

# 10 Q's

You Can Ask to Identify  
If Your Client or Patient  
**Needs Treatment**

1	Is substance use causing any problems at work or home?	<input type="checkbox"/>
2	Is use of the substance continuing despite it being hazardous (operating a vehicle or machinery, playing sport, etc.)?	<input type="checkbox"/>
3	Has use of the substance caused any legal problems (i.e. a DWI or marital or financial problems)?	<input type="checkbox"/>
4	Is use of the substance continuing despite harmful consequences (physiologically to self or to family and peers)?	<input type="checkbox"/>
5	How much of the substance is being taken? Is intoxication being achieved with the substance?	<input type="checkbox"/>
6	Has the client or employee experienced withdrawal? Are they using the substance to avoid withdrawal?	<input type="checkbox"/>
7	Has the substance been used for a longer period of time or more frequently than intended?	<input type="checkbox"/>
8	Have past attempts at cutting down on or controlling the substance use been unsuccessful?	<input type="checkbox"/>
9	Is the client or individual spending a large amount of time obtaining, using, and/or recovering from the substance?	<input type="checkbox"/>
10	Have social, occupational, and recreational activities been reduced or abandoned as a result of this substance use?	<input type="checkbox"/>

It is important that you take the time to ask these questions, and **not make assumptions**, even if you've loosely discussed some of these in the past.

These questions will give possible referral sources a more definite idea about whether an Inpatient treatment program referral makes sense. For EAPs with or without experience identifying substance abuse, consider the following points as well.



## Additional Q's:

- Is there a history of any kind of abuse?
- Is there a history of any kind of physical trauma?
- Is there a history of previous substance abuse treatment?

Having answers to these questions can help ensure that the client or individual truly needs treatment, and make it easier to complete the referral process. These questions can help identify more clearly if the individual needs formal substance abuse treatment, and aid an EAP in helping a client get the help they need.