

March 31, 2015

Delaware County Court
70 North Union Street
Delaware, OH 43015

Re: Clinical Alcohol Assessment for Amy O'Brien

Dear Court Representative:

I performed a Clinical Alcohol Assessment for Ms. O'Brien in reference to her *domestic violence* charge in Delaware County on January 1, 2015. This assessment included the administration of: a Michigan Alcohol Screening Test (MAST), an Alcohol Use Disorder Identification Test (AUDIT), an anxiety/depression screening, and a clinical interview by telephone. The following items provide a summary of the screening results, my diagnostic opinion and professional recommendations:

MAST: NEGATIVE SCREEN; no direct or indirect indication of problem alcohol use

AUDIT: score = 3 / **NEGATIVE SCREEN;** scores above 8 indicate hazardous use, above 13 indicates moderate to severe disorder present

DSM/Other Substance Related Concerns: clinical interview revealed 0 of 11 DSM 5 substance related symptoms present

Anxiety/Depression Screening: no clinically significant concerns reported

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

Clinical Interview/Summary: Ms. O'Brien's written screenings provided no indication of an alcohol use disorder at any level (mild, moderate or severe). She reported her normal use of alcohol as 2-3 drinks one time per month or less. She also acknowledged use of 3-5 drinks on special occasions (weddings, birthdays, etc.) or about 6 times per year. Ms. O'Brien and I discussed the *domestic violence* incident and her general use of alcohol at length but I was unable to find the incident or her overall history and presentation indicative of someone experiencing DSM 5 alcohol use disorder symptoms. My clinical opinion is that although alcohol use may have played a part in the events which occurred on January 1, 2015; ongoing family stressors were a larger factor in her subsequent charges. Although I *do not* feel counseling needs to be mandated in this situation, my clinical opinion is that Ms. O'Brien would benefit from a few sessions with a professional counselor to learn ways of coping with these family difficulties as well as make strategic plans to avoid problems of a similar nature going forward.

DSM 5 DIAGNOSIS in reference to substances: V71.09 (none found)

Treatment Recommendations:

- 1) Counseling, recommend 2-3 outpatient sessions with a professional counselor for both coping and behavioral strategies regarding ongoing family stressors;
- 2) If another negative consequence is incurred as a result of any alcohol use it is recommended Ms. O'Brien seek further evaluation and follow all treatment recommendations.

Thank you for the opportunity to assist the court, Ms. O'Brien and yourself in this important matter.

Sincerely,



Anita McLeod, LCSW, SAP
cc: Amy O'Brien

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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.