

The UNCOPE

Screening Tool

Yes

No

U - Have you continued to use alcohol or drugs longer than you intended?

N - Have you ever neglected some of your usual responsibilities because of alcohol or drug use?

C - Have you ever wanted to cut down or stop using alcohol or drugs but couldn't?

O - Has your family, a friend or anyone else ever told you they objected to your alcohol or drug use?

P - Have you ever found yourself preoccupied with wanting to use alcohol or drugs?

E - Have you ever used alcohol or drugs to relieve emotional discomfort, such as sadness, anger or boredom?

Initials: _____