

eCHECKUP TO GO Results

Summary Report for Marco Villarreal
Program Completed on 07/04/2023

Your Personal Use Profile

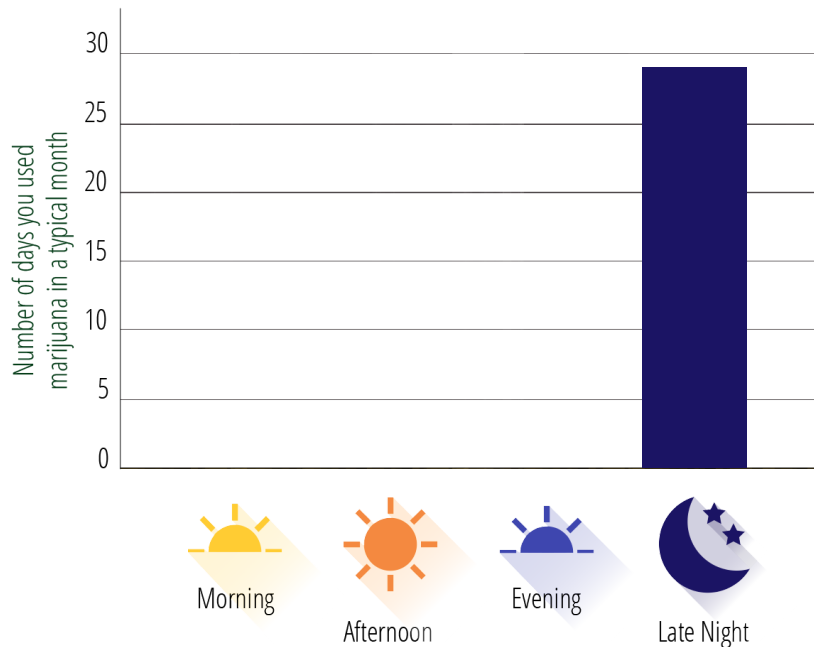
In a typical month:
You use marijuana on **30** days.
You drink **8** standard alcoholic drinks.
You smoke **0** cigarettes.
During the **0** year you have been smoking, you have smoked about **0** cigarettes.

When and how often do you use?

The graph to the right shows *your pattern of use* over the past month and what time of day you were most likely to use.

Counselors working with people who use marijuana *more than one time* during the day find that they have more social and physical problems than those who only use in the evenings. It is also common to discover that people who use at *multiple times* are also more likely to be smoking to avoid problems they feel unable to confront.

Your Pattern of Use



Mixing Marijuana, Alcohol, and Other Drugs

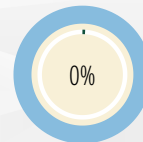
You indicated that you drink about **8** alcoholic drinks in a typical month .



Using marijuana in addition to alcohol and other drugs can put you at increased risk. The effects of some drugs become exponentially greater when taken together. Also, the physical tolerance that one drug produces can sometimes affect another drug, which can lead to dependence on multiple substances.

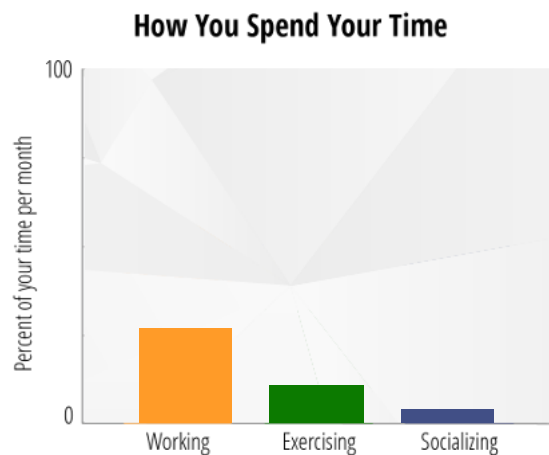
In a typical month:

You spend **0 hours** under the influence of marijuana
That's **0%** of your waking hours

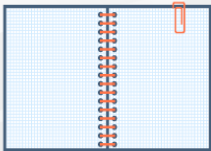


The graph to the right shows you what **percent** of your waking hours you spend engaged in the activities listed in a TYPICAL MONTH. You spend:

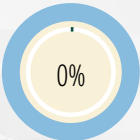
- **26.79%** of your time in class or at work
- **10.71%** of your time exercising
- **3.57%** of your time socializing/partying



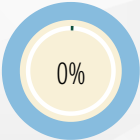
Based on your self-reported marijuana use during a typical week, you are under the influence **0 hours** per week.



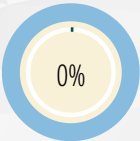
You are under the influence of marijuana **0%** of the time you are in **class or at work..**



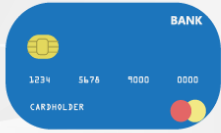
You are under the influence of marijuana **0%** of the time you are **exercising or playing sports.**



You are under the influence of marijuana **0%** of the time you are **socializing/partying.**



The Cost to You



You spend about **\$103.2** per year on marijuana, alcohol and/or cigarettes...

Which means you spend about **0.72%** of your spending money on marijuana, alcohol and/or cigarettes.



You spend about **\$0** (0%) of your spending money on **marijuana**.



You spend about **\$103.2** (0.72%) of your spending money on **alcohol**.



You spend about **\$0** (0%) of your spending money on **cigarettes**.

Spending your money on what you choose

By way of comparison, the amount of money you spend on marijuana, alcohol and/or cigarettes would be enough to...



buy **104** music downloads



pay your cell phone bill for **2 month(s)**


Potential Risks

Driving Under the Influence

You reported that:

- You drove **0 days in the past month** within 5 hours of using marijuana. It is likely that you were driving while intoxicated.
- In the past month, **you rode 0 days** with a driver who used marijuana in the 5 hours prior to driving.



 Reliable research examining the effects marijuana has on driving skills suggests that you are significantly more likely to be in a car crash after using marijuana. This research also shows that it **can take as much as 10 hours** for THC blood levels to return to levels safe to drive.

You said you also ingested marijuana edibles **0** times in the past month.

If you use **marijuana as an edible (i.e., eat/ingest it)**, it may take even longer for your blood levels to return to levels safe to drive.

You reported that you smoked cannabis concentrates **0** times in the past month.

🔊 Some pot smokers who have turned to high potency cannabis concentrates have reported extreme paranoia, a sense of exiting their body, a sense of being frozen in time, or a loss of reality. This has resulted in jumping off a balcony or jumping out of a moving car.

You **Sometimes** drink alcohol while also using marijuana.

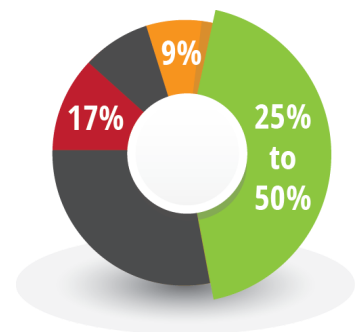
🔊 People who use marijuana often use both alcohol and marijuana during the same occasion. The mixture of marijuana and alcohol in your body substantially increases your risk of being involved in a car crash and other negative consequences.

Can Marijuana be Addictive?

Estimates from research suggest that about 9 percent of users become addicted to marijuana. This number increases among those who start young (to about 17 percent) and among daily users (25-50 percent) (National Institute of Drug Abuse).

You said that:

- You began using marijuana at **age 17**.
- You use marijuana on **30 days** in a typical month.



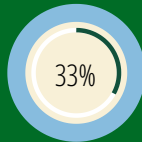
How Does Your Marijuana Use Compare?

This information comes from a large national survey of adults age 18-25. The survey asked adults all over the country about their drinking and drug use.

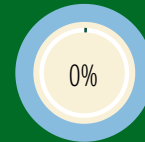
About **97.9%** of people in your age group use marijuana *less* than you.

What percent of people in your age group use marijuana *more* than you?

You Said:

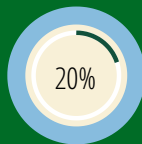


Survey results
indicate:

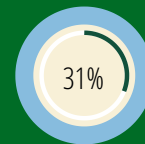


What percent of people in your age group use marijuana
AT LEAST ONCE A MONTH?

You Said:

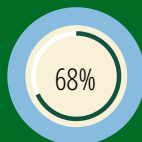


Survey results
indicate:

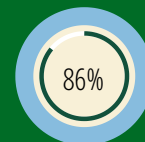


What percent of people in your age group
DO NOT USE marijuana at all **IN A TYPICAL MONTH?**

You Said:



Survey results
indicate:



Lifestyle & Choices

You said that the following are rarely or sometimes downsides of marijuana use:

- Feeling too introverted and all in my head
- Not wanting to socialize or talk to people
- Trouble remembering things
- Difficulty sleeping
- Feeling tired, groggy, or unmotivated
- Doing poorly on a test or school project
- Feeling bad about myself
- Problems between my friends or family and me
- Having paranoid or troublesome thoughts

My Goals & Aspirations





HEALTH AND FITNESS


When it comes to my HEALTH AND FITNESS


It is important to me to:


To discuss my health and fitness, I could contact:

HEALTH AND FITNESS

RELATIONSHIPS

CAREER & LIFE GOALS

SELF-ESTEEM





RELATIONSHIPS


When it comes to my RELATIONSHIPS


It is important to me to:


To discuss my personal relationships and communication skills, I could contact:

HEALTH AND FITNESS

RELATIONSHIPS

CAREER & LIFE GOALS

SELF-ESTEEM





CAREER & LIFE GOALS


When it comes to my CAREER & LIFE GOALS


It is important to me to:


To discuss my career & life goals, I could contact:

 HEALTH AND FITNESS

 RELATIONSHIPS

 CAREER & LIFE GOALS

 SELF-ESTEEM





SELF - ESTEEM


When it comes to my SELF-ESTEEM


It is important to me to:

To discuss my self-esteem and create a healthier lifestyle, I could contact:

 HEALTH AND FITNESS

 RELATIONSHIPS

 CAREER & LIFE GOALS

 SELF-ESTEEM

Your Readiness for Change

Beginning		End
not important	Importance	fairly important
very confident	Confidence	not confident

You identified **17** things you thought would be helpful in making changes in your marijuana use.

If you were to make a change in your use of marijuana, you thought that you might use these steps:

- Set a limit on the amount of marijuana I use
- Keep a record of my marijuana use
- Spend time with friends who don't use marijuana
- Tell someone about my plan to change my use
- Not buy marijuana
- Avoid situations where marijuana is present or I am likely to use
- Have a plan for saying no when I am offered marijuana
- Plan alternate activities during times when it might be difficult not to use
- Put paraphernalia out of sight when I am not using it
- When I go out, only take the cash I will need for the evening, and leave my ATM card at home
- Create a list of things I can do when I'm bored
- Set limits on the day/time that I will use (e.g., only after 9pm on Saturday)
- Start using later in the day (e.g., 9pm instead of 6pm)
- Spend more time at the gym
- Buy less marijuana at a time
- Decide which days I will not use
- Arrive at the party late and leave early

