Preventing Repeat DUls: Effective Screening & Assessment
Risk Principle

• Risk = A person’s likelihood to commit more crimes and/or violate probation.

• Based on two primary assumptions:
  – Criminal behavior can be predicted.
  – Treatment levels should match an offender’s risk level.
Needs Principle

• Treatment should address criminogenic needs that are associated with recidivism.

• Criminogenic needs are dynamic.

• Offenders often have many needs requiring intervention. Not all are linked to criminal behavior.
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
Proper Diagnosis is Essential

Diagram:

- **RISK**
  - HIGH
    - HIGH RISK
      - HIGH NEED
    - LOW RISK
      - HIGH NEED
  - LOW
    - HIGH RISK
      - LOW NEED
    - LOW RISK
      - LOW NEED

- **NEED**
  - HIGH
  - LOW
Growing Focus on Mental Health

Not a criminogenic need, BUT it is critical that mental health issues be identified and treated to address other risk factors and create long term behavior change.
Responsivity Principle

• Treatment programs/interventions must the ability and learning style of individual offenders.

• Other factors to consider: gender, ethnicity, culture, attitudes/motivation, etc.
  – Use gender & culturally-sensitive approaches
  – Be cognizant of trauma issues
SCREENING & ASSESSMENT
Screening

• 1st step to determine if a person needs treatment.
• Identify offenders without substance/mental health issues, separate them from offenders with issues.
• Screening targets limited resources.
• Can serve as a brief intervention. Requires a person to examine their behavior and consumption.
• Takes about 15-30 minutes.
Assessment

• 2\textsuperscript{nd} step in the process to evaluate presence, extent & severity of SUDs/mental health issues.
• For people who screen for SUDs/mental health issues.
• More formal, instruments are standardized, comprehensive, and explore individual issues in-depth.
• Takes several hours to complete.
• Administered by a trained clinician or professional.
Timing of Screening/Assessment

• ASAP. Ideally, as early as pre-trial stage.

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

• Repeat assessments are a good idea to track progress and inform changes to existing plans as needed.
Special Tools For Use with DUI

• Most screening/assessment tools are **NOT designed for or validated among** a DUI offender population. (Exceptions: IDA & CARS)

• As a result, **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.**

• Specialized tools needed to accurately assess offender risk/needs.
DUI offenders are unique

- Often lack an extensive criminal history.
- High degree of denial:
  - Drinking alcohol is legal
  - Often employed
  - Stable social network
  - They don’t think they are criminals
- Repeated dangerous behavior.

DUI offenders score lower on traditional risk assessments
Mental Health & DUI Offenders

• 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.

*In many cases, problems are not identified or addressed
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 funded research and implementation.

• CARS Goal: Provide a screening & assessment tool specifically for a DUI offender population that fills the mental health void that exists with traditional instruments.
How does CARS work?

• CARS is completely electronic and free on open source software.
• There are three versions of the CARS tool that can be used:
  – Full assessment
  – Screener
  – Self-administered screener
• CARS modules represent various mental disorders & psychosocial factors. You can select any subset of modules.
• You can choose from past 12-month or lifetime for each disorder.
<table>
<thead>
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<th>CARS comprehensive mental health screener domains</th>
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How does CARS work?

• Individual diagnostic reports provide information about the mental health disorders a person qualifies or is at risk for and a summary of bio-psycho-social risk factors.

• The CARS tool includes a section on DUI behavior.
  – The data obtained is integrated with other risk factors to generate an overall DUI recidivism risk score with a graphic indicating individual risk level.
CARS report

Client: Kat
Gender: Female
Age: 24

CARS Assessment Progress

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

- 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

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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>Psychosis</td>
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<td>Conduct Disorder</td>
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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.
2016 pilot implementation

• 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
Future considerations

• Update to reflect DSM-V changes. (In production)
• Develop a Spanish version of CARS. (In production)
• Develop a non-DUI specific version of CARS.
• Develop a web-based platform.
• 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 anyone free of cost.
• Online web portal for downloads and training:
  www.carstrainingcenter.org
• Downloaded by 600+ to date, statewide use in Colorado.
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