

John DuRocher Counseling LLC

DSM-V AND SUBSTANCE RELATED DISORDERS

CLASSES: The DSM-V recognizes substance related disorders resulting from the use of ten separate classes of drugs:

1. Alcohol
2. Caffeine
3. Cannabis
4. Hallucinogens (LSD, Mushrooms, etc.)
5. Inhalants (Nitrous Oxide or Whippets, Glue, Paint, etc.)
6. Opioids (Oxycontin, Heroin, Fentanyl etc.)
7. Sedatives
8. Hypnotics
9. Anxiolytics
10. Stimulants (including amphetamine-type substances, cocaine, and other stimulants), tobacco, and
11. Other or unknown substances.

The first step in making a diagnosis is to know what substance is being considered.

This is learned from client disclosure, interviews with family or friends of the client, previous assessments or outside reports i.e., arrest reports etc.

Once the substance or substances are determined, the criteria are considered.

Note: Some substances, such as benzodiazepines (Xanax, Valium, etc.) could be classed sedatives, hypnotics or anxiolytics.

John DuRocher Counseling LLC

CRITERIA FOR SUBSTANCE USE DISORDER

Substance use disorders span a wide variety of problems arising from substance use, and cover 11 different criteria:

1. Taking the substance in larger amounts or for longer than you meant to.
2. Wanting to cut down or stop using the substance but not managing to.
3. Spending a lot of time getting, using, or recovering from use of the substance.
4. Cravings and urges to use the substance.
5. Not managing to do what you should at work, home or school, because of substance use.
6. Continuing to use, even when it causes problems in relationships.
7. Giving up or reducing important social, occupational or recreational activities because of substance use.
8. Using substances again and again, even when it puts you in danger.
9. Continuing to use, even when you know you have a physical or psychological problem that could have been caused or made worse by the substance.
10. Tolerance - Needing more of the substance to get the effect you want.
11. Withdrawal - Symptoms which can be relieved by taking more of the substance.

John DuRocher Counseling LLC

The DSM-V allows clinicians to specify how severe the substance use disorder is, depending on how many symptoms are identified:

MILD: Two or three symptoms indicate a mild substance use disorder.

MODERATE: Four or five symptoms indicate a moderate substance use disorder.

SEVERE: Six or more symptoms indicate a severe substance use disorder.

Clinicians can also add the following to a diagnosis:

In early remission – Defined as at least 3 but less than 12 months without substance use disorder criteria (except craving)

In sustained remission – Defined as at least 12 months without criteria (except craving)

On maintenance therapy - This additional specifier is used if the individual is taking a prescribed agonist medication such as methadone or buprenorphine (Suboxone)

In a controlled environment - This additional specifier is used if the individual is in an environment where access to opioids is restricted i.e., rehab, jail, prison etc.