Levels of Use

Experimentation
- Trying something one, two, maybe three times

Misuse
- Sporadic use or engagement in risky behavior with or without negative consequences

Abuse
- Consistent or continued engagement in risky behavior despite having already faced negative consequences

Dependence
- Structural changes have been created in the brain resulting in:
  1. Cravings
  2. Tolerance
  3. Withdrawal symptoms
  4. Loss of control
  5. Unsuccessful attempts to stop or cut down
  6. Using more or engaging for longer than intended
  7. Interference with school, work, or family
  8. Spending more time using or engaging in behavior
  9. Giving up other things to use or engage in behavior
  10. Hazardous use or engagement
  11. Mood problems caused by use or engagement in behavior

Tool to assist in the determination of most suitable treatment or intervention option depending upon age, level of use, life stage, educational need, and stage of change.