

## Substance Abuse Assessment (CAGE)

1. Do you feel you should **CUT** down on your drinking or using?
2. Have you been **ANNOYED** by others' comments about your use of a substance?
3. Have you ever felt **GUILTY** about something you said or did while under the influence?
4. Have you ever had an **"EYE-OPENER,"** a drink/drugs first thing in the morning?

*Answering yes to any one of these questions can indicate a problem with substance abuse. Heavy and life-threatening use of alcohol is defined as 5 or more drinks on one occasion on 5 or more days of a 30-day period. Often people who need help the most are the least aware of their need.*

### **Prevention is the key.**

Drug and alcohol dependence is preventable, as are other dependencies.

Prevention programs exist in all communities and are available to service members and their families through military, VA, and community resources.

