

November 11, 2016

Kimberly Diego, Attorney  
Law Office of Kimberly Diego  
899 Logan St. Ste. 103  
Denver, CO 80203

**Re: Clinical Alcohol Assessment for Carolyn Owens (DOB – 08/03/1967)**

Dear Ms. Diego:

I performed a Clinical Alcohol Assessment for Ms. Owens in reference to her August harassment charge in Clear Creek County. This assessment included a 65-minute 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 concerns with clinical recommendations (screen relative to lifetime use of alcohol)

**AUDIT:** score = 2 / *NEGATIVE SCREEN*; scores of 8 or more indicate potential *hazardous use*, whereas scores of 13 or more in women indicate a *moderate to severe* disorder may be present (screen predominantly relative to current use of alcohol)

**Present Alcohol-Use Status:** Ms. Owens reports having abstained from alcohol since her charge in August without relapse or desire/craving to consume alcohol

**Clinical Interview/Summary:** Ms. Owens's written screenings provided a strong basis for of an alcohol use disorder at some level. She was open in the clinical interview and shared information indicating 5 problem alcohol use symptoms (see below). While Ms. Owens does not have a history of daily alcohol use, she appears to have had difficulty drinking within NIAAA recommendations for women's low-risk drinking. It would seem that she is highly motivated at this time to maintain her sobriety and can be considered to be at low risk for relapse at this time. In an effort to ensure that she has access to the

support needed for a strong recovery, I have provided treatment recommendations for her in the remainder of this report.

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

**DSM-5 DIAGNOSIS in Reference to Substances:** F10.20 Moderate Alcohol Use Disorder – Early Remission


**Treatment Recommendations:**

- 1) 6 Weeks of Prevention Planning – with a substance abuse professional, frequency of 1 session per week;
- 2) If unable to maintain abstinence – Ms. Owens to consult with mental health and/or substance abuse professionals regarding additional treatment and support options (Intensive Outpatient Program, 12 step meeting attendance, etc.).

If you or the court possess additional information about Ms. Owens'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, Ms. Owens, 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: Carolyn M. Owens

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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.