

Demographic Impact Worksheet

Purpose: *The Demographic Impact Worksheet is designed to help individuals explore how addiction may be influenced by, or how it impacts, specific demographic factors such as age, gender, socioeconomic status, cultural background, and more. This tool allows users to consider how these factors might affect their experience with addiction, their access to treatment, and their recovery journey.*

Instructions:

- **Step 1:** Review each demographic factor and reflect on how it relates to your experience with addiction.
- **Step 2:** Answer the questions under each category honestly to gain insights into how these factors might be influencing your addiction and recovery.
- **Step 3:** Use your responses to identify potential barriers or advantages in your recovery journey and consider them when planning your next steps.

Section 1: Age

1. Current Age: What is your current age?

- ☐ 18-25
- ☐ 26-35
- ☐ 36-45
- ☐ 46-55
- ☐ 56-65
- ☐ 65 +

2. Age of Onset: At what age did your substance use or addictive behaviors begin?

- ☐ 18-25
- ☐ 26-35
- ☐ 36-45
- ☐ 46-55
- ☐ 56-65

3. Impact of Age: How do you believe your age has impacted your experience with addiction?

- ☐ Easier access to substances at a younger age
- ☐ Age-related health concerns exacerbating addiction
- ☐ Social expectations or pressures related to your age group
- ☐ Age-related stigma or discrimination in seeking treatment
- ☐ Other: _____

4. Recovery Considerations: Are there specific challenges or advantages in recovery related to your age? (e.g., peer support, generational perspectives, age-specific treatment programs)

☐ Yes: _____

☐ No

Section 2: Gender

5. Gender Identity: What is your gender identity?

☐ Male

☐ Female

☐ Non-binary/Other: _____

6. Gender-Related Influences: How has your gender influenced your experience with addiction? (e.g., gender-specific social pressures, access to substances, stigmatization)

☐ Yes: _____

☐ No

7. Gender-Specific Challenges: Have you encountered any gender-specific challenges in seeking treatment or during recovery? (e.g., lack of gender-specific treatment options, stigma)

☐ Yes: _____

☐ No

8. Are there gender-specific resources or support systems that could benefit your recovery? (e.g., women's/men's support groups, gender-informed therapy)

☐ Yes: _____

☐ No

Section 3: Socioeconomic Status

9. Current Socioeconomic Status: How would you describe your current socioeconomic status?

☐ Low-income

☐ Middle-income

☐ High-income

10. Financial Impact of Addiction: How has your socioeconomic status influenced your experience with addiction? (e.g., affordability of substances, access to treatment, financial stress)

☐ Yes: _____

☐ No

11. Barriers to Treatment: Have financial constraints or your socioeconomic status posed barriers to accessing treatment? (e.g., cost of treatment, lack of insurance)

☐ Yes: _____

☐ No

12. Available Resources: Are there financial or community resources available to you that could support your recovery? (e.g., sliding scale clinics, financial aid for treatment, community programs)

☐ Yes: _____

☐ No

Section 4: Cultural and Ethnic Background

13. Cultural/Ethnic Identity: What is your cultural or ethnic background?

☐ _____

14. Cultural Influences: How has your cultural or ethnic background influenced your experience with addiction? (e.g., cultural norms regarding substance use, stigma within your community, family expectations)

☐ Yes: _____

☐ No

15. Culturally Specific Challenges: Have you encountered any challenges related to your cultural or ethnic background when seeking treatment or during recovery? (e.g., language barriers, lack of culturally competent care)

☐ Yes: _____

☐ No

16. Culturally Relevant Support: Are there culturally specific resources or support networks that could benefit your recovery? (e.g., culturally competent therapists, ethnic-specific support groups)

☐ Yes: _____

☐ No

Section 5: Geographic Location

17. Current Location: Where do you currently live?

☐ Urban area

☐ Suburban area

☐ Rural area

18. Location-Related Influences: How has your geographic location influenced your experience with addiction? (e.g., availability of substances, access to support, cultural attitudes)

☐ Yes: _____

☐ No

19. Barriers Due to Location: Have you faced any barriers related to your geographic location in accessing treatment or during recovery? (e.g., distance to treatment centers, lack of local resources)

☐ Yes: _____

☐ No

20. Available Resources: Are there local or regional resources that could support your recovery? (e.g., nearby support groups, telehealth options)

☐ Yes: _____

☐ No

Section 6: Sexual Orientation

21. Sexual Orientation: What is your sexual orientation?

☐ Heterosexual

☐ LGBTQ+

☐ Other: _____

22. Influence of Sexual Orientation: How has your sexual orientation impacted your experience with addiction? (e.g., stigma, community support, identity-related stress)

☐ Yes: _____

☐ No

23. Challenges in Treatment: Have you encountered challenges related to your sexual orientation when seeking treatment or during recovery? (e.g., lack of LGBTQ+ informed care, discrimination)

☐ Yes: _____

☐ No

24. Supportive Resources: Are there LGBTQ+ specific resources or support systems that could benefit your recovery? (e.g., LGBTQ+ informed therapists, support groups)

☐ Yes: _____

☐ No





Conclusion and Next Steps:

- Review Your Responses:
 - Take some time to reflect on your answers. Identify any specific demographic factors that seem to significantly influence your experience with addiction or your recovery process.
- Integrate Insights into Your Recovery Plan:
 - Use the insights gained from this worksheet to tailor your recovery plan, ensuring it addresses the unique challenges and strengths associated with your demographic factors.
- Seek Culturally Competent and Demographically Relevant Support:
 - Consider seeking out resources, treatment options, and support networks that are specifically designed to address the needs of individuals from your demographic group.

Facilitation Instructions

The Demographic Impact Assessment is designed to help clinicians and clients understand how various demographic factors (such as age, gender, culture, socioeconomic status, and ethnicity) influence the client's experience with addiction and recovery. This tool can guide the development of culturally sensitive and personalized treatment plans.

- ***When to Use:***

- Use the Demographic Impact Assessment during the initial assessment phase or early in the treatment process to gain insight into how the client's background may affect their addiction and recovery journey.
- It can also be revisited periodically to reassess how demographic factors are influencing the client's progress or to adjust the treatment approach as needed.

- ***Preparation:***

- Review the assessment content beforehand to familiarize yourself with the questions and the potential implications of the responses. Be prepared to provide explanations or clarify any terms that may be unfamiliar to the client.

- ***Administering the Symptom Checker:***

- Explain to the client that the Demographic Impact Assessment is intended to explore how their background and personal history may influence their experience with addiction and recovery.
- Emphasize that the assessment is not about labeling or judging, but about gaining a deeper understanding of the client's unique situation so that the treatment plan can be tailored to meet their specific needs.
- Encourage the client to answer each question thoughtfully, considering how their demographic factors have shaped their experiences with addiction. Let them know that there are no right or wrong answers—only answers that reflect their personal experiences and perspectives.

- ***Completion:***

- If the questionnaire is being completed online, ensure the client knows how to submit their responses once they've finished.

- ***Reviewing the Results:***

- Begin the review session by asking the client how they felt while completing the assessment. Did any particular questions stand out to them or provoke strong reactions?
- Explore the specific ways in which the client's demographic background has impacted their addiction. For example, discuss how cultural beliefs about addiction may have influenced the client's understanding of their own behavior, or how socioeconomic factors may affect their access to treatment.

- ***Narrative Summary:***

- Write a narrative summary of the client's demographic impact assessment, highlighting the key factors that influence their addiction and recovery. This summary should include:
 - The categories where the client experiences the most significant challenges or support.
 - Any patterns across multiple categories that suggest areas needing targeted intervention.
 - Recommendations for how these demographic factors should be considered in treatment planning.
- Using the Scores:
 - Integration: Use the scores to tailor the client's treatment plan, ensuring that high-impact demographic factors are given special attention in therapy and resource allocation.
 - Discussion: Review the results with the client, discussing how these factors influence their addiction and recovery journey, and collaboratively decide on the best ways to address them.
 - Tracking: Consider using the assessment periodically to track changes or improvements in how demographic factors influence the client's recovery, adjusting the treatment plan as necessary.