

June 20, 2016

Driver Record Services  
NDDOT  
608 E Boulevard Ave  
Bismarck ND 58505

**Re: Clinical Alcohol Assessment for Garret Zoubek (DOB – 11/02/1992)**

To whom it may concern:

I performed a Clinical Alcohol Assessment for Mr. Zoubek in reference to his June 2015 DUI charge in Cass County, North Dakota. This assessment included a 40-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 = 3 / *NEGATIVE SCREEN*; no direct or indirect indication of problem alcohol use, mitigate concerns with clinical recommendations (screening was relative to lifetime use of alcohol)

**AUDIT:** score = 4 / *NEGATIVE SCREEN*; scores of 8 or more indicate potential *hazardous use*, whereas scores of 15 or more in men indicate a *moderate to severe* disorder may be present (screening was relative to current use of alcohol)

**Alcohol Use Risk Factors:**

- ☐ legal history – denies previous history
- ☒ severity of incident – use of alcohol resulted in car accident (.11 BAC)
- ☐ anxiety/depression/mental health – NA
- ☐ general health issues – NA
- ☐ exposure to trauma – NA; minor football-related concussion in 9th grade
- ☐ use of liquor – NA
- ☐ other substance use – NA
- ☐ contraindicated prescription use – NA

- ☐ family history – none reported
- ☐ prior treatment history – NA
- ☐ negative peer influence – NA
- ☐ at-risk work environment – NA
- ☐ current stress (relational, work, etc.) – NA; self-rated “2 or 3” on a scale of 1-10

Summary - 1 of 13 concerns, no concern to be mitigated through further intervention

**Clinical Interview/Summary:** Mr. Zoubek’s written screenings provided no indication of an alcohol use disorder at any level (mild, moderate or severe). He reported his normal use of alcohol before this charge as 4-6 light beers on 1-2 occasions per week. He did however acknowledge further use of alcohol on holidays or in times of special occasion, on average of 6 or 7 times in a year. In these instances, he acknowledged he could consume as many as 14 beers over a 6-8-hour period.

Mr. Zoubek and I discussed his DUI incident and general use of alcohol at length. Since his incident, he reports that he has “cut-back” his drinking and has attended a victim impact panel. He was expressive of the very positive experience he had and he could articulate helpful information he learned. He has also adopted a personal zero-tolerance stance toward drinking and driving. While I did not find him meeting DSM-5 alcohol use disorder criteria, I am providing him with treatment recommendations in an effort to curb the excessive use on 6-7 occasions per year. While I commend him for the responsible changes he has already made, his drinking habits are outside of what is recommended by the NIAAA for “low-risk” alcohol use. His follow-up care will be focused on helping him develop the understanding and habits necessary to drink in moderation in situations where he chooses to use alcohol.

**DSM-5 DIAGNOSIS in Reference to Substances:** Z03.89 (suspected substance use condition not found)

**Treatment Recommendation:**

- 1) Outpatient Counseling – 4-6 outpatient sessions with a professional substance abuse counselor; update recommendations at session 4 or discharge as appropriate;
- 2) If Mr. Zoubek incurs additional negative consequences (legal or personal) from use of alcohol I recommend that he obtain further assessment and follow all updated treatment recommendations.

If you possess additional information about Mr. Zoubek'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, Mr. Zoubek, 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: Garret Zoubek

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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.