

What is a Substance Use Disorder?

We may be more familiar with terms like alcoholic, addict, or addiction to describe someone with a Substance Use Disorder.

What is Substance Use?

As a community we are moving away from the use of those terms and progressed to identifying a *substance use disorder* as a disease that affects your brain and your behavior. Substance Use Disorders involve recurrent use of alcohol and/or drugs causes the following significant impairments:

- behavioral,
- physical,
- social, and
- psychological

What are the signs of Substance Use Disorder?

- Inability to stop using drug(s)/alcohol
- Failure to meet responsibility at work, school or at home
- Needing more of the drug/alcohol to feel the same effects (Tolerance)
- Health Problems
- Sudden change in friends/social network
- Drinking/Using substances that leads to risky behavior
- Physical withdrawal symptoms when not using alcohol/substances
- Financial problems