

March 20, 2015

Virginia Alcohol Safety Action Program
410 Water Street East
Charlottesville, VA 22902

Re: Clinical Alcohol Assessment for Cynthia Van Der Kooi

Dear Court Representative:

I performed a Clinical Alcohol Assessment for Ms. Van Der Kooi in reference to her DUI charge in July of 2014 in Prince William County. This assessment included the administration of: a Michigan Alcohol Screening Test (MAST), an Alcohol Use Disorder Identification Test (AUDIT), an anxiety/depression screening, and a clinical interview by telephone. The following items provide a summary of the screening results, my diagnostic opinion and professional recommendations:

MAST: POSITIVE SCREEN; some indication of overuse of alcohol in the last 10+ years

AUDIT: score = 4 / **NEGATIVE SCREEN;** scores above 8 indicate hazardous use, above 13 indicates moderate to severe disorder present

DSM/Other Substance Related Concerns: clinical interview revealed 3 of 11 DSM 5 alcohol related symptoms present; tolerance, use despite recurrent social/interpersonal problems, physically hazardous use

Anxiety/Depression Screening: no clinically significant concerns reported

Substance Related Legal History Reported: acknowledges DUI in 2010

Clinical Interview/Summary: Ms. Van Der Kooi's written screenings provided conflicting results with the MAST screen being positive and the AUDIT screen being negative. Although Ms. Van Der Kooi stated that she no longer drinks alcohol, the clinical interview revealed that although she does at times engage in periods of *abstinence*, she has had several instances where she continues to engage in *overuse*. Ms. Van Der Kooi's overuse of alcohol tends to be in times of personal duress. Her DSM 5 symptoms are indicative of a mild alcohol use disorder however; this should be further assessed with a substance abuse professional to aid in further diagnostic considerations as well prevention planning purposes. In addition, I believe professional interventions would prove beneficial to Ms. Van Der Kooi to assist her in the development of some needed coping skills of emotional regulation and distress tolerance. This should help her to avoid resorting in overuse of alcohol during times of personal stress. My clinical opinion is that this will lower the likelihood of any impaired driving charges going forward.

DSM 5 DIAGNOSIS in reference to substances: Rule out: 305.00 Mild alcohol use disorder

Treatment Recommendations:

- 1) Counseling, recommend 7-8 outpatient sessions with a professional substance abuse counselor; update recommendations at session five;
- 2) Abstinence, recommend abstaining from all alcohol use for 6 months minimum. Any consideration of resuming alcohol use should be done only in consultation with a physician and substance abuse professional;
- 3) Victim Impact Panel Attendance, Ms. Van Der Kooi will provide proof of successful completion to the court;
- 4) If another negative consequence is incurred as a result of any alcohol use it is recommended Ms. Van Der Kooi seek further evaluation and follow all treatment recommendations.

Thank you for the opportunity to assist the court, Ms. Van Der Kooi and yourself in this important matter.

Sincerely,



Anita McLeod, LCSW, SAP
Cc: Cynthia Van Der Kooi

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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.