

September 22, 2016

Randy Barrett  
316 Richmond Beach Rd, Apt 9  
Shoreline, WA 98177

**Re: Clinical Alcohol Assessment for Randy A. Barrett (DOB – 08/27/1970)**

Mr. Barrett:

The following provides a summary of my findings for the alcohol assessment I conducted for you in reference to your assault charge in King county. In addition to our 45-minute clinical interview conducted via telephone, your clinical interview included the administration of:

- A Michigan Alcohol Screening Test (MAST)
- An Alcohol Use Disorder Identification Test (AUDIT)
- A general anxiety/depression screening

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

**MAST:** score = 0 / *NEGATIVE SCREEN*; no direct or indirect indication of problem alcohol use (screen relative to lifetime use of alcohol)

**AUDIT:** score = 1 / *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)

**Alcohol 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 – NA
- ☐ exposure to trauma – NA
- ☐ family history – none reported
- ☐ contraindicated prescription use – NA
- ☐ other substance use – past tobacco use
- ☐ regular use of liquor – less than monthly
- ☐ voluntary treatment history – NA
- ☐ severity of incident – no use of alcohol at the time of assault charge (self-report)
- ☐ legal history – no previous legal history

Summary - 0 of 12 concerns

**Clinical Interview/Summary:** Your written screenings provided no indication of an alcohol use disorder at any level (mild, moderate or severe). You reported your normal use of alcohol as 1-2 beers/glasses of wine on 3-4 occasions in the last 12 months. You denied experiencing any changes to these drinking habits in times of celebration and reported these patterns have been consistent since your early 20's (college).

The alcohol use habits you reported do not meet criteria for any DSM-5 alcohol use disorder symptoms and are within what the NIAAA considers to be "low-risk" drinking for men. Accordingly, there are no treatment recommendation that would be clinically appropriate for you to complete with regard to your current use of alcohol.

**DSM-5 Alcohol 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:** None warranted at this time.

If an outside party has further information about your use of alcohol OR would like to consult me further about the details of your evaluation, I would be happy to do so provided I have your written consent. You may contact myself or our general office to make arrangements for this if necessary.

Let me know if you have questions about the details of this report; thank you for the opportunity to assist.

Sincerely,



Trevor C. Davis, CDCA

Cert.# 150427

Reviewed by Ryan Smith, MSW, LISW-S, LICDC, SAP

SW Lic. #I.1000155-S; #101182

cc: Randy A. Barrett

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**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.