Reaching the 33%: How Do We Stop the High-Risk Impaired Driver?

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Lifesavers
April 1, 2019
Overview

- Impaired driving problem
- Screening and assessment
- Impaired driver characteristics
- Impaired Driving Assessment (IDA)
- Computerized Assessment and Referral System (CARS)
- Comprehensive approach
Drunk Driving Deaths Decreased in 2017

<table>
<thead>
<tr>
<th>Year</th>
<th>Deaths</th>
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<td>1982</td>
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</table>

Data Source: NHTSA, FARS, 10/18

RESPONSIBILITY.ORG
4,700,000 individuals under community supervision in 2016

15% of this probation population have been convicted of DUIs

8% of the probation population have been convicted of multiple DUIs

Approximately 2/3 of individuals under community supervision are drug or alcohol-involved
Approximately 25% of individuals arrested and 30% of individuals convicted of DUI are repeat offenders.

Contact with the criminal justice system in and of itself, does not deter at least 1/4 of all offenders.
Who is most likely to recidivate?
Identifying those most at-risk
Criminogenic risk factors

- History of anti-social behavior
- Anti-social cognitions
- Anti-social personality pattern
- Anti-social associates

- Family/marital discord
- Leisure/recreation
- Substance abuse
- School/work
Mental health?

While not a criminogenic need, it is imperative that mental health issues be identified and treated in order to adequately address other risk factors.
SCREENING & ASSESSMENT
Screening

• Screening is the first step in the process of determining whether a DUI offender should be referred for treatment.

• At this stage, offenders who do not have substance or mental health issues are identified and those who may have issues can be sent for a more in-depth assessment.

• Essentially, screening is a way to strategically target limited resources by separating offenders into different categories (i.e., those who do not have an alcohol/mental health problem and those who likely do).

• The screening process in and of itself can also serve as a brief intervention as it requires the individual to begin to think about their use patterns and whether they are problematic.
Screening - who needs further assessment?
Assessment

• After the screening process is completed, offenders who show signs of substance or mental health issues can be referred for an assessment.
• An assessment tends to be more formal than screening and these instruments are standardized, comprehensive, and explore individual issues in-depth.
• In contrast with screening, a formal assessment process takes longer to complete (it can take several hours) and is typically administered by a trained clinician or professional.
• This second step is meant to evaluate not only the presence of a substance use disorder (alcohol and/or drugs) but its extent and severity.
Assessment

• Ideally, screening and assessment would occur at the beginning of the process (such as during the pre-trial stage).

• The results can then be used to inform:
  • Sentencing decisions
  • Case management plans
  • Supervision levels
  • Treatment referrals/plans

• It is important to note that assessments can be repeated at multiple junctures throughout an offender’s involvement in the criminal justice system to identify progress and to inform changes to existing plans as needed.
Assessment can occur at multiple intercepts:

- Post-arrest
- Pre-trial
- Pre-sentencing
- Post-conviction
- Community supervision
- Treatment program
Common assessment instruments

• Alcohol Dependence Scale (ADS)
• Adult Substance Use and Driving Survey – Revised (ASUDS-R)
• Alcohol Severity Index (ASI)
• Alcohol Use Disorder Identification Test (AUDIT)
• Inventory of Drug-Taking Situations (IDTS)
• Drug Abuse Screening Test (DAST)
• Level of Service Inventory-Revised (LSI-R)
• Michigan Alcoholism Screening Test (MAST)
• Substance Abuse Subtle Screening Inventory (SASSI)
• Research Institute on Addiction Self Inventory (RIASI)
• Risk and Needs Triage (RANT)
Limitations of instruments

• Majority of instruments are not designed for or validated among a DUI offender population with several exceptions.

• Using traditional assessment instruments, DUI offenders are commonly identified as low risk due to a lack of criminogenic factors.

• DUI offenders often have unique needs and are resistant to change on account of limited insight into their behavior.

• Recognition that specialized instruments should be created to accurately assess risk and needs of impaired drivers.
IMPAIRED DRIVERS: NOT THE USUAL SUSPECTS
Impaired driver profiles

- Predominantly male (70-80%)
- Between the ages of 20-45; majority between ages 20-30
- Employed/educated at a higher rate than other offenders
- High-BAC levels (.15+)
- Often drink more per occasion and consume more alcohol than the general population; majority are binge drinkers
- Often have substance use disorders
- Have personality and psychosocial factors that increase risk of offending: irritability, aggression, thrill-seeking, impulsiveness, external locus of control (blaming others), anti-authoritarian attitudes
Repeat impaired drivers

• Overwhelmingly male (90%); ages 20-45.
• More often single, separated, or divorced.
• Tend to have lower levels of education and income and higher levels of unemployment compared to first offenders.
• More likely to have BACs exceeding .20 or refuse to provide a chemical sample.
• Age of onset of drinking, family history, and alcohol misuse are risk factors.
Repeat impaired drivers

- Likely to have cognitive impairments (executive cognitive functioning) due to long-term alcohol dependence.
- Repeat DUI offenders are more likely to have a higher disregard for authority and show greater indications of anti-social personality characteristics.
- May result in lack of motivation; implications for engagement in treatment.
Substance use disorders

• Rates of alcohol dependence increase and age of onset of dependence decreases as number of DUI offenses increase (McCutcheon et al., 2009).

• 91% of male and 83% of female DUI offenders have met the criteria for alcohol abuse or dependence at some point in their lives (Lapham et al., 2000).

• In addition, 44% of men and 33% of women qualified for past-year disorders.
Substance use disorders

• Approximately 11-12% of impaired drivers are multiple drug users who report significant involvement in drugs other than alcohol or marijuana (Wanberg et al. 2005).

• 38% of male and 32% of female DUI offenders have met the criteria for drug abuse or dependence at some point in their lives (Lapham et al., 2001).
Co-occurring disorders

• While research has shown that impaired drivers frequently have a substance use disorder, many of these offenders also have a psychiatric condition.

• The presence of a substance use disorder actually increases an individual’s likelihood of having other psychiatric disorders.

• Co-occurring disorders are often difficult to diagnose as symptoms can be complex and the severity of the disorders can vary.
Co-occurring disorders

• In a study of repeat DUI offenders, it was found that 45% had a lifetime major mental disorder.

• Another study (Shaffer et al. 2007) that examined the prevalence of these disorders by gender found that 50% of female drunk drivers and 33% of male drunk drivers have at least one psychiatric disorder.

• Mental health issues often linked to impaired include:
  • Depression, bipolar disorder, conduct disorder, anxiety, anti-social personality disorder, and post-traumatic stress disorder (PTSD).
The need for mental health assessment among impaired drivers

- Very high level of psychiatric co-morbidity in DUI populations.
- Mental health issues linked to recidivism.
- Treatment has traditionally consisted of alcohol education or interventions that focus solely on alcohol or substance use.
- Screening or assessment for mental health issues is not always available/Performed.
- DUI treatment providers rarely have the training/experience to identify mental health issues among their clients.

*Subsequently, in many cases, problems are not identified or addressed*
DUI offenders are unique

• Often lack an extensive criminal history.
• High degree of denial:
  • Drinking alcohol is not illegal, highly prevalent, and encouraged in society
  • Tend to be employed and may have a stable social network
  • Do not view themselves as criminals
• Repeatedly engage in behavior that is dangerous.

Result = DUI offenders tend to score lower on traditional risk assessments
INNOVATION: NEW ASSESSMENT INSTRUMENTS
Impaired Driving Assessment (IDA)
Major Risk Areas of DUI Recidivism

1. Prior involvement in the justice system specifically related to impaired driving
2. Prior non-DWI involvement in the justice system
3. Prior involvement with alcohol and other drugs (AOD)
4. Mental health and mood adjustment problems
5. Resistance to and non-compliance with current and past involvement in the justice system
Goals of IDA

1. Provide guidelines for identifying effective interventions and supervision approaches that reduce the risk of negative outcomes in treatment and community supervision.

2. Provide preliminary guidelines for service needs for DUI clients.

3. Estimate the level of responsibility of clients to supervision and to DUI and AOD education and treatment services.

4. Identify the degree to which the client’s DUI has jeopardized traffic safety and to address this in the supervision plan.
Computerized Assessment and Referral System
Development of CARS

• CARS was developed by a team of researchers from Cambridge Health Alliance, a teaching affiliate of Harvard Medical School.
  • Initial grant funding was provided by NIAAA; Responsibility.org continues to fund CARS research and implementation.
• The goal was to create an assessment tool specifically for a DUI offender population that fills the mental health void that exists with traditional instruments.
Development of CARS

• CARS is a standardized mental health assessment that is adapted from the World Health Organization’s Composite International Diagnostic Interview (CIDI).

• Developed by Dr. Ron Kessler and his team at Harvard, the CIDI is a structured interview for psychiatric disorders.
  • Internationally validated instrument
  • Used extensively in research including the National Comorbidity Survey
Generalized Anxiety Disorder  Major Depressive Disorder  Dysthymia  Bipolar I Disorder  Bipolar II Disorder  Panic Disorder  Alcohol Abuse  Alcohol Dependence  Post Traumatic Stress Disorder  Substance Abuse  Personality  Tobacco Use  Oppositional Intermittent Disorder  Conduct Disorder  Personality Disorder  Psychosocial Risks  Peer Networks  Psychosis  Gambling Disorder  Obsessive Compulsive Disorder  Attention Deficit Hyperactivity Disorder... and more
What is CARS?

- Diagnostic report generator
- Mental health assessment
- Brief intervention
- Referral database
- Case management
What is CARS?

• Diagnostic report generator that gives providers and clients:
  • Immediate diagnostic information for up to 20 DSM-IV Axis I disorders (onset, recency, persistence).
  • Geographically and individually targeted referrals to treatment services based on the outcomes of the assessment.
How does CARS work?

• CARS is a completely electronic assessment tool. It is available as free open source software.

• There are three versions of the CARS tool that can be used:
  • Full assessment
  • Screener
  • Self-administered screener

• CARS is divided into modules representing various mental disorders and psychosocial factors.
  • The individual administering CARS can select any subset of modules.

• There is the ability to choose from a past 12-month or lifetime version of the questions for each disorder.
<table>
<thead>
<tr>
<th>CARS comprehensive mental health screener domains</th>
</tr>
</thead>
<tbody>
<tr>
<td>Panic disorder</td>
</tr>
<tr>
<td>Intermittent explosive disorder</td>
</tr>
<tr>
<td>Depression</td>
</tr>
<tr>
<td>Mania/bipolar disorder</td>
</tr>
<tr>
<td>Oppositional defiant disorder</td>
</tr>
<tr>
<td>Alcohol use disorder</td>
</tr>
<tr>
<td>Psychosocial stressors</td>
</tr>
</tbody>
</table>
How does CARS work?
How does CARS work?

Let me review. You had quite a few traumatic experiences: you were in combat, were kidnapped, and experienced a major natural disaster. Did you experience any of the following problems in relation to these traumatic experiences at the time of the experience?

<table>
<thead>
<tr>
<th></th>
<th>Yes</th>
<th>No</th>
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<tbody>
<tr>
<td>PT32a. Were you terrified or very frightened at the time?</td>
<td></td>
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<tr>
<td>PT32b. Did you feel helpless?</td>
<td></td>
<td></td>
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<tr>
<td>PT32c. Did you feel shocked or horrified?</td>
<td></td>
<td></td>
</tr>
<tr>
<td>PT32d. Did you feel numb?</td>
<td></td>
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</tbody>
</table>
How does CARS work?

• Individual diagnostic reports have been programmed to provide information about the mental health disorders for which a person qualifies or is at risk, as well as a summary of bio-psycho-social risk factors.

• The CARS tool includes a section on DUI behavior.
  • The data obtained from the questions in this section is integrated with other risk factors to generate an overall DUI recidivism risk score.
  • A graphic is generated as part of the outcomes report that indicates where an individual is within a range of low to very high risk.
CARS report

CARS Assessment Progress

This graphic represents how much of the CARS assessment Kat has completed.

Client: Kat  Gender: Female  Age: 24

Mania

Screener Module
CARS Diagnostic Case Summary

Bob is a 38 year-old woman who has accumulated 0 DUI arrests during her lifetime. She has met full criteria for 1 co-occurring mental health problem (see Table 1) and should receive a referral for additional professional mental health screening (regional referrals are listed on the end of the report)

Table 1. Mental Health Profile

<table>
<thead>
<tr>
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<th>Met Criteria</th>
<th>Subclinical Symptoms</th>
<th>Screened into but not tested</th>
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<tbody>
<tr>
<td>Alcohol Abuse</td>
<td>PY</td>
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<tr>
<td>Obsessive Compulsive Disorder</td>
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<td></td>
<td></td>
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<tr>
<td>Psychosis</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Conduct Disorder</td>
<td></td>
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<td></td>
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</table>

PY = Past Year, LT = Lifetime

*Other disorders screened: PTSD, GAD, Alcohol Dependence, Substance Abuse, Substance Dependence, Personality Disorders, Major Depressive Disorder, Bipolar I, Bipolar II, Panic Disorder, Social Phobia, Intermittent Explosive Disorder, Tobacco Use, Gambling, Eating Disorders, ADHD

Bob is at high risk for another DUI. Listed below are some of the factors that create this risk for Bob.

DUI Recidivism Risk Factors

• Alcohol Abuse
• Endorsed binge drinking

Based on Bob’s mental health profile, she should consider seeking additional professional screening from the resources listed at the end of the report.
Bridging the gap...

• Unlike traditional assessments, CARS has a built-in referral system.
• CARS has been designed to include a list of individually-targeted referrals at the end of each report based on an individual’s issues and zip code.
• Before CARS can be implemented, the referral list must be populated with treatment services that are available within that jurisdiction.
CARS referrals

Client: Bob
Gender: Female
Age: 38

Regional Referral Information

Based off Bob's interview and the zip code provided (01060), referrals to the 5 closest regional resources for additional mental health screening and treatment are listed below. In addition to these options, Bob also might consider utilizing other relapse and recovery resources, such as AA or online recovery and recidivism prevention programs.

Clinical Support Options
10 Main Street, Florence, MA 01062
(413) 582-0471
http://www.csoinc.org/
Mental Health Treatment: Yes
Substance Use Treatment: Yes
Public Transportation Options: (N/A)

Windhorse Integrative Mental Health (a therapeutic community)
211 North St, Northampton, MA 01060
(413) 586-0207
http://www.windhorseimh.org/
Mental Health Treatment: Yes
Substance Use Treatment: Yes
Public Transportation Options: PVTA Bus - 39/39E/B43/M40 - Sheldon Field (W)
PVTA Bus - R44 - 54 Industrial Drive
### Referral database entries

**Care Types:**
- Residential: N/A
- Outpatient: Yes
- Detoxification: N/A
- Emergency Services: N/A
- Transitional: N/A

**Payment Options:**
- Accepts Insurance: Yes
- Medicare: Yes
- Free Program: N/A
- Medicaid: Yes
- Slide Scale: N/A

**Special Population:**
- Adult: Yes
- Youth: N/A
- Family Only: N/A
- Homeless Only: N/A

**Specialization:**
- Trauma: N/A
- Anxiety: N/A
- Behavioral issues: N/A
- Developmental Disabilities: N/A
- Anger Management: N/A
- Cognitive: N/A
- Mood Disorders: N/A
- Opiates: N/A
- Disabilities; brain injury; substance abuse; major mental

**Other languages spoken:**
- Additional languages: N/A
2016 pilot implementation

• Following the completion of both the usability study and RCTs, multiple pilot programs were launched in the summer of 2016 to identify ways to:
  • Successfully implement CARS at various intercepts in the DUI system;
  • Improve the efficiency and user-friendliness of the software; and
  • Address any technical challenges in advance of the national launch.

• Six programs were selected:
  • IMPACT, Inc. – Milwaukee, Wisconsin
  • Isanti County Probation Department – Cambridge, Minnesota
  • Lackawanna-Susquehanna Office of Drug and Alcohol Programs – Scranton, Pennsylvania
  • Laramie County DUI Court – Laramie, Wyoming
  • San Joaquin DUI Monitoring Court – Stockton, California
  • South St. Louis County DWI Court and Probation Department – Duluth, Minnesota
IMPLEMENTATION
PROCESS EVALUATION

Erin Holmes & Maureen Dolbec, Foundation for Advancing Alcohol Responsibility
Future considerations

• Develop a Spanish version of CARS.
• Develop a non-DUI specific version of CARS.
• Update CARS to reflect DSM-V changes.
• Consider developing a web-based platform instead of utilizing software.
• Create a CARS mobile application.
Benefits of CARS

• Provides immediate diagnostic information for up to 20 major psychiatric disorders.
• Provides geographically and individually targeted referrals to appropriate treatment services.
• Generates user-friendly reports at the click of a button.
• Informs supervision and treatment decisions.
• Runs on free open source software.
• Can be used by non-clinicians.
• Applicable in a number of settings.
National roll-out

• CARS was launched for general use in June 2017.
• Available to any court, probation department, or program free of cost.
• Online web portal for downloads and training: www.carstrainingcenter.org
Revolutionizing DUI Assessment
Computerized Assessment and Referral System (CARS)

What is CARS?

CARS is a report generator that provides immediate diagnostic information for up to 15 major psychiatric disorders (e.g., depression, anxiety disorder, post-traumatic stress disorder, bipolar disorder).

CARS is designed to identify mental health concerns in addition to substance use disorders that influence DUI behavior.

CARS provides referrals to treatment services based on an individual’s diagnostic information and ZIP code.

CARS is adapted from the World Health Organization’s Composite International Diagnostic Interview (CIDI), an internationally validated assessment.1

People who have been convicted of DUI represent a population with an extremely high rate of substance use disorders.2

45% Research has found that 45% of repeat drunk drivers have a major mental health disorder in addition to alcohol or drug-related disorders.3

Screening for mental health issues beyond alcohol use disorders is rare within DUI treatment programs.4

DUI offenders who suffer from psychiatric disorders other than alcohol or drug use disorders re-offend more, and more quickly, than others.4

How CARS works

Asks about signs and symptoms of mental health issues both within the past year and lifetime.

Identifies specific mental health disorders for which an offender is at-risk.

Generates a report that informs the user about a client’s treatment needs and provides appropriate referrals.

Can be used in three formats:

- **CARS Screener**
  - 15-60 minutes

- **Self-Administered CARS Screener**
  - 15-60 minutes

- **Full CARS Assessment**
  - 1-2 hours

Benefits of CARS

- Developed specifically for a DUI offender population
- Informs supervision and treatment decisions
- Provides immediate personalized output and referrals
- User-friendly reports at the click of a button
- Runs on free open source software
- Can be used by non-clinicians
- Applicable in a number of settings

Current efficacy study

- Randomized control trials at two Massachusetts DUI treatment programs
- Six month follow-up

- **Study goals:**
  - Evaluate full implementation of CARS
  - Test the validity of the CARS screener
  - Determine whether the CARS screener can be self-administered
  - Investigate use of CARS as a brief intervention
  - Examine associations between psychiatric co-morbidity and outcomes among DUI offenders
  - Preliminary results in 2015

For further information please contact: erin.holmes@responsibility.org or visit Responsibility.org/CARS

Footnotes:
IDA vs. CARS?
COMPREHENSIVE APPROACH:
ASSESSMENT, SUPERVISION, TREATMENT
Treatment for Repeat DUI Offenders

Lifesavers - April 1, 2019
Treatment Works

Education alone is usually not enough to change behavior, especially for repeat DUI offenders.

Recidivism is high for those with untreated substance use disorders or other underlying issues.

Recidivism research done in Colorado approximately 10 years ago:
- Those persons not completing treatment were 44% more likely to recidivate than those who completed treatment.
Combining Sanctions Works Better

Research has shown that combining sanctions is effective in reducing recidivism better than any one sanction alone.

Treatment required by the legal system (or DMV) has outcomes as good as, or better than those without a requirement. And they have higher rates of attendance and lengths of stay.

Recent research on the effectiveness of CO’s interlock program showed:

• The interlock, education and treatment, and probation services programs combine to reduce the chances of recidivism by half.
Best Practices

Colorado’s system of intervention with impaired drivers is considered best-practice

- Probation screening is standardized & statewide

- Ignition interlock is required for high-risk offenders. And program has a performance based exit; initiatives to link interlock to treatment and probation

- Different levels of treatment service based on identified clinical severity indicators

- DUI treatment is regulated by the CO Office of Behavioral Health who require evidence and research based practices be used for assessment and treatment
Traditional DUI Treatment

• Treatment providers conduct a comprehensive clinical assessment

• Levels of DUI (includes DWAI) services typically include Level I and Level II DUI education and therapy:
  - DUI Education - 12 or 24 hours
  - DUI Therapy – 42-86 hours over 5-10 months

• Treatment intensity is based on American Society of Addiction Medicine (ASAM) Levels of Care
  - Level 1 - outpatient
  - Level I - enhanced outpatient
  - Level 2.1 – intensive outpatient/2.5 day treatment
  - Level 3 – residential levels of care
The Challenges of Treating Repeat Offenders

• Those with multiple DUls have unique needs

• More in depth clinical assessment is required

• The existing DUI treatment structure has some limitations

• Prior treatment experiences may not have been successful for a variety of reasons

• Need more comprehensive treatment services
Colorado DUI felony law

• House Bill 15-1043 Felony DUI, effective 8/5/15

• Class 4 felony after 3 or more prior convictions of a DUI, DUI per se, or DWAI; vehicular homicide; vehicular assault; or any combination (lifetime)

• After 2 or more prior convictions, the court may place the offender in a community corrections program that can provide the appropriate level of treatment

• Before any incarceration (jail/prison) the court must determine that it is the most suitable option

• All other sanctions and responses have been exhausted before incarceration, taking into consideration, the impact on public safety and progress in treatment
Development of Level II “Four Plus”

- Developed by an interagency workgroup of the Colorado Task Force on Drunk & Impaired Driving in response to felony DUI legislation passed in 2015

- Four Plus treatment went into effect 7/1/17. Effective with probation evaluations or sentencing on or after 7/1/17

- Intended for individuals with four or more impaired driving offenses
Four Plus - Criteria

• 3 or more prior offenses of a DUI, DUI per se, or DWAI; vehicular homicide or vehicular assault (when AOD involved); or any combination thereof (in a lifetime – in any US state/territory)

• Misdemeanor or felony charges

• Individuals are typically referred by probation/courts

• Can start voluntarily, provided they can commit to the program requirements
Four Plus - Structure

• Consists of a minimum of 180 clinical contact hours over a minimum of 18 months AND demonstration/internalization of competencies

• Four Plus is a combination of education and treatment strategies that are determined by the results of screening and clinical assessment

• ALL treatment services are based on the clinical assessment

• Mandatory alcohol/drug testing and monitoring
Four Plus – Assessment

• All behavioral health assessments include: substance use hx, legal hx, physical health, cultural factors, education/employment, military hx, family/social relationships, trauma, physical/sexual abuse, etc.

• Four Plus also requires assessment for: cognitive functioning, traumatic brain injury, adverse childhood experiences, grief/loss, co-occurring mental health issues

• Treatment services may occur at the licensed Four Plus agency or, if indicated by the assessment, other community-based providers case managed by the Four Plus agency

• Traditional Level II education or therapy may be included only if specifically assessed as necessary
Four Plus - Treatment

• Service delivery shall include individual counseling

• If applicable: family/other supportive adult therapy, medication assisted therapy

• If the individual has an ignition interlock installed, interlock enhancement counseling is required

• Individualized treatment/service planning is more comprehensive, more frequent & coordinated with the supervising probation officer

• Successful completion is achieved through completion of a minimum number of hours and months AND achievement of competencies
Challenges...

- Engaging all stakeholders
- Availability and access to services
- Training providers
- Costs/funding
Utilize all tools available

• Screening/assessment for substance use and mental health disorders

• Refer to appropriate treatment interventions that are tailored to individuals’ risk level and specific needs

• Treat co-occurring disorders concurrently

• Use technology to monitor compliance and progress (e.g., ignition interlocks, continuous alcohol monitoring, random drug testing, etc.)

• Hold offenders accountable for non-compliance

• Apply swift, certain, and meaningful sanctions
QUESTIONS?
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