

August 19, 2015

Michael Piper, Attorney  
Dickey and Campbell Law Firm  
301 E Walnut St, Suite 1  
Des Moines, IA 50309

**Re: Clinical Alcohol Assessment for Holly Winingar**

Dear Mr. Piper:

I performed a Clinical Alcohol Assessment for Ms. Winingar in reference to her DUI charge in Warren County. This assessment included the administration of:

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

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

**MAST:** score =1 / *NEGATIVE SCREEN*; no direct or indirect indication of problem alcohol use (screening appeared valid)

**AUDIT:** score = 0 / *NEGATIVE SCREEN*; scores of 8 or more indicate hazardous use, scores 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:** denies subtle indicators of problem alcohol use including pattern of mild hangovers, mild memory loss after use, repeat use to relieve emotional or work stress, previous treatment, conflict with significant others during or shortly after use of alcohol, guilt or regret associated with use

**Present Use Status:** has discontinued use of alcohol as a result of this experience

**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. Winingar'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 prior to this legal charge as 1-2 drinks on infrequent celebratory occasions (3-4 times per year for the last 3 years). She reported that this experience

has made a very strong impression on her noting that drinking 1-2 drinks 2-4 times per year is not worth putting her career and ability to provide for her son at risk. She noted that her livelihood depends on her ability to have a clean driving record and she does not want to jeopardize it in any way going forward. Therefore she has decided to not use alcohol at all going forward.

We spoke at length about the DUI incident as well as her general history of use of alcohol. Her presentation was without contradiction, hesitation or non-verbal clues suggesting she was minimizing or covering problem use of alcohol. In my best clinical judgement I did not gain the impression that Ms. Winingar has ever met criteria for a DSM-5 alcohol use disorder at any level. I shared with her that some preventative education would likely reinforce her recent decision to abstain from alcohol use going forward.

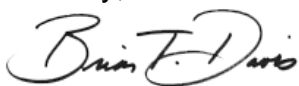
**DSM 5 DIAGNOSIS in reference to substances:** V71.09 (none found)

**Treatment Recommendations:**

- 1) Preventative Alcohol Education, recommend 8 hrs. of alcohol education including a combination of any of the following – local alcohol education class (hospital, treatment center or community facility), AA meetings, MADD Victim Impact Panel (VIP), online alcohol education course;
- 2) If another negative consequence is incurred as a result of any alcohol use it is recommended Ms. Winingar seek further evaluation and follow all treatment recommendations.

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

Sincerely,



Brian T. Davis, LISW-S, SAP  
cc: Holly Winingar

**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.