

October 2, 2015

Linda Iannelli, Attorney
Iannelli & Associates, APC
5160 Birch Street, Suite 210
Newport Beach, CA 92660

Re: Clinical Alcohol Assessment for Andrew Garza

Dear Ms. Iannelli:

I performed a Clinical Alcohol Assessment for Mr. Garza in reference to his DUI charge in Los Angeles County in March of 2015. This assessment included the administration of:

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

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

MAST: score = 22 / *POSITIVE SCREEN*; some direct indication of problem alcohol use (screening appeared valid)

AUDIT: score = 18 / *POSITIVE SCREEN*; scores of 8 or more indicate hazardous use, of 13 or more (women), 15 or more (men) indicates moderate to severe disorder present (respondent appeared to provide forthright responses to questions)

DSM/Other Substance Related Concerns: clinical interview revealed 6 of 11 DSM 5 alcohol related symptoms found.

Anxiety/Depression Screening: screening revealed significant level of depressive and anxiety related symptomology. No mental health crisis present, however further assessment and treatment is recommended.

Substance Related Legal History Reported: denies any previous history of alcohol or substance related arrests/legal charges

Clinical Interview/Summary:

Mr. Garza's written screenings provided indication of a moderate to severe alcohol use disorder. He reported his normal use of alcohol as 6-10 drinks on 4-6 occasions per week. He also acknowledged use of 8-10 drinks on 4-6 special occasions (weddings, birthdays, etc.) per year.

Mr. Garza and I discussed his DUI incident, contributing factors and general use of alcohol at length. He acknowledged that on the evening of his charges he had consumed at least 7-10 drinks. Mr. Garza seems to have gained some valuable insight that he has a drinking problem and I found him to be forthright about this during his clinical interview. Because of his current and ongoing use, meeting criteria for an alcohol use disorder, family history of alcohol abuse, ongoing stressors and mental health symptoms, I recommend he enroll in an IOP (Intensive Outpatient Treatment) program, receive some counseling services and gain community support through AA or another 12 Step recovery group of his choosing. This should help Mr. Garza address all of the contributing factors to his present condition as well as decrease his likelihood of alcohol related incidents going forward.

DSM 5 DIAGNOSIS in reference to substances: 303.90 (moderate to severe alcohol use disorder)

Treatment Recommendations:

- 1) Complete an Intensive Outpatient Program, with long-term abstinence goal in view;
- 2) Counseling, recommend 10-12 outpatient sessions with a professional substance abuse and mental health counselor; update recommendations and treatment plan at session ten;
- 3) Community Support Group, recommend community support such as AA, consider obtaining a sponsor/discuss with professional counselor;
- 4) Abstinence, recommend abstaining from all alcohol use permanently.

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

Sincerely,



Anita McLeod, LCSW, SAP
cc: Andrew Garza

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.