

**DARTMOUTH WELLNESS COURT**

Mental Health Court Program; Opioid Court Program;  
Alcohol Court Program; and Judicial Monitoring Program

Public Form

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**My Use**

Name: \_\_\_\_\_

Date of Use: \_\_\_\_\_ Weekday: \_\_\_\_\_ Time: \_\_\_\_\_

What did you use? \_\_\_\_\_ How much? \_\_\_\_\_

Was it one use or continued?  1 use  If continued, how many times in total? \_\_\_\_\_

Where? (See examples, or describe other) \_\_\_\_\_

With whom? (See examples, or describe other) \_\_\_\_\_

What were you doing prior to use? \_\_\_\_\_

Thoughts before taking drugs? \_\_\_\_\_

Describe your behaviour and feelings while on the drugs.

Thoughts after using.

What would I do differently?

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<p>Where examples:</p> <ul style="list-style-type: none"> <li>- tavern/bar</li> <li>- Kate’s Place, Waterson, etc.</li> <li>- party</li> <li>- sporting event</li> <li>- in a vehicle</li> <li>- outside</li> <li>- friends’ house</li> </ul>	<p>With who examples:</p> <ul style="list-style-type: none"> <li>- alone</li> <li>- relatives</li> <li>- male friend(s)</li> <li>- female friend(s)</li> <li>- strangers</li> <li>- spouse/partner</li> </ul>	<p>Behaviour/feelings examples:</p> <ul style="list-style-type: none"> <li>- happy</li> <li>- outgoing</li> <li>- romantic</li> <li>- bored</li> <li>- celebrating</li> <li>- sad/depressed</li> <li>- frustrated</li> <li>- shy</li> <li>- stressed</li> <li>- anxious</li> </ul>
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