

March 31, 2015

Davidson County Courthouse  
110 West Center Street  
Lexington, NC 27292

**Re: Clinical Alcohol and Drug Assessment for Stephanie Nadeau**

Dear Court Representative:

I performed a Clinical Alcohol and Drug Assessment for Ms. Nadeau in reference to her *drug possession* charge in Davidson County in November of 2014. This assessment included the administration of: a Michigan Alcohol Screening Test (MAST), a Drug Abuse Screening Test (DAST), 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:

**Substance(s) of Concern:** screened for all illicit substances; marijuana primary

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

**DAST:** screening indicates some use of marijuana over the past 10+ years

**AUDIT:** score = 0 / *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 found

**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. Nadeau's written screenings provided no indication of an alcohol use disorder at any level (mild, moderate or severe). She states that she does not drink alcohol and has no history of use or misuse. Ms. Nadeau and I discussed the *drug possession* charge and her general use of marijuana at length. I found her to be forthcoming, and the interview did not reveal any inconsistencies or discrepancies in written or verbal form. Although Ms. Nadeau does admit to regular marijuana use, she does not meet criteria for marijuana dependence. Ms. Nadeau indicated that she feels marijuana helps her to sleep better and relieve stress. My clinical opinion is that she would be better served learning coping skills to aid her in tolerating the ongoing stressors related to her demanding career through obtaining some professional counseling services. In addition, I believe that her seeking medical attention regarding her sleeping problems would be an advantageous alternative to her marijuana use. Although I do not feel that these recommendations should be mandated, they are highly recommended for her to avoid any legal problems of a similar nature going forward.

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

### **Treatment Recommendations:**

- 1) Counseling, recommend 5-8 outpatient sessions with a professional counselor to learn coping skills related to ongoing professional stressors;
- 2) Physician consult, inform primary care doctor of sleep related problems for alternatives to marijuana use;
- 3) If another negative consequence is incurred as a result of any marijuana use it is recommended Ms. Nadeau seek further evaluation and follow all treatment recommendations.

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

Sincerely,



Anita McLeod, LCSW, SAP  
cc: Stephanie Nadeau

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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.