

July 25, 2014

Darren Day, Attorney
Day Law Firm
209 S. Evans St., Suite A
Greenville, NC 27858

Re: Clinical Alcohol Assessment for Heather Williams

Dear Mr. Day:

I performed a Clinical Alcohol Assessment for Ms. Williams in reference to her pending OVI charge. 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 50 minute face-to-face videoconferenced clinical interview. The following are my findings and recommendations:

MAST: score =10; indicative of past problem alcohol use, clarify time frame in clinical interview

AUDIT: score = 13; scores above 13 indicate moderate to severe disorder at some point during the time period being measured

Anxiety/Depression Screening: no clinically significant concerns reported

Substance Related Legal History Reported: reported a July 2013 DUI in which she says that her brother was driving the vehicle and he will be testifying in court that this was the case

Clinical Interview/Summary: Ms. Williams's screenings provided clear indication of an alcohol use disorder history but it was also evident that she has made significant changes with regard to alcohol use (decreased consumption) and overall lifestyle improvements. She reported numerous symptoms in a straightforward manner during our interview that substantiated a DSM 5 moderate alcohol use disorder, however with a diagnostic status of "early partial remission".

Ms. Williams reported currently using alcohol moderately (1-2 drinks /2-4 times a month) and without DSM 5 signs and symptoms of an alcohol use disorder. Ms. Williams reported that (2/2014) she intentionally moved away (3 hours drive) from negative social/familial influences in order to reduce her drinking. She currently lives with a cousin who does not use alcohol, is working 20-30 hours per week and planning to resume her nursing education after fulfilling her responsibilities and paying her bills relative to her DUI charges.

Ms. Williams and I discussed the risk factors involved in choice to moderately use alcohol. I recommended that she engage a therapist with a substance abuse credential for preventative purposes – encouraging her to use therapy to discuss obstacles to her

life goals and monitor her alcohol use. Ms. Williams was very amenable to this recommendation.

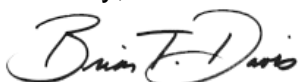
DSM 5 DIAGNOSIS in reference to substances: 303.90 moderate alcohol use disorder (early full remission)

Treatment Recommendations:

- 1) Preventative Counseling, recommend 5-10 sessions with a professional substance abuse counselor; recommend discussion of the following risk factors: influence of older brother, past use of liquor, social influences/ situations where alcohol is consumed, family history risks;
- 2) Obtain updated treatment recommendations at session 5, consider use of infrequent but consistent sessions to monitor progress over a longer period (6-12 months) to help assure long term success and maintenance of treatment gains;
- 3) If another negative consequence is incurred as a result of any alcohol use it is likely that a more intensive form of treatment will be recommended (e.g. Intensive Outpatient program) and abstinence from alcohol would also be a likely clinical recommendation for an indefinite time period.

Ms. Williams has signed a release to communicate the results of this assessment to you. Feel free to contact me should you have any questions about this assessment.

Sincerely,



Brian Davis, LISW-S, SAP
cc: Heather Williams

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.