



Thank you for choosing Calming Waters Counseling to perform your DUI screening, education and/or treatment.

You will need to provide the following items at your first appointment (screening) in order to have compliance reported to the referring court and Motor Vehicle Department(MVD):

- Final Court order (Stipulated Guilty Plea) from the Court indicating your need for service.
- Implied Consent/Admin Per Se from ADOT that was given at the time of your arrest. It was the paper that served as temporary driver's license
- If blood was drawn, these results will be needed
- Motor Vehicle Record (MVR) pulled from the MVD website (www.azmvdnow.gov) or by visiting the local MVD. (The recommendation is that you create your account at the website as this will be useful to you in the future)

If you are uncertain, please bring everything that you have and we can look through it. Be advised that if you do not have everything, your screening will not be able to be completed and will need to be rescheduled when all documents are available. This is the requirements of MVD/ADOT and the Courts.

There are several things that you should know as you begin your services.

- You will be asked to sign 2 releases of information; one for the referring court and one for the MVD. Failure to sign these will result in delaying of reporting to these two agencies of your attendance and compliance.
- Group format is used for the 16 hours of DUI Education and whenever possible for the 20 hours of treatment. There are no exceptions to this rule.
- While attending a self-help group like AA or NA is encouraged and helpful, it does not count towards your DUI charge.

The following pages are as follows and this packet needs to come to the screening with you:

- DUI information sheet
- Fee schedule: Please review and sign
- MAST assessment: Fill out
- DAST assessment: Fill out

Please note that this is NOT for a DUI/MVD/ADOT revocation packet. This office does not perform this service. The DUI Screening, Education and Treatment services performed at this office are for Court requirements and driver's license suspensions.

Feel free to discuss any question that you have during your screening appointment or by calling the office at (928)566-4637.



Driving Under the Influence (DUI) Screening, Education and Treatment

Calming Waters Counseling (CWC) offers DUI screening, education and treatment services a healthy therapeutic environment.

The program is designed to address individuals and community members' need of seeking comprehensive screening and intervention services to develop self regulation skills and to promote a healthy lifestyle.

All individuals referred for DUI services will have diagnostic testing, conducted in accordance with Arizona Revised Statutes. From there, individuals will be referred accordingly to Level II (16 hours) or Level I (an additional 20 hours of therapy), both offered in group settings. The diagnostic tests used by CWC are the Drug Abuse Screening Test (DAST) and the Michigan Alcoholism Screening Test (MAST). If deemed appropriate, the individual may be referred to an appropriate detox center before entering the program.

CWC DUI Curriculum and Education focus will consist of the following:

- Physiological and social effects, risks and consequences of the use of alcohol
- Alcohol consumption and its effect on the brain and decision making process
- Legal consequences of the use of alcohol
- Symptoms of alcohol use disorder and the addiction cycle
- Learning how to identify triggers and establishing a solid relapse and recidivism skills
- Cultivating accountability

What to expect from CWC DUI education and treatment services

All individuals will take a Pre and a Post test which allows them to gauge their own progress. Education and treatment participation will follow strict attendance to maintain the standard of the services provided by CWC.

Court referred individuals will be expected to sign releases of information to the referring agency and may be asked to sign a release of information for the Motor Vehicle Division(MVD) to provide necessary reporting. Individuals will receive copies of all compliance reports submitted

to the referring Court and MVD on a pre-arranged time table. Upon completion of Level I, Level II or both, individuals will receive a completion certificate and final progress report. All compliance letters and completion certificates will be sent to the referring Court as a courtesy; it is the individual's responsibility to ensure the Court received the documents.

All groups are conducted by a state licensed individual.

DUI Education groups, Level I, 16 hours:

DUI education groups are held approximately every six weeks, either over one weekend or over two subsequent Saturdays. The times of these groups will be 8 am to 5 pm with a one hour break for lunch (not provided.) The dates of these groups are to be determined by need and will not exceed 10 participants. *Please see separate fee schedule*

DUI Therapy groups, Level II, 20 additional hours:

DUI Therapy group is an additional 20 hours. Individuals must complete the 16 hours of education before beginning this group. The times and dates of this are to be determined, based on need and will be in a group setting if available. *Please see separate fee schedule. *

Additional helpful information

Screening is a face to face interview that lasts between 30 minutes and 3 hours. It is conducted by a behavioral health professional. During this screening, one standardized test must be issued.

Education is provided in a classroom setting and consists of 16 hours in that setting. It is provided by a behavioral health professional or technician.

Treatment is based upon the information and resulted obtained from the DUI screening or referring Court. Treatment includes the 16 hours of DUI education and at least 20 hours of group counseling provided by a behavioral health professional or technician.

It is important to know that participation in self help group or peer support programs such as Alcoholics Anonymous or Narcotics Anonymous are not considered DUI treatment and DOES NOT count toward the required hours in DUI treatment.

Name: _____



DUI Fee Schedule

DUI Screening and Intake fee: \$100

- Includes compliance letter to the Court
- Includes reporting to the MVD website

DUI Education, 16 hours: \$250

at the time of your screening, if you are required to attend this 16 hour education class, a \$100 deposit will be required and will go towards the cost of the weekend.

- Over 2 weekend days, 8 hours each day
- Group setting
- Includes the required journals
- Upon completion:
 - Certificate
 - Compliance letter to the Court
 - Reporting to the MVD website

DUI Therapy, 20 hours, \$50 per session, \$500 total

- 2 hour blocks of time, weekly
- Group setting, if available
- Includes required journals
- Upon completion
 - Certificate
 - Compliance letter to the Court
 - Reporting to the MVD website

I have reviewed and received a copy of this fee schedule. My questions have been answered to my satisfaction. I understand that fees are unable to be charged to any insurance and will be cash pay. Methods of payment currently accepted are cash, check or money order.

Client: _____ Date: _____

Therapist: _____ Date: _____

Patient Name: _____

Date: _____

The Michigan Alcoholism Screening Test (MAST)

Please circle either Yes or No for each item as it applies to you.

1. Do you feel you are a normal drinker? (By normal we mean you drink less than or as much as most other people.)	Yes	No
2. Have you ever awakened the morning after some drinking the night before and found that you could not remember a part of the evening?	Yes	No
3. Does your wife, husband, a parent, or other near relative ever worry or complain about your drinking?	Yes	No
4. Can you stop drinking without a struggle after one or two drinks?	Yes	No
5. Do you ever feel guilty about your drinking?	Yes	No
6. Do friends or relatives think you are a normal drinker?	Yes	No
7. Are you able to stop drinking when you want to?	Yes	No
8. Have you ever attended a meeting of Alcoholics Anonymous (AA)?	Yes	No
9. Have you gotten into physical fights when drinking?	Yes	No
10. Has your drinking ever created problems between you and your wife, husband, a parent, or other relative?	Yes	No
11. Has your wife, husband (or other family members) ever gone to anyone for help about your drinking?	Yes	No
12. Have you ever lost friends because of drinking?	Yes	No
13. Have you ever gotten into trouble at work or school because of drinking?	Yes	No
14. Have you ever lost a job because of drinking?	Yes	No
15. Have you ever neglected your obligations, your family or your work for two or more days in a row because you were drinking?	Yes	No
16. Do you drink before noon fairly often?	Yes	No
17. Have you ever been told you have liver trouble? Cirrhosis?	Yes	No
18. After heavy drinking have you ever had Delirium Tremens (D.T.s) or severe shaking, or heard voices or seen things that really were not there?	Yes	No
19. Have you ever gone to anyone for help about your drinking?	Yes	No
20. Have you ever been in a hospital because of drinking?	Yes	No
21. Have you ever been a patient in a psychiatric hospital or on a psychiatric ward of a general hospital where drinking was part of the problem that resulted in hospitalization?	Yes	No
22. Have you ever been seen at a psychiatric or mental health clinic, or gone to any doctor, social worker, or clergyman for help with an emotional problem, where drinking was part of the problem?	Yes	No
23. Have you ever been arrested for drunk driving, driving while intoxicated, or driving under the influence of alcoholic beverages? (If YES, how many times? _____)	Yes	No
24. Have you ever been arrested, or taken into custody even for a few hours, because of other drunk behavior? (If YES, how many times? _____)	Yes	No

Substance Abuse Screening Instrument (O4/05)

The Drug Abuse Screening Test (DAST) was developed in 1982 and is still an excellent screening tool. It is a 28-item self-report scale that consists of items that parallel those of the Michigan Alcoholism Screening Test (MAST). The DAST has “exhibited valid psychometric properties” and has been found to be “a sensitive screening instrument for the abuse of drugs other than alcohol.

The Drug Abuse Screening Test (DAST)

Directions: The following questions concern information about your involvement with drugs. Drug abuse refers to (1) the use of prescribed or “over-the-counter” drugs in excess of the directions, and (2) any non-medical use of drugs. Consider the past year (12 months) and carefully read each statement. Then decide whether your answer is YES or NO and check the appropriate space. Please be sure to answer every question.

	YES	NO
1. Have you used drugs other than those required for medical reasons?	___	___
2. Have you abused prescription drugs?	___	___
3. Do you abuse more than one drug at a time?	___	___
4. Can you get through the week without using drugs (other than those required for medical reasons)?	___	___
5. Are you always able to stop using drugs when you want to?	___	___
6. Do you abuse drugs on a continuous basis?	___	___
7. Do you try to limit your drug use to certain situations?	___	___
8. Have you had “blackouts” or “flashbacks” as a result of drug use?	___	___
9. Do you ever feel bad about your drug abuse?	___	___
10. Does your spouse (or parents) ever complain about your involvement with drugs?	___	___
11. Do your friends or relatives know or suspect you abuse drugs?	___	___
12. Has drug abuse ever created problems between you and your spouse?	___	___
13. Has any family member ever sought help for problems related to your drug use?	___	___
14. Have you ever lost friends because of your use of drugs?	___	___
15. Have you ever neglected your family or missed work because of your use of drugs?	___	___
16. Have you ever been in trouble at work because of drug abuse?	___	___
17. Have you ever lost a job because of drug abuse?	___	___
18. Have you gotten into fights when under the influence of drugs?	___	___
19. Have you ever been arrested because of unusual behavior while under the influence of drugs?	___	___
20. Have you ever been arrested for driving while under the influence of drugs?	___	___
21. Have you engaged in illegal activities in order to obtain drug?	___	___
22. Have you ever been arrested for possession of illegal drugs?	___	___
23. Have you ever experienced withdrawal symptoms as a result of heavy drug intake?	___	___
24. Have you had medical problems as a result of your drug use (e.g., memory loss, hepatitis, convulsions, bleeding, etc.)?	___	___
25. Have you ever gone to anyone for help for a drug problem?	___	___
26. Have you ever been in a hospital for medical problems related to your drug use?	___	___
27. Have you ever been involved in a treatment program specifically related to drug use?	___	___
28. Have you been treated as an outpatient for problems related to drug abuse?	___	___

Scoring and interpretation: A score of “1” is given for each YES response, except for items 4,5, and 7, for which a NO response is given a score of “1.” Based on data from a heterogeneous psychiatric patient population, cutoff scores of 6 through 11 are considered to be optimal for screening for substance use disorders. Using a cutoff score of 6 has been found to provide excellent sensitivity for identifying patients with substance use disorders as well as satisfactory specificity (i.e., identification of patients who do not have substance use disorders). Using a cutoff score of <11 somewhat reduces the sensitivity for identifying patients with substance use disorders, but more accurately identifies the patients who do not have a substance use disorders. Over 12 is definitely a substance abuse problem. In a heterogeneous psychiatric patient population, most items have been shown to correlate at least moderately well with the total scale scores. The items that correlate poorly with the total scale scores appear to be items 4,7,16,20, and 22.