

November 17, 2016

Nicole Hendricks, PO
St. Louis County Probation Office
1918 N Arlington Ave
Duluth, MN 55811

Re: Clinical Alcohol Assessment for Sean P.K. Ludlow (DOB – 10/04/1975)

Dear Ms. Hendricks:

I performed a Clinical Alcohol Assessment for Mr. Ludlow in reference to his October DWI charge in St. Louis County. This assessment included an 80-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 = 4 / *LOW-LEVEL POSITIVE*; indirect indication of a present alcohol use disorder, mitigate concerns with clinical recommendations (screen relative to lifetime use of alcohol)

AUDIT: score = 6 / *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 (screen predominantly relative to current use of alcohol)

Clinical Interview/Summary: Mr. Ludlow's written screenings provided some basis for a present alcohol use disorder. We discussed his general use of alcohol and he shared information which revealed 2 problem alcohol use symptoms (see below). While Mr. Ludlow does not have a history of daily alcohol use, he does appear to have some history of problem alcohol use. While his normal use of alcohol appears to be within NIAAA "low-risk" standards for men, there were a number of concerns I had with regard to his use of alcohol (use in spite of: family history, anxiety/depression symptoms, moderate stress). I have provided treatment recommendations in an effort to discourage future problem alcohol use and give Mr. Ludlow opportunity to further reflect upon,

evaluate his use of alcohol. His counseling should help him explore abstinence OR focus upon prevention planning and responsible use of alcohol.

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

DSM-5 DIAGNOSIS in Reference to Substances: F10.10 Mild Alcohol Use Disorder

Treatment Recommendations:

- 1) Outpatient Counseling – 5-8 outpatient sessions with a professional substance abuse counselor; follow-up counselor to update recommendations and discharge as appropriate;
- 2) Attend a local Victim Impact Panel – MADD or other comparable in-person panel, see <http://www.madd.org/local-offices/> for locations and available times;
- 3) If another negative consequence is incurred as a result of any alcohol use it is likely that an increased level of treatment will be recommended (e.g. extended outpatient counseling, IOP, residential treatment, etc.)

If you or the court possess additional information about Mr. Ludlow'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. Ludlow, and yourself in this important matter.

Sincerely,



Trevor C. Davis, CDCA
Certificate # 150427
cc: Sean P.K. Ludlow

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.