

Drug Abuse Screening Tool—DAST-10

These Questions Refer to the Past 12 Months

1	Have you used drugs other than those required for medical reasons?	Yes	No
2	Do you abuse more than one drug at a time?	Yes	No
3	Are you unable to stop using drugs when you want to?	Yes	No
4	Have you ever had blackouts or flashbacks as a result of drug use?	Yes	No
5	Do you ever feel bad or guilty about your drug use?	Yes	No
6	Does your spouse (or parents) ever complain about your involvement with drugs?	Yes	No
7	Have you neglected your family because of your use of drugs?	Yes	No
8	Have you engaged in illegal activities in order to obtain drugs?	Yes	No
9	Have you ever experienced withdrawal symptoms (felt sick) when you stopped taking drugs?	Yes	No
10	Have you had medical problems as a result of your drug use (eg, memory loss, hepatitis, convulsions, bleeding)?	Yes	No

Skinner HA (1982). The Drug Abuse Screening Test. *Addictive Behavior* 7(4):363-371.

Yudko E, Lozhkina O, Fouts A (2007). A comprehensive review of the psychometric properties of the Drug Abuse Screening Test. *J Substance Abuse Treatment* 32:189-198.

What do your answers mean?

Your level of risk is based on the number of events above that have occurred over the past 12 months. If you have experienced any of these events in the past 12 months, bring this test and talk with your doctor about the next steps that may be recommended for you to take in seeking treatment.

Guidelines for Scoring

Each "Yes" response = 1

Score	Degree of Problems Related to Drug Abuse
0	No problems reported
1-2	Low level
3-5	Moderate level
6-10	Substantial level

****The questions and scoring above should only be used as a reference.**

Only a medical professional can diagnose a substance use disorder.

See back for St. Clair County resources.

St. Clair County Resources

Dial 211 or visit <http://www.mi211.org/> – Michigan 2-1-1 connects people with information and resources to build healthy, safe communities.

Access Line – (800) 225-4447

The Region 10 Access Line connects residents with access to substance use disorder treatment.

Alcoholics Anonymous (AA) – (810) 987-8884 or (866) 327-8884

AA is an international fellowship of men and women who have had a drinking problem.

Blue Water Recovery Outreach Center (BWROC) – (888) 682-9762

BWROC provides a safe, non-judgmental environment for the health and well-being of the community by empowering the individual.

Catholic Charities of Southeast Michigan (CCSEM) – (810) 987-9100

CCSEM provides programs and services (including mental health counseling) to help with life's most challenging problems and offering the hope to overcome them.

Celebrate Recovery – (810) 679-2065

Celebrate Recovery is a biblical and balanced program that helps us overcome our hurts, hang-ups, and habits.

The Center of Port Huron – (810) 982-9519

The Center can connect to emergency services, food assistance, and other needed resources.

Families Against Narcotics (FAN) – (810) 334-4867

FAN's mission is to remove the stigma associated with addiction through education and to inform the community of the growing problem of prescription painkiller abuse among all ages, and the increased use of heroin by our young people.

I.M.P.A.C.T. – (810) 985-5168

I.M.P.A.C.T. provides confidential mental health and substance use disorder treatment services for individuals and families.

Michigan Rehabilitation Services (MRS) – (810) 982-8571 or Toll Free (877) 620-7929

MRS partners with individuals and employers to achieve quality employment outcomes and independence for individuals with disabilities (including substance use disorder).

Narcotics Anonymous (NA) – (877) 338-1188

NA is a nonprofit fellowship of men and women for whom drugs had become a major problem.

Odyssey House – (810) 238-5888

Odyssey House provides long term residential services, recovery housing, and outpatient services for substance use disorder and mental health for men, women, and families.

Professional Counseling Center – (810) 984-4202

Professional Counseling Center provides outpatient, home-base therapy, and support services.

Sacred Heart Rehabilitation Center – (888) 802-7472 (for residential admissions)

Sacred Heart offers detoxification, residential inpatient, women's specialty, outpatient, medication assisted therapy (MAT), HIV/AIDS care, prevention, and supportive independent living services.

St. Clair County Community Mental Health – (800) 225-4447

SCCCMH is the mental health and substance use "safety net" for low income residents who have Medicaid or who qualify for other public insurance plans.

St. Clair County Prescription Drug Abuse Workgroup – (810) 987-5300

The St. Clair County Prescription Drug Abuse Workgroup, led by the St. Clair County Health Department, collaborates to identify, treat, and reduce prescription drug misuse through community awareness and prevention.