

Definition of Substance Use Disorder from Diagnostic and Statistical Manual of Mental Disorders (DSM-V): A maladaptive pattern of substance use leading to clinically significant impairment or distress for at least 12 months.

An individual may suffer from Substance Use Disorder if two or more of the following 11 criteria are met:

- Failure to fulfill major role obligations
- Social and interpersonal problems
- Substance use in situations that are physically hazardous
- Tolerance
- Withdrawal
- Using larger amounts or for longer than intended
- Unsuccessful attempts to cut down on substance use
- Spending excessive amounts of time to obtain or use the substance
- Giving up other (non-substance-using) activities
- Continued substance use despite problems
- Craving the substance

Severity

Mild: 2-3 criteria | **Moderate:** 4-5 criteria | **Severe:** 6 or more criteria



General Signs and Symptoms of Depression:

- Changes in sleep patterns
- Appears sad or more quiet than usual
- Weight loss or gain
- Loss of interest in activities previously enjoyed
- Decreased ability to concentrate
- Decreased energy
- Slowed motor activity or agitation
- Thoughts of dying or suicide or other morbid themes
- Persistent physical symptoms that do not respond to treatment (headaches, digestive disorders, pain...)
- Isolating
- Irritability or anger that is unusual for that individual

Some Helpful Resources:

- Your state's **Lawyers Assistance Program**: www.abanet.org/legalservices/colap
- **The American Bar Association's Commission on Lawyer Assistance Programs** – This website has a listing of all state lawyer assistance programs with contact information.
- **www.lovefirst.net** – A wonderful resource for education about addiction, planning interventions and links to interventionists in the US and Europe.
- **NIDA** – National Institute on Drug Abuse; drugabuse.gov
- **SAMHSA** – Substance Abuse and Mental Health Services; samhsa.gov
- **Human Resources Departments**
- Local and National **Treatment Center**

Thank you to Bree Buchanan, J.D., Texas Lawyers Assistance Program and Terry Harrell, J.D., LCSW, MAC, LCAC, Executive Director of the Indiana Judges and Lawyers Assistance Program for the information in this article.