

April 14, 2015

Joe Shaffer, Attorney
343 West Main Street
Clarksburg, WV 26301

Re: Clinical Alcohol and Drug Assessment for Thomas Johnston

Dear Mr. Shaffer:

I performed a Clinical Alcohol and drug Assessment for Mr. Johnston in reference to his DUI charge in April of 2015 in Harrison County. This assessment included the administration of: a Michigan Alcohol Screening Test (MAST), a Drug Abuse Screening Test (DAST), an Alcohol Use Disorder Identification Test (AUDIT), an anxiety/depression screening, and a 50 minute clinical interview by telephone. The following items provide a summary of the screening results, my diagnostic opinion and professional recommendations:

Substance(s) of Concern: screened for all illicit substances; *alcohol primary*
MAST: *POSITIVE SCREEN*; clinical interview revealed some misuse of alcohol over the past 10+ years

DAST: score = 3 / *NEGATIVE SCREEN*; no direct or indirect indication of illicit substance use

AUDIT: score = 6 / *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 social problems/interpersonal problems, physically hazardous use

Anxiety/Depression Screening: no clinically significant concerns reported

Substance Related Legal History Reported: acknowledges previous DUI charge in 2012

Clinical Interview/Summary: Mr. Johnston's written screenings provided conflicting results with a *positive* MAST result and *negative* AUDIT. However, he does meet criteria for 3 of 11 DSM 5 alcohol related symptoms which is consistent with a mild alcohol use disorder. Mr. Johnston reported his normal use of alcohol as 8-10 drinks on 1 or less occasions per week. He also acknowledged use of 8-10 drinks on special occasions (weddings, birthdays, etc.) or about 4 occasions per year. Mr. Johnston and I discussed both of his DUI incident's at length as well as his general use of alcohol whether at home or socially. My clinical opinion is that Mr. Johnston would benefit from some sessions with a substance abuse counselor to help him gain insight into his drinking behaviors that may be driven by the demands of his stressful job, as well as to learn some alternative coping skills to avoid impaired driving in the future. I also believe some further assessment around early signs of alcohol tolerance and the provision of prevention planning would be beneficial. In addition, I am recommending attendance at

a victim impact panel, an alcohol education class and abstinence until he is further assessed.

DSM 5 DIAGNOSIS in reference to substances: 305.00 (mild alcohol use disorder)

Treatment Recommendations:

- 1) Attend a local MADD Victim Impact Panel;
- 2) Preventative Education, recommend successful completion of a 16 hour alcohol education class;
- 3) Counseling, recommend 5-8 outpatient sessions with a professional substance abuse counselor; update recommendations at session six;
- 4) Abstinence, recommend abstaining from all alcohol use until further assessed by substance abuse counselor;
- 5) If another negative consequence is incurred as a result of any alcohol use it is recommended Mr. Johnston seek further evaluation and follow all treatment recommendations.

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

Sincerely,



Anita McLeod, LCSW, SAP
cc: Thomas Johnston

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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.