

June 6, 2015

Earl Desmond, Attorney
7 West High Street
Mt. Gilead, OH 43338

Re: Clinical Alcohol Assessment for Joseph Contrenchis

Dear Mr. Desmond:

I performed a Clinical Alcohol Assessment for Mr. Contrenchis in reference to *reckless operation* charge in Morrow County. This assessment included the administration of:

- Michigan Alcohol Screening Test (MAST)
- Alcohol Use Disorder Identification Test (AUDIT)
- General anxiety/depression screening
- Clinical interview by telephone

The following items provide a summary of the screening results, my diagnostic opinion and professional recommendations:

MAST: score = 11 / *POSITIVE SCREEN*; screening revealed some misuse of alcohol over the past year (screening appeared valid)

AUDIT: score = 11 / *POSITIVE SCREEN*; scores above 8 indicate hazardous use, above 13 indicates moderate to severe disorder present (respondent appeared to provide forthright responses to questions)

DSM/Other Substance Related Concerns: clinical interview revealed 3 of 11 DSM 5 alcohol related symptoms found.

Anxiety/Depression Screening: no clinically significant concerns reported

Substance Related Legal History Reported: acknowledges prior disturbing the peace charge in 1999

Clinical Interview/Summary: Mr. Contrenchis' written screenings provided indications of a history of problematic or hazardous alcohol use. He reported his normal use of alcohol as 3-4 drinks on 2-3 occasions per week with 6-12 drinks on weekends. He also acknowledged use of 6-8 drinks on special occasions (weddings, birthdays, etc.) on about 5-6 occasions per year. Mr. Contrenchis and I discussed his OVI incident and general use of alcohol at length. He was non-defensive in demeanor and I found no discrepancies in written or verbal form. I expressed to Mr. Contrenchis that I do have some concern over his admission of increasing his drinking behaviors when at home in recent months in an attempt to alleviate stress as well as his use of 6-12 drinks

regardless of frequency. In addition, he is regularly taking prescription medications which could pose health risks when using alcohol. Mr. Contrenchis and I had a thoughtful discussion around this behavior being problematic should it continue in the future. He was honest and forthcoming stating that his wife has also been concerned about the increase in his drinking behaviors. Accordingly, my clinical opinion is that some sessions with a substance abuse counselor as well as an alcohol education class, will help him to obtain some distress tolerance and emotional regulation skills to not only lower his weekend alcohol use and decrease his risk of any future negative incidents related to alcohol.

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

Treatment Recommendations:

- 1) Counseling, recommend 3-4 outpatient sessions with a professional substance abuse counselor, update recommendations at session three or four – discharge or continue treatment as appropriate
- 2) Education, recommend 9 hrs. of Ohio Health's Drug/Alcohol Awareness Series. (contact 614-566-3700)
- 3) If unable to reduce and maintain a lower level of alcohol use, advise Mr. Contrenchis to consult with mental health and/or substance abuse professionals regarding additional treatment and support (temporary abstinence period, Intensive Outpatient Program, 12 step meeting attendance, etc.)
- 4) Physician consult, recommend visit to primary care physician regarding regular use of alcohol while taking prescription medications;
- 5) If another negative consequence is incurred as a result of any alcohol use it is recommended Mr. Contrenchis seek further evaluation and follow all treatment recommendations.

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

Sincerely,



Anita McLeod, LCSW, SAP
cc: Joseph Contrenchis

Prohibition Against Re-Disclosure: This information has been disclosed to you from records protected by Federal Confidentiality rules. The Federal rules prohibit you from making any further disclosure of this information unless further disclosure is expressly permitted by the written consent of the person to whom it pertains or as otherwise

permitted by 42 C.F.R Part 2. A general authorization for the release of medical or other information is not sufficient for this purpose. The Federal rules restrict any use of information to criminally investigate or prosecute any alcohol or drug abuse client. Drug abuse patient records are also protected under the Health Insurance Portability and Accountability Act of 1996 ("HIPAA"), 45 C.R.R parts 160 & 165. (These conditions apply to every page disclosed and a copy of this authorization will accompany every disclosure.)

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.