

November 10, 2016

Kay Winch  
Joey Gilbert Law  
201 W. Liberty St., Ste. 310  
Reno, NV 89501

**Re: Clinical Alcohol and Drug Assessment for Christopher A. Xirau  
(DOB – 12/13/1990)**

Dear Ms. Winch:

I performed a Clinical Alcohol and Drug Assessment for Mr. Xirau in reference to his DUI charge in Douglas County. This assessment included a 55-minute clinical interview by telephone, and the administration of:

- A Michigan Alcohol Screening Test (MAST)
- A Drug Abuse Screening Test (DAST-10)
- A general anxiety/depression screening

The following items provide a summary of the screening results, my diagnostic opinion, and professional recommendations:

**MAST:** score = 1 / *NEGATIVE SCREEN*; no direct or indirect indication of a present alcohol use disorder (screen relative to lifetime use of alcohol)

**AUDIT:** score = 3 / *NEGATIVE SCREEN*; scores of 8 or more indicate potential *hazardous use*, whereas scores of 15 or more in men indicate a *moderate to severe* disorder may be present (screen predominantly relative to current use of alcohol)

**DAST-10:** score = 1 / *LOW LEVEL SCREEN*; point incurred for drug use outside of a medical context and/or supervision, no direct or indirect evidence of a present substance use disorder, mitigate concerns with clinical recommendations (screen relative to drug use in the last 12 months)

**Alcohol & Substance Use Risk Factors:**

- ☐ negative peer influence/at-risk work environment – NA
- ☐ current stress (relational, work, financial, etc.) – NA

- ☐ physical health concerns – NA
- ☒ anxiety/depression/mental health – diagnosed with ADHD approximately 2 years ago (presently not taking prescribed medication)
- ☐ exposure to trauma – NA
- ☐ family history of substance abuse or alcoholism – none reported
- ☐ regular use of liquor – NA
- ☐ voluntary treatment history – NA
- ☐ severity of incident – .09 BAC, speeding, no accident involved
- ☐ legal history – denies previous history

Summary - 1 of 10 concerns, mitigate concern with clinical recommendations

**Clinical Interview/Summary:** ALCOHOL – Mr. Xirau's written screenings provided no indication of an alcohol use disorder at any level (mild, moderate or severe). He reported his normal use of alcohol before this charge as 2-3 beers on approximately 3 occasions per month. He also acknowledged use of up to 6 drinks on about 1 special occasion (Christmas, weddings) per year.

Mr. Xirau and I discussed his DUI charge and general use of alcohol at length. I did not find him meeting DSM-5 alcohol use disorder criteria for diagnosis and his drinking habits seem to be within NIAAA recommendations for men's "low-risk" drinking.

NON-PRESCRIPTION DRUG – Mr. Xirau was forthcoming in his historical use of illicit substances and acknowledged experimental use of cannabis (less than 10x) and psychedelic mushrooms on one occasion. He denied any recent use of these substances and denied experimentation and use of all other non-prescription substance use categories including: stimulants, inhalants, opiates, etc. I found no part of Mr. Xirau's report about non-prescription drug use suspect of minimization or deception.

PRESCRIPTION DRUGS COMMONLY MISUSED/ABUSED – Mr. Xirau denied recreational use of all prescription medications which are prone to abuse including: stimulant/ADD medications, narcotic painkiller medications, benzodiazepines, and sleeping medications. He is currently prescribed a stimulant medication for ADHD but does not use it very infrequently as he reported that it gives him an anxious side-effect. The interview did not reveal discrepancy with his written screenings, nor did he show signs of hesitation or verbal signs of minimization suggesting problem use of prescription medications.

#### **DSM-5 Alcohol & Substance Use Disorder Symptoms:**

- ☐ Use beyond intention
- ☐ Persistent desire or unsuccessful efforts to reduce/quit use
- ☐ Substantial time spent obtaining, using, or recovering from use
- ☐ Strong craving/desire
- ☐ Failure to fulfill a major role (work, home, school)
- ☐ Use despite recurrent social/interpersonal problems
- ☐ Important social, occupational, recreational activities relinquished
- ☐ Physically hazardous use
- ☐ Continued use despite knowledge of contraindicated physical or psychological condition
- ☐ Tolerance
- ☐ Withdrawal symptoms

Summary - 0 of 11 symptoms (Mild 2-3 | Moderate 4-5 | Severe 6+)

**DSM-5 DIAGNOSIS in Reference to Substances:** Z03.89 (suspected substance use condition not found)

**Treatment Recommendations:** Having found no basis for a DSM-5 alcohol or drug use disorder, I have asked that Mr. Xirau obtain a 10-panel urinalysis drug screen within 3 days of today's assessment. He will be doing this through a third-party provider and will provide the results of this screening with this evaluation. Should Mr. Xirau be unable to complete a verified screen within 3 days of this assessment, he is obligated to submit a hair sample for drug screening purposes within 7 days of today's date. If he is still unable to complete either screening, he is to engage in a minimum of 3 in-person outpatient counseling sessions with a substance abuse professional in order to ascertain whether he has an undisclosed substance use problem. He will still be subject to a hair screening during this time and must follow any updated treatment recommendations at the discretion of his follow-up substance abuse counselor.

If you or the court possess additional information about Mr. Xirau's use of alcohol or drugs that might impact the outcome of this assessment, I would be happy to review it and consider appropriate modifications or amendments to the present report.

Thank you for the opportunity to assist the court, Mr. Xirau, and yourself in this important matter.

Sincerely,



Trevor C. Davis, CDCA  
Certificate # 150427  
cc: Christopher A. Xirau

**Prohibition Against Re-Disclosure:** This information has been disclosed to you from records protected by Federal Confidentiality rules. The Federal rules prohibit you from making any further disclosure of this information unless further disclosure is expressly permitted by the written consent of the person to whom it pertains or as otherwise permitted by 42 C.F.R Part 2. A general authorization for the release of medical or other information is not sufficient for this purpose. The Federal rules restrict any use of information to criminally investigate or prosecute any alcohol or drug abuse client. Drug abuse patient records are also protected under the Health Insurance Portability and Accountability Act of 1996 ("HIPAA"), 45 C.R.R parts 160 & 165. (These conditions apply to every page disclosed and a copy of this authorization will accompany every disclosure.)

**Diagnostic Conclusions / Limitations:** Directions Counseling Group provides Clinical Alcohol and Drug Assessments based on objective and standardized screenings and interviewing methods as well as self-reported information. Clinical conclusions are made to the best of the professional's ability with data on hand at the time of the assessment. Expanded assessments which involve additional background research, collateral information, and third party verification can be provided as an additional service upon request.