

AZMD Patient Self-Assessment Log

Why rate your Symptom/Pain?

So you know how much better you are doing. It will give you and your treating physician a written record of your progress, with Medical Marijuana. Your physician needs this information, to have the basis for his/her continued recommendation for the use of Medical Marijuana.

Why keep track of the strain of marijuana you use?

So you will know which strain is most effective at treating your symptoms/pain.

How to rate your symptoms/pain:

Base your self-assessment on two factors, the best and worst you ever felt. Rate on a scale from 1-10, 1 being no pain and 10 being extreme pain.

Log

Record your self-assessment
[FIND THE LOG HERE.](#)

Frequency

Daily, weekly, or monthly based on the recommendation of your certifying physician

Strains and Products

Record the strains or products you are taking

Signs and Symptoms of Substance Abuse

Warning Signs

The use and abuse of substances are serious issues and should not be ignored or minimized and we should not sit back and hope they just go away. If left untreated, use and abuse can develop into substance dependence. As a result, it is important to recognize the signs and symptoms of substance abuse early. If you're worried that a friend or family member might be abusing substances, here are some of the warning signs to look for:

Physical and health warning signs of substance abuse

- Eyes that are bloodshot or pupils that are smaller or larger than normal.
- Frequent nosebleeds-could be related to snorted substances (meth or cocaine).
- Changes in appetite or sleep patterns. Sudden weight loss or weight gain.
- Seizures without a history of epilepsy.
- Deterioration in personal grooming or physical appearance.
- Injuries/accidents and person won't or can't tell you how they got hurt.
- Unusual smells on breath, body, or clothing.
- Shakes, tremors, incoherent or slurred speech, impaired or unstable coordination.

Behavioral signs of substance abuse

- Drop in attendance and performance at work or school; loss of interest in extracurricular activities, hobbies, sports or exercise; decreased motivation.
- Complaints from co-workers, supervisors, teachers or classmates.
- Unusual or unexplained need for money or financial problems; borrowing or stealing; missing money or valuables.
- Silent, withdrawn, engaging in secretive or suspicious behaviors.
- Sudden change in relationships, friends, favorite hangouts, and hobbies.
- Frequently getting into trouble (arguments, fights, accidents, illegal activities).

Psychological warning signs of substance abuse

- Unexplained change in personality or attitude.
- Sudden mood changes, irritability, angry outbursts or laughing at nothing.
- Periods of unusual hyperactivity or agitation
- Lack of motivation; inability to focus, appearing lethargic or "spaced out."
- Appearing fearful, withdrawn, anxious, or paranoid, with no apparent reason

Signs and Symptoms of Substance Dependence

Substance dependence involves all the symptoms of substance abuse, but also involves another element: physical dependence.

1. Tolerance: Tolerance means that over time, you need more substances to feel the same effects. Do they use more substances now than they used before? Do they use more substances than other people without showing obvious signs of intoxication?

2. Withdrawal: As the effect of the substances wear off, the person may experience withdrawal symptoms: anxiety or jumpiness; shakiness or trembling; sweating, nausea and vomiting; insomnia; depression; irritability; fatigue or loss of appetite and headaches. Do they use substances to steady the nerves, stop the shakes in the morning? Substance use to relieve or avoid withdrawal symptoms is a sign of addiction.

In severe cases, withdrawal from substances can be life threatening and involve hallucinations, confusion, seizures, fever, and agitation. These symptoms can be dangerous and should be managed by a physician specifically trained and experienced in dealing with addiction.

3. Loss of Control: Using more substances than they wanted to, for longer than they intended, or despite telling themselves that they wouldn't do it this time.

4. Desire to Stop, But Can't: They have a persistent desire to cut down or stop their substance use, but all efforts to stop and stay stopped, have been unsuccessful.

5. Neglecting Other Activities: They are spending less time on activities that used to be important to them (hanging out with family and friends, exercising or going to the gym, pursuing hobbies or other interests) because of the use of substances.

6. Substances Take Up Greater Time, Energy and Focus: They spend a lot of time using substances, thinking about it, or recovering from its effects. They have few, if any, interests, social or community involvements that don't revolve around the use of substances.

7. Continued Use Despite Negative Consequences: They continue to use substances even though they know it's causing problems. As an example, person may realize that their substance use is interfering with ability to do their job, is damaging their marriage, making problems worse, or causing health problems, but they continue to use.

A Listing Of Substance Abuse Programs And Referral Information

In alphabetical order

A

Abbe's Sanctuary for Women - Women's 12 steps based transitional living. (480) 518-6022. (602) 489. 3782. 3302 West College Drive. Phoenix, Maricopa County, Arizona.

Alice's Wonderland - Residential Treatment Center for Women - For women who have completed a detoxification period or a primary treatment program. Minimal 6-month commitment. Mesa, Maricopa County, Arizona.

Amity foundation - Offers drug rehabilitation and residential/prison-based programs. Tucson, Arizona.

Arizona Addiction Recovery Center (AARC) - Provides residential treatment and continuing care services for persons who suffer from the disease of alcoholism and drug dependency, Also offers help for compulsive gambling problems. Casa Grande, Arizona. 1-866-421-1814

Arizona Treatment Institute, LLC - Alcoholism, chemical dependency, DUI, and domestic violence, outpatient treatment services. Casa Grande, Arizona.

A Sober Way Home - A residential drug and alcohol treatment facility for women in Prescott, Arizona.

Assisted Recovery Centers of America - A "Pennsylvania Model of Recovery" from alcoholism program using Naltrexone. A non-12-Step program. Phoenix, Arizona.

B

Banner Behavioral Health Hospital - Offers psychiatric, chemical dependency & eating disorders, treatment services. (602) 254-4357 & (800) 254-HELP Scottsdale, Arizona

Banner Thunderbird Behavioral Health Center at Banner Thunderbird Medical Center - Provider of psychiatric and chemical dependency services. (602) 254-4357 & (800) 254-HELP Glendale, Arizona.

C

Casa De Amigas - A residential treatment center for alcoholic women. Uses the Twelve Steps and Twelve Traditions of Alcoholics Anonymous as a basis for recovery. Phoenix, Arizona.

Center for Behavioral Health - A group of outpatient clinics treating various addiction illnesses, with a focus on opiate addiction. Locations in Arizona, California, Colorado, Indiana, Louisiana, Nevada, New Mexico, Rhode Island, South Carolina and Utah.

Circle Tree Ranch - Residential rehabilitation for drug and alcohol recovery. (800) 381-3318. (520) 749-5980. Tucson, Pima County, Arizona.

CODAC Behavioral Health Services, Inc. - Offers chemical dependency prevention & treatment and mental health services for adults, children and families. Tucson, Arizona.

COPE Behavioral Services, Inc. - Non-profit behavioral healthcare organization providing treatment & rehabilitation for substance abuse and other mental health conditions. Tucson, Arizona.

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Cottonwood de Tucson - Offers treatment for addictive diseases, compulsive behavior patterns, and behavioral health disorders. Tucson, Arizona.

D

Desert Canyon - A holistic, non 12-step based, drug and alcohol addiction treatment center. (888) 811- 8371. Sedona, Coconino County, Arizona.

E

East Valley Substance Abuse Center - Mesa, Arizona

The Excel Group - Behavioral health services. Yuma, Arizona.

F

Family Service Agency of Phoenix - Offers substance abuse programs. Phoenix, Arizona.

G

Gatehouse Academy - A coed, long-term residential program for young adults age 17-25 that are struggling with chemical dependency and in some cases, dual diagnosis issues. (888) 730.0905. Wickenburg, Maricopa County, Arizona

The Gurley House - A non-profit, women's, recovery home for adults who have had a history of problems with alcohol or substance abuse. Average client stays for six months. (928) 717-9343 or 1-800-487-5390 Prescott, Arizona.

H

Helping Associates, Inc. - Private professional counseling firm. Casa Grande, Arizona.

Horizon Human Services - Offers behavioral health services. Casa Grande and Globe, Arizona

L

La Frontera Center - Nonprofit, community-based behavioral health agency. Tucson, Arizona

M

The Meadows - Alcohol and drug abuse treatment center. Wickenburg, Arizona.

META Services, Inc. - Alcohol and drug treatment center. Phoenix, Arizona.

Michael Brubaker - Gambling Addiction Specialist - Casa Grande, Arizona.

Mohave Mental Health Clinic, Inc. - Private, not for profit community mental health center for Mohav

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N

NaltrexZone, The - Treatment for opiate addiction. Naltrexone pellet implantation. Glendale, Arizona, Whitlord, Massachusetts & Merchantville, New Jersey.

New Foundation, The - Non-profit providing behavioral, health and education programs to youth and their families. Scottsdale, Arizona.

New Freedom House: A sober living facility in Prescott, Arizona

Northern Arizona Regional Behavioral Healthy Authority (NARBHA) - A non profit managed care organization offerinf comprehensice mental health and substance abuse services to adults and children in the five counties of Arizona.

O

Oxford Houses in Arizona - Alcohol and drug recovery residences of the national organization located in Arizona.

P

Parc Place - Treatment programs for adolescents with substance abuse and emotional or behavioral issues. Part of the Youth and Family Centered Services Company. Chandler, Arizona Phoenix House

Pia's Place, Inc. - Alcohol, chemical dependency and other. Long-term residential program. Treatment for women. Prescott, Arizona.

The Prescott House - Long-term residential alcohol and chemical dependency treatment program. Prescott, Arizona.

R

River Source, The - A 12-step holistic detox and treatment center. Offers residential treatment as well as transitional living. (480) 827-0322. Mesa, Arizona

Rosewood Ranch - Eating disorders treatment center for women. Wickenburg, Arizona.

S

Saint Luke's Behavioral Health Center - Phoenix, Arizona.

Sedona intensive - 12 step based spiritual drug and alcohol treatment center. Sedona, Arizona.

Sonora Behavioral Health Hospital - (620) 469-8700. Toll-free: (800) 349-0083. Tucson, Arizona.

Superstition Mountain Mental Health Center - Comprehensive behavioral health services. Apache Junction, Arizona.

T

Transitional Living Communities - Residential long term, chemical dependency recovery program for men. Mesa, Arizona.

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Treatment Assessment Screening Center - Drug & alcohol abuse, and mental health, intervention and treatment services. Phoenix, Arizona.

Treatment Center at Sierra Tucson - Specialty psychiatric hospital and behavioral health center. 1-800-842-4487 Tucson, Arizona.

V

Valley Hope Association - Offers alcohol and drug addiction treatment at several locations. Including Kansas [Atchison, Halstead, and Norton], Nebraska [O'Neill], Oklahoma [Cushing], Missouri [Boonville], Arizona [Chandler], Colorado [Parker], Texas [Grapevine].

W

Women In New Recovery - Non-profit corporation providing residential recovery facilities and services to alcoholic and drug addicted single women and women with children. Mesa, Arizona

As with any medications you are taking, you should consult your physician to ensure Medical Marijuana is working for you. Marijuana is a narcotic, so always use it responsibly! Do not drive or use heavy machinery while medicated. Keep Out of Reach of Children!

**Marijuana smoke contains carcinogens and can lead to an increased risk for cancer, tachycardia, hypertension, heart attack, and lung infection.*

