## Levels of Use

- Prevention
- Family Code
- Family dinners
- Risky behavior discussions
- Regular drug/alcohol testing
- Counseling
- B-Mod contract
- Formal education on substance or behavior misused

- Consistent individual and family counseling
- B-Modification contract
- Outpatient program
- Regular drug/ alcohol testing
- Alternative
  Peer Group
- Wilderness program

## Abuse Abuse

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

dinners
 Brain Based risky

Prevention

Family

Family Code

- Based risky behavior discussions • Random
- drug/alcohol testing starting at age 12
- Brain-Based
  Parenting &
  Praise

## Experimentation

Trying something one, two, maybe three times Sporadic use or engagement in risky behavior with or without negative consequences

Misuse

- Consistent individual and family counseling
- Detoxification (if needed)
- Intensive outpatient or inpatient treatment program
- Partial hospitalization
- Alternative Peer Group (APG)
- Wilderness program
- · Recovery high school
- Collegiate recovery program
- Therapeutic boarding school

## Dependence

Structural changes have been created in the brain resulting in:

- Cravings
- 2. Tolerance
- Withdrawal symptoms
- 4. Loss of control
- Unsuccessful attempts to stop or cut down
- Using more or engaging for longer than intended
- Interference with school, work, or family
- Spending more time using or engaging in behavior
- 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

Choice



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.