

August 27, 2015

Dan Donnelly, Attorney  
211 2<sup>nd</sup>. Street Northwest  
Austin, MN 55912

**Re: Clinical Alcohol Assessment for Zac Martinson**

Dear Mr. Donnelly:

I performed a Clinical Alcohol Assessment for Mr. Martinson in reference to his *domestic violence* charge in Mower County in May of 2015. This assessment included the administration of:

- A Michigan Alcohol Screening Test (MAST)
- An Alcohol Use Disorder Identification Test (AUDIT)
- A General anxiety/depression screening
- 50 minute clinical interview by telephone

The following items provide a summary of the screening results, my diagnostic opinion and professional recommendations:

**MAST:** *POSITIVE SCREEN*; some indication of problem alcohol use in the last 10+ years (screening appeared valid)

**AUDIT:** score = 10 / *POSITIVE SCREEN*; scores of 8 or more indicate hazardous use, of 13 or more (women), 15 or more (men) indicates moderate to severe disorder present (respondent appeared to provide forthright responses to questions)

**DSM/Other Substance Related Concerns:** clinical interview revealed 5 of 11 DSM-5 alcohol related symptoms found

**Anxiety/Depression Screening:** no clinically significant concerns reported

**Substance Related Legal History Reported:** 2005 - Disorderly Conduct;  
2008 – DUI; 2009 - DUI

**Clinical Interview/Summary:** Mr. Martinson's written screenings provided indication of a moderate alcohol use disorder. He reported his normal use of alcohol as 4-7 drinks on 1-2 occasions per week. He also acknowledged use of 5-7 drinks on about 1-2 special occasions per year (weddings, birthdays, etc.). Mr. Martinson and I discussed the *domestic violence* incident and prior alcohol related charges at length. He did indicate that he has Type I Diabetes and feels that a drop in his blood sugar as well as the prescribed narcotic pain medication Hydrocodone for a back injury were the main contributors to the May 2015 incident. (Mr. Martinson states that he is no longer taking

or prescribed Hydrocodone) Although Mr. Martinson stated on his clinical questionnaire that he had abstained from all alcohol since the incident, during the interview he revealed that he had consumed alcohol 1 month prior to this assessment. I do have some concern regarding Mr. Martinson's diabetic condition and any regular use of alcohol since he stated that the domestic violence incident may have been exacerbated by his chronic diabetes. My clinical opinion is that he is at risk of future alcohol related incidents if he does not receive treatment to address his alcohol use disorder as well as ongoing and regular medical care for his Type I Diabetes.

Accordingly, I am recommending that Mr. Martinson be seen by a substance abuse counselor for a minimum of 8-10 sessions. This should be a helpful determinant of the possibility of the higher level of care (intensive outpatient program) that he may need to address the above factors. In addition, I am recommending that he abstain from all alcohol use with any resumption only taking place under the care and approval of both a substance abuse professional and a medical doctor.

**DSM 5 DIAGNOSIS in reference to substances:** 303.90 (moderate alcohol use disorder)

**Treatment Recommendations:**

- 1) Counseling, recommend 8-10 outpatient sessions with a professional substance abuse counselor; update recommendations at session 8 with long term abstinence goal in view (recommend community supports such as AA, consider obtaining a sponsor, etc.);
- 2) Abstinence, recommend abstaining from all alcohol use. Any consideration of resuming alcohol use should be done only in consultation with a treating physician and substance abuse professional;
- 3) Medical care and/or consult, ongoing care with current primary care physician for chronic medical condition or consult as necessary with medical specialist;
- 4) 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. IOP, Inpatient, residential treatment, etc.)

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

Sincerely,



Anita McLeod, LCSW, SAP  
cc: Zac Martinson

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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.