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?