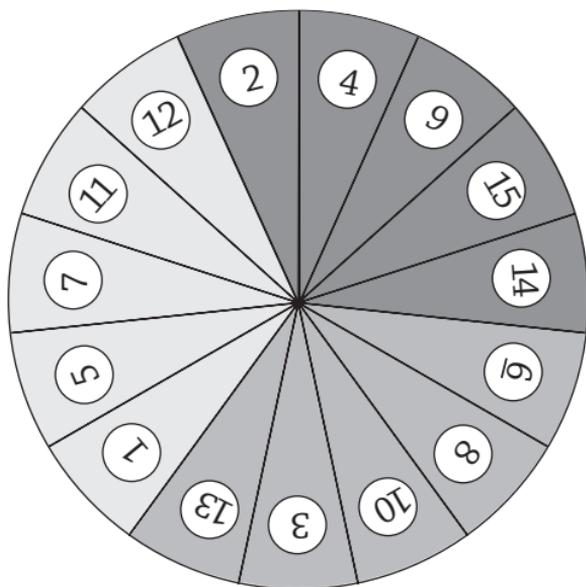


YOUR ADDICTION PREDICTION

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.

**NEUROTRANSMITTER
IMBALANCE**

ABUSED SUBSTANCE

DOPAMINE

COCAINE/METH

NORADRENALIN

**VALIUM/XANAX/ATIVAN/
KLONOPIN**

SEROTONIN

OPIATES/ALCOHOL

Progressive Effects of Alcohol

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

RESOURCE 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/vocrehab/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>

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>

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>

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>

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>

The National Institute on Alcohol Abuse and Alcoholism focuses on research and resources for alcohol abuse. <http://www.niaaa.nih.gov>

The National Institute on Drug Abuse is a source for news, research, and treatment of addiction in general. <http://www.nida.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>

Journal of Addictive Diseases
http://www.researchgate.net/journal/1055-0887_Journal_of_Addictive_Diseases

Alcohol
<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>

*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/managedpain.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>

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>

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>

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>

The Center on Addiction and the Family offers support to those with parents suffering from an alcohol addiction. <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>

More Resources

For more resources, or to ask questions regarding those already listed, visit our Web site at <http://www.theaddictionssolution.com>