

September 15, 2016

Daniel A. Mowrey, Atty.  
2801 N. Third Street St.  
St. Augustine, FL 32084

**Re: Clinical Alcohol and Drug Assessment for Elaine B. Schmidt (DOB – 10/29/1969)**

Dear Mr. Mowrey:

I performed a Clinical Alcohol and Drug Assessment for Elaine Schmidt in reference to her Domestic Violence charge in St. John's County. This assessment included a 60-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 = 0 / *NEGATIVE SCREEN*; no direct or indirect indication of problem alcohol use, mitigate concerns with clinical recommendations (screen relative to lifetime use of alcohol)

**DAST-10:** score = 1 / *NEGATIVE SCREEN*; point incurred for drug use outside of medical context and/or supervision

**Alcohol & Substance Use Risk Factors:**

- ☐ negative peer influence/at-risk work environment – NA
- ☐ current stress (relational, work, financial, etc.) – none reported
- ☐ physical health concerns – NA
- ☒ anxiety/depression/mental health – ADHD and history of anxiety, appropriately managed through care of psychiatrist, monitored through ongoing counseling sessions
- ☒ history of trauma – history of abuse in significant relationships
- ☐ family history – none reported
- ☐ other substance use – NA
- ☐ regular use of liquor – NA
- ☐ severity of incident – reported alcohol consumption within her normal use, denies being primary aggressor
- ☐ prior treatment history – NA
- ☐ legal history – denies previous history

Summary - 2 of 11 concerns, no concerns to be mitigated through treatment recommendations

**Clinical Interview/Summary:** Ms. Schmidt's written screenings provided no indication of an alcohol use disorder at any level (mild, moderate or severe). She reported her normal use of alcohol before this charge as 1-2 glasses of wine on 2-3 occasions per week. She also acknowledged use of up to 3 glasses of wine on special occasions (holidays, birthdays, etc.)

Ms. Schmidt and I discussed her domestic violence charge and general use of alcohol at length. I did not find her meeting enough DSM-5 alcohol use disorder criteria for an alcohol use disorder and her drinking habits are within the NIAAA recommendations for women's low-risk drinking.

**NON-PRESCRIPTION DRUG** – Ms. Schmidt acknowledged minimal experimentation with marijuana over 25 years ago. She denied experimentation or use of all other non-prescription substance use categories including: stimulants, hallucinogens, inhalants, opiates, etc. I found no part of Ms. Schmidt's report about non-prescription drug use suspect of minimization or deception.

**PRESCRIPTION DRUGS COMMONLY MISUSED/ABUSED** – Ms. Schmidt denied recreational or contraindicated use of all prescription medications which are prone to abuse including: stimulant/ADD medications, narcotic painkiller medications, benzodiazepines and sleeping medications. The interview did not reveal discrepancy with her written screenings, nor did she show signs of hesitation or verbal signs of minimization suggesting problem use of prescription medications. She reports taking all of her prescription medications as prescribed by her psychiatrist.

**SUMMARY** – Because of Ms. Schmidt's engagement in weekly outpatient counseling, she has fulfilled any recommendations I would have made for her in effort to be clinically prudent or to rule out a potential disorder. Between her on ongoing counseling and psychiatric care, I feel she has the support system she needs to be at low risk for further problem alcohol use.

**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 - 1 of 11 symptoms, 2 symptoms necessary for a mild alcohol use disorder diagnosis

**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 no further recommendations for Ms. Schmidt at this time.

If you or the court possess additional information about Ms. Schmidt'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, Ms. Schmidt, and yourself in this important matter.

Sincerely,



Trevor C. Davis, CDCA

Cert.# 150427

Reviewed by Brian T. Davis, LISW-S, SAP LIC# I-7948

cc: Elaine B. Schmidt

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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.