

November 1, 2016

James K. Hunter, Attorney
Robert Bracco & Associates
1170 Old Henderson Road, Suite 109
Columbus, Ohio 43220-3655

Re: Clinical Alcohol Assessment for Kyle T. Youngquist (DOB – 03/16/1986)

Dear Mr. Hunter:

I performed a Clinical Alcohol Assessment for Mr. Youngquist in reference to his August 2016 OVI charge in Franklin County. This assessment included a 70-minute (long!) clinical interview by telephone, and 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 the screening results, my diagnostic opinion, and professional recommendations:

MAST: score = 5 / *POSITIVE SCREEN*; indicative of an alcohol use disorder, mitigate concern with treatment recommendations (screen relative to lifetime use of alcohol)

AUDIT: score = 7 / *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)

Clinical Interview/Summary: Mr. Youngquist's written screenings provided sufficient signs and symptoms to suggest the existence of a mild to moderate alcohol use disorder. He was open in the clinical interview and shared information indicating 3 problem alcohol use symptoms (see below). While Mr. Youngquist does not have a history of daily alcohol use or withdrawal symptoms, he does appear to have a historical drinking pattern that exceeds what the NIAAA considers to be "low-risk" for men.

Mr. Youngquist also described current life transitions and symptoms of depression that have been causing him considerable amounts of distress. It would seem that with the support network he currently has, he is stable enough to seek care at an outpatient level; however, additional support or more intensive treatment may be necessary upon further evaluation.

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

DSM-5 DIAGNOSIS in Reference to Substances: F10.10 Mild Alcohol Use Disorder

Treatment Recommendations:

- 1) Extended Outpatient Counseling – 15-18 outpatient sessions (start at weekly basis) with a professional substance abuse and mental health counselor; follow-up counselor to update recommendations at session 15 or discharge with relapse prevention and recovery plan;
- 2) If another negative consequence is incurred as a result of any alcohol use it is likely that an increased level of treatment will be recommended (e.g. IOP, Inpatient, residential treatment, etc.);
- 3) If unable to reduce and maintain a lower level of alcohol use, advise Mr. Youngquist to consult with outpatient counselor to enlist additional treatment and support options.

If you or the court possess additional information about Mr. Youngquist's use of alcohol 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. Youngquist, and yourself in this important matter.

Sincerely,



Trevor C. Davis, CDCA
Certificate # 150427

Reviewed by Brian T. Davis, LISW-S, SAP LIC# I-7948
cc: Kyle T. Youngquist

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Diagnostic Conclusions / Limitations: Directions Counseling Group provides Clinical Alcohol 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.