



OUTPATIENT  
ADDICTION  
**RECOVERY**  
SERVICES

2020 was much more challenging for so many than the years before. Rates of isolation, mental health concerns, and substance use disorders have increased significantly. As we continue to expand our reach in Western Pennsylvania, now with six offices, we have also increased the types of substance use disorders that we treat. Please take the following quiz to see if you have a substance use disorder that we can help you with.

**These are categories of substance use disorders we treat at OARS:**

- Alcohol
- Cannabis
- Hallucinogens
- Inhalants
- Opioids
- Sedatives, Hypnotics, & Anxiolytics
- Stimulants
- Tobacco
- Gambling (not substance related)

**How do you know if you have a substance abuse disorder?  
Take our quiz to find out. Each 'yes' answer is one point.**

1. Do you regularly take any of the above substances in larger amounts or for longer than you're meant to?
  - a. Yes      b. No
2. Do you want to cut down or stop using the substance but are unable to?
  - a. Yes      b. No
3. Are you spending a lot of time getting, using, or recovering from the substance?
  - a. Yes      b. No
4. Do you get cravings and urges to use the substance?
  - a. Yes      b. No
5. Are you unable to accomplish things at work, home, or school because of substance use?
  - a. Yes      b. No
6. Are you continuing to use, even when it causes problems in relationships?
  - a. Yes      b. No
7. Are you giving up important social, occupational, or recreational activities because of substance use?
  - a. Yes      b. No
8. Are you using the substance again and again, even when it puts you in danger?
  - a. Yes      b. No
9. Are you continuing to use the substance, even though you know you have a physical or psychological problem that could have been caused or made worse by the substance?
  - a. Yes      b. No
10. Do you need more of the substance to get the effect (high) you want?
  - a. Yes      b. No
11. Do you develop withdrawal symptoms when you stop taking the substance, and then feel better when you take it again?
  - a. Yes      b. No

**How many points did you get?**

If you scored **0-1 points**, you don't have a substance use disorder.

If you scored **2-3 points**, you have a **MILD** substance use disorder.

If you scored **4-5 points**, you have a **MODERATE** substance use disorder.

If you scored **6 or more points**, you have a **SEVERE** substance use disorder.

**TO LEARN MORE, CALL 724-912-OARS (6277)**

**ALIQUIPPA**  
2360 Hospital Drive  
Aliquippa, PA  
**OPTION 1**  
Beaver County

**BUTLER**  
200 S. McKean Street  
Butler, PA  
**OPTION 2**  
Butler County

**NEW CASTLE**  
210 W. Washington Street  
New Castle, PA  
**OPTION 3**  
Lawrence County

**WASHINGTON**  
416 Wilson Avenue  
Washington, PA  
**OPTION 4**  
Washington County

**MT. WASHINGTON**  
20 Bailey Avenue  
Pittsburgh, PA  
**OPTION 5**  
Allegheny County

**CARMICHAELS**  
211 S. Vine Street, #104  
Carmichaels, PA  
**OPTION 6**  
Greene County