



# LEVELS OF SUBSTANCE USE

## EXPERIMENTATION



### Social use

Use of alcohol or drug a few times (ones or twice)

## AT RISK



### Regular use

Persistent use of alcohol or drugs, not necessarily everyday, but in a predictable pattern (i.e.daily) or circumstance (i.e.when stressed)

## PROBLEMATIC



### Frequent Use

Frequent use of alcohol or drugs. Individuals may start developing a dependency to the alcohol or drug. This is characterized by chronic use due to frequent cravings and increase in tolerance

## SUBSTANCE USE DISORDER



### Chronic Use

Dependency to alcohol or drug. This diagnosis occurs when the recurrent use of alcohol or drug causes clinically significant impairments and the inability to meet major responsibilities at work, school, or home