

# Family Services Manual

## Appendix 9

### The UNCOPE

- U** In the past year, have you ever drank or **used** drugs more than you meant to? or Have you spent more time drinking or using than you intended to?
- N** Have you ever **neglected** some of your usual responsibilities because of using alcohol or drugs?
- C** Have you felt you wanted or needed to **cut down** on your drinking or drug use in the past year?
- O** Has anyone **objected** to your drinking or drug use?/or Has a family, friend, or anyone else ever told you that they objected to your alcohol or drug use?
- P** Have you ever found yourself **preoccupied** with wanting to use alcohol or drugs?/or Have you found yourself thinking a lot about drinking or using?
- E** Have you ever used alcohol or drugs to relieve **emotional discomfort**, such as sadness, anger, or boredom?