

ASSIST-Y Feedback Report Card (for clients aged 10-14 years)

NAME _____

TEST DATE _____

AGE _____

Risk Scores

Substance	Client's Score	Risk Level	Client's Risk Level (please tick)		
			Moderate	High	Not used
a. Tobacco products		2-5 Moderate 6+ High	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
b. Alcoholic beverages		2-5 Moderate 6+ High	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
c. Cannabis		2+ High		<input type="checkbox"/>	<input type="checkbox"/>
d. Cocaine		2+ High		<input type="checkbox"/>	<input type="checkbox"/>
e. Amphetamine type stimulants		2+ High		<input type="checkbox"/>	<input type="checkbox"/>
f. Inhalants		2-5 Moderate 6+ High	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
g. Sedatives or Sleeping Pills		2+ High		<input type="checkbox"/>	<input type="checkbox"/>
h. Hallucinogens		2+ High		<input type="checkbox"/>	<input type="checkbox"/>
i. Opioids		2+ High		<input type="checkbox"/>	<input type="checkbox"/>
j. Other - specify		2+ High		<input type="checkbox"/>	<input type="checkbox"/>

What do your scores mean?

Moderate: The way you use *substances* is placing you at risk of health and other problems, both now and also in the future if you continue to use in the same way.

High: You are at high risk of a range of serious problems (health, social, financial, legal, relationship) as a result of the way you use *substances* and could be dependent.

Are you concerned about your substance use?

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A. Tobacco	Your risk of these harms is: <input type="checkbox"/> Not used <input type="checkbox"/> Moderate <input type="checkbox"/> High (tick one) Regular tobacco smoking is associated with:
	Short-term risks (ie., things that can happen to you now) <ul style="list-style-type: none">• Bad skin and bad breath.• Less physical fitness (eg., getting out of breath, easily exhausted when exercising).• More likely to catch a cold, flu, or bronchitis (eg., sore throat, chest pain, shortness of breath).• More likely to have unpleasant and uncomfortable symptoms from damage to your lungs such as shortness of breath, phlegm, lung infections and asthma. Longer-term risks (ie., things that can happen to you if you keep using) <ul style="list-style-type: none">• Looking older than you really are (eg., wrinkles and other signs of ageing)• Emphysema, heart disease and stroke, diabetes, kidney disease and cancer.• Dependency/addiction (ie., difficulty controlling use, having cravings and withdrawal symptoms).
B. Alcohol	Your risk of these harms is: <input type="checkbox"/> Not used <input type="checkbox"/> Moderate <input type="checkbox"/> High (tick one) Regular excessive alcohol use is associated with:
	Short-term risks (ie., things that can happen to you now) <ul style="list-style-type: none">• Finding it harder to do activities you usually do, such as; attending school, completing school work, participating in leisure or social activities and sport etc.• Unpleasant and uncomfortable physical feelings (eg., hangovers- nausea, headaches, dizziness).• Feeling anxious or worried, or feeling unhappy or sad (ie., depressed) more often than usual.• More likely to make bad decisions without thinking about them, such as; getting into fights, shoplifting, doing graffiti or having unwanted sex.• Taking risks that could hurt you or your friends.• Higher risk of being attacked or hurt while under the influence of alcohol. Longer-term risks (ie., things that can happen to you if you keep using) <ul style="list-style-type: none">• Using alcohol can make it harder for you to achieve longer-term goals, such as, career, sporting and/or relationship goals, etc.• More likely to develop problems with your mental/emotional health (eg., feeling anxious or worried, or unhappy/sad for long periods). Also more likely to feel anxious/worried in social situations (ie., social phobia) if you've been using alcohol to overcome shyness in social situations.• Liver disease, pancreas disease and cancer, as well as problems with your heart and digestive system.• Slow brain development leading to problems remembering things and solving problems, as well as problems concentrating and paying attention.• Permanent brain injury, as well as damage to your muscles and nerves.• Dependency/addiction (ie., difficulty controlling use, having cravings and withdrawal symptoms).

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C. Cannabis	<p>Your risk of these harms is: <input type="checkbox"/> Not used <input type="checkbox"/> High (tick one)</p> <p>Regular use of cannabis is associated with:</p>
	<p>Short-term risks (ie., things that can happen to you now)</p> <ul style="list-style-type: none"> • Finding it harder to remember things and solve problems, as well as problems concentrating and paying attention. • Feeling unmotivated. • Finding it harder to do the activities you usually do, such as; attending school, completing school work, participating in leisure or social activities and sport etc. • More likely to catch a cold, flu, or bronchitis (eg., sore throat, chest pain, shortness of breath). • Feeling anxious or worried, or feeling unhappy or sad (ie., depressed) more often than usual. • Problems using your judgement for making good decisions. • More likely to make bad decisions without thinking about them, such as; shoplifting, doing graffiti or having unwanted sex. • Taking risks that could hurt you or your friends. <p>Longer-term risks (ie. things that can happen to you if you keep using)</p> <ul style="list-style-type: none"> • Using cannabis can make it harder for you to achieve longer-term goals, such as; career, sporting and/or relationship goals, etc. • More likely to have unpleasant and uncomfortable symptoms from damage to your lungs, such as, shortness of breath, lung infections and asthma. • More likely to develop mental/emotional health problems (ie., feeling anxious or worried, or unhappy/sad for long periods). • Increased chance of psychosis (loss of touch with reality - hallucinations etc.) if you have a personal or family history of schizophrenia.

D. Cocaine	<p>Your risk of these harms is: <input type="checkbox"/> Not used <input type="checkbox"/> High (tick one)</p> <p>Regular use of cocaine is associated with:</p>
	<p>Short-term risks (ie., things that can happen to you now)</p> <ul style="list-style-type: none"> • Finding it harder to do the activities you usually do, such as; attending school, completing school work, participating in leisure and social activities and sport etc. • Problems sleeping, increased heart rate, headaches and weight-loss. • Numb, tingling and clammy skin can lead to scratching. • Damage to the nose and sinuses. • Thinking in a way that is not logical, sudden changes in your mood, feeling angry. • Feeling anxious or worried, or feeling unhappy or sad (ie., depressed) more often than usual. • More likely to make bad decisions without thinking about them, such as; getting into fights, shoplifting, doing graffiti or having unwanted sex. • Taking risks that could hurt you or your friends. <p>Longer-term risks (ie., things that can happen to you if you keep using)</p> <ul style="list-style-type: none"> • Using cocaine can make it harder for you to achieve longer-term goals, such as; career, sporting and/or relationship goals, etc. • More likely to develop problems mental/emotional health problems (ie., feeling anxious or worried, or unhappy/sad for long periods). • Increased chance of psychosis (lose touch with reality- hallucination etc.) after using cocaine repeatedly in high doses. • Heart disease and stroke. • Dependency/addiction (i.e., difficulty controlling use, having cravings and withdrawal symptoms).

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<p>E. Amphetamine type stimulants</p>	<p>Your risk of these harms is: <input type="checkbox"/> Not used <input type="checkbox"/> High (tick one)</p> <p>Regular use of amphetamine type stimulants (ATS) is associated with:</p>
	<p>Short-term risks (ie., things that can happen to you now)</p> <ul style="list-style-type: none"> • Finding it harder to do the activities you usually do, such as; attending school, completing school work, participating in leisure or social activities and sport etc. • Problems sleeping, irregular heartbeat and difficulty breathing, headaches, loss of appetite, weight loss, and dehydration. • Jaw clenching and cracked teeth. • Thinking in a way that is not logical, paranoid thinking, sudden changes in your mood. • Feeling anxious or worried, or feeling unhappy or sad (ie., depressed) more often than usual. • More likely to make bad decisions without thinking about them, such as; getting into fights, shoplifting, doing graffiti or having unwanted sex. <p>Longer-term risks (ie., things that can happen to you if you keep using)</p> <ul style="list-style-type: none"> • Using ATS can make it hard for you to achieve longer-term goals, such as; career, sporting and/or relationship goals, etc. • More likely to develop mental/emotional health (ie., feeling anxious or worried, or unhappy/sad for long periods). • Heart disease and stroke. • Permanent damage to your brain cells. • Dependency/addiction (i.e., difficulty controlling use, having cravings and withdrawal symptoms).
<p>F. Inhalants</p>	<p>Your risk of these harms is: <input type="checkbox"/> Not used <input type="checkbox"/> Moderate <input type="checkbox"/> High (tick one)</p> <p>Regular use of inhalants is associated with:</p>
	<p>Shorter to Longer-term risks (ie., things that can happen to you both now and later on)</p> <ul style="list-style-type: none"> • Finding it harder to remember things and coordinating your movement (eg., feeling unbalanced and slowed reaction). • Feeling dizzy, drowsy and disoriented. • Blurred or fuzzy vision. • More likely to catch a cold or flu, or have problems with your sinuses (ie. sinusitis) and nosebleeds. • Feeling anxious or worried, or feeling unhappy or sad (ie., depressed) more often than usual • More likely to get injured, or be involved in an accident. • Stomach ulcers. • Increased risk of damage to your brain cells. • Increased risk of permanent damage to your heart, lungs, liver and kidneys.

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<p>G. Sedatives</p>	<p>Your risk of these harms is: <input type="checkbox"/> Not used <input type="checkbox"/> High (tick one) Regular use of sedatives is associated with:</p>
	<p>Short-term risks (ie., things that can happen to you now)</p> <ul style="list-style-type: none"> • Finding it harder to do the activities you usually do, such as; attending school, completing school work, participating in leisure or social activities and sport etc. • Problems controlling when you do and don't want to sleep, headaches, drowsiness, dizziness, and problems coordinating your movement. • Finding it harder to remember things and solve problems, problems concentrating and paying attention, slow reaction time. • Feeling anxious or worried, or feeling unhappy or sad (ie., depressed) more often than usual. • More likely to make bad decisions without thinking about them, such as; getting into fights, shoplifting, doing graffiti or having unwanted sex. • Becoming tolerant (ie., needing to take more of the substance to get the same effect) and/or dependent (ie., addicted) after using for only a short time period. <p>Longer-term risks (ie., things that can happen to you if you keep using)</p> <ul style="list-style-type: none"> • Using sedatives can make it harder for you to achieve longer-term goals, such as; career, sporting and/or relationship goals, etc. • More likely to develop problems with your mental/emotional health (ie., feeling anxious or worried, or unhappy/sad for long periods). • Dependency/addiction (i.e., difficulty controlling use, having cravings and withdrawal symptoms). • Increased risk of overdose death if used with alcohol, opioids or other depressant drugs.
<p>H. Hallucinogens</p>	<p>Your risk of these harms is: <input type="checkbox"/> Not used <input type="checkbox"/> High (tick one) Regular use of hallucinogens is associated with:</p>
	<p>Short-term risks (ie., things that can happen to you now)</p> <ul style="list-style-type: none"> • Finding it harder to do the activities you usually do, such as; attending school, completing school work, participating in leisure and social activities and sport etc. • Problems with your sleep, dizziness and vomiting, increased heart rate and problems with your blood pressure. • Thinking in a way that is not logical, paranoid thinking, and sudden changes in your mood. • Feeling anxious or worried, or feeling unhappy or sad (ie., depressed) more often than usual. <p>Longer-term risks (ie., things that can happen to you if you keep using)</p> <ul style="list-style-type: none"> • Using hallucinogens can make it hard for you to achieve longer-term goals, such as; career, sporting and/or relationship goals, etc. • More likely to develop mental/emotional health problems (ie., feeling anxious or worried, or unhappy/sad for long periods), and can make already existing mental health problems worse.

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I. Opioids	Your risk of these harms is: <input type="checkbox"/> Not used <input type="checkbox"/> High (tick one) Regular use of opioids is associated with:
	Short-term risks (ie., things that can happen to you now) <ul style="list-style-type: none">• Finding it harder to do the activities you usually do, such as; attending school, completing school work, participating in leisure or social activities and sport etc.• Problems with coordinating your movement (eg., poor balance, slow reaction time).• Finding it harder to solve problems, problems concentrating and paying attention.• Feeling anxious or worried, or feeling unhappy or sad (ie., depressed) more often than usual.• Dizziness, drowsiness, vomiting, loss of appetite and tooth decay.• More likely to develop problems with your mental/emotional health (ie., feeling anxious or worried, or unhappy/sad for long periods).• Becoming unconscious and stop breathing - death. Longer-term risks (ie., things that can happen to you if you keep using) <ul style="list-style-type: none">• Using opioids can make it harder for you to achieve longer-term goals, such as; career, sporting and/or relationship goals, etc.• Becoming tolerant (ie., needing to take more to get the same effect) and/or dependent/addicted (i.e., difficulty controlling use, having cravings and withdrawal symptoms).