



**Impaired
Driving Solutions**

Pump the Brakes

*The impact of transportation barriers on
participant goals and program requirements*

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Disclosure



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Treatment Court Expectations

- Attend court
- Attend treatment
- Supervision appointments
- Submit to testing
- Attend other ancillary services
- Seek employment and/or go to school
- Community service
- Stable housing
- Establish and maintain pro-social activities
- Support groups
- Life skills
- Volunteerism/give back
- Support peers
- Build recovery capital

Meanwhile... Life Goes On



- Maintain/seek employment
- Support family
- Childcare
- Housing
- Health
- Education
- Hobbies/interests
- Sobriety
- Peer network
- Maintain/build relationships
- Early recovery



Are we setting our participants up to fail?

Cognitive Functioning



Impact of SUD

- Research shows that patients with frontal cortex damage had impaired decision-making abilities. <https://www.apa.org/monitor/jun01/cogcentral.html>
- Cognitive functioning simply refers to our thinking, or mental activity. Drugs and alcohol change how your brain functions and gets worse with extended use.

Demonstration

What Color is the Word?

- HOUSE
- CAT
- TREE
- HORSE
- BUILDING
- DESK

- TRUCK
- DINNER
- DOG
- CAR
- LAMP
- POOL

What Color is the Word?

- RED
- GREEN
- BLUE
- ORANGE
- PURPLE
- GREEN

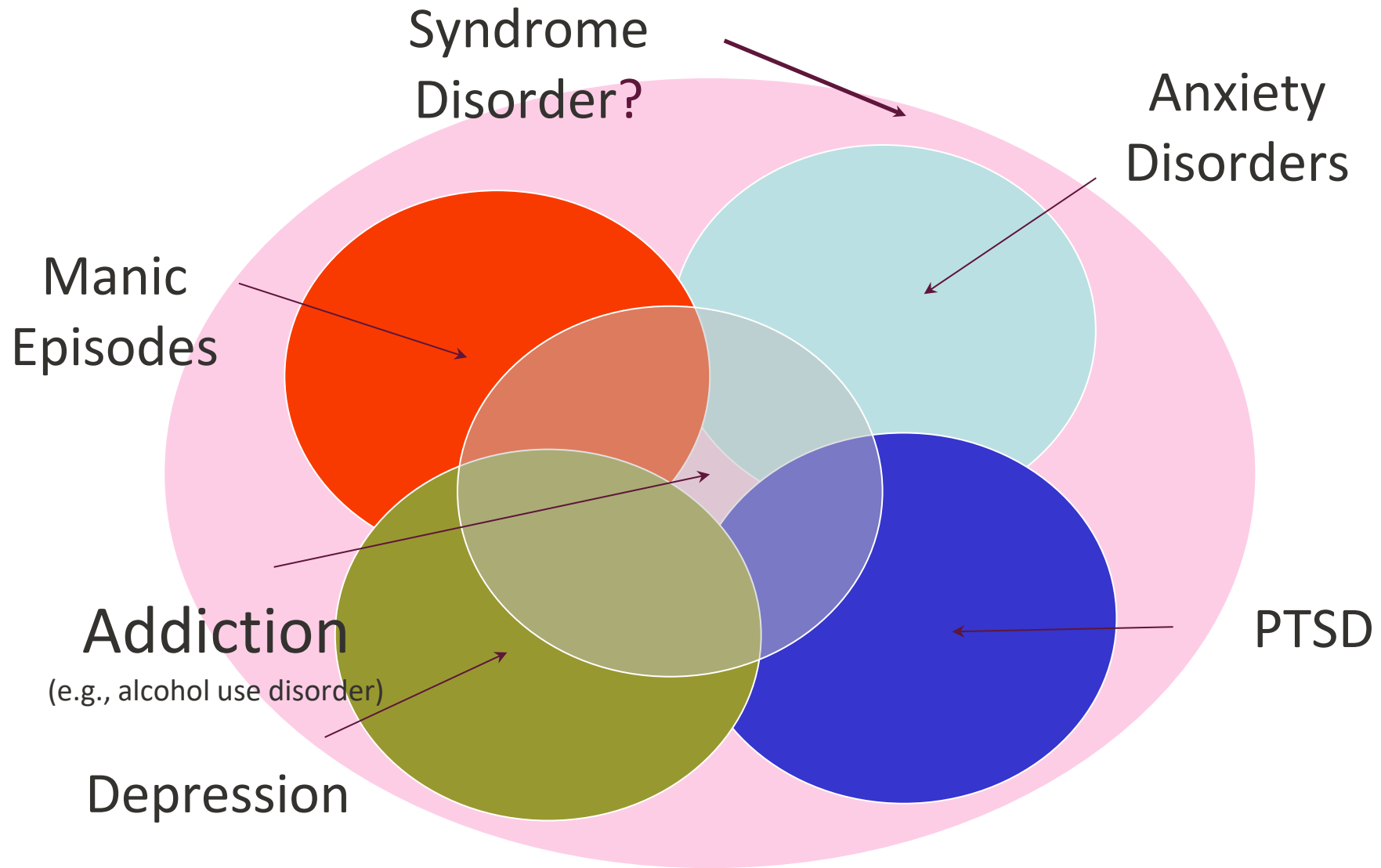
- ORANGE
- BLUE
- RED
- PURPLE
- RED
- GREEN

Stroop Test

- The Stroop test can be used to measure a person's selective attention capacity and skills, processing speed, and alongside other tests to evaluate overall executive processing abilities.
- Measures the ability to inhibit dominant responses.
- What dominant responses to participants usually have?
- This is a function of cognitive processing, not motivation.

Key Questions

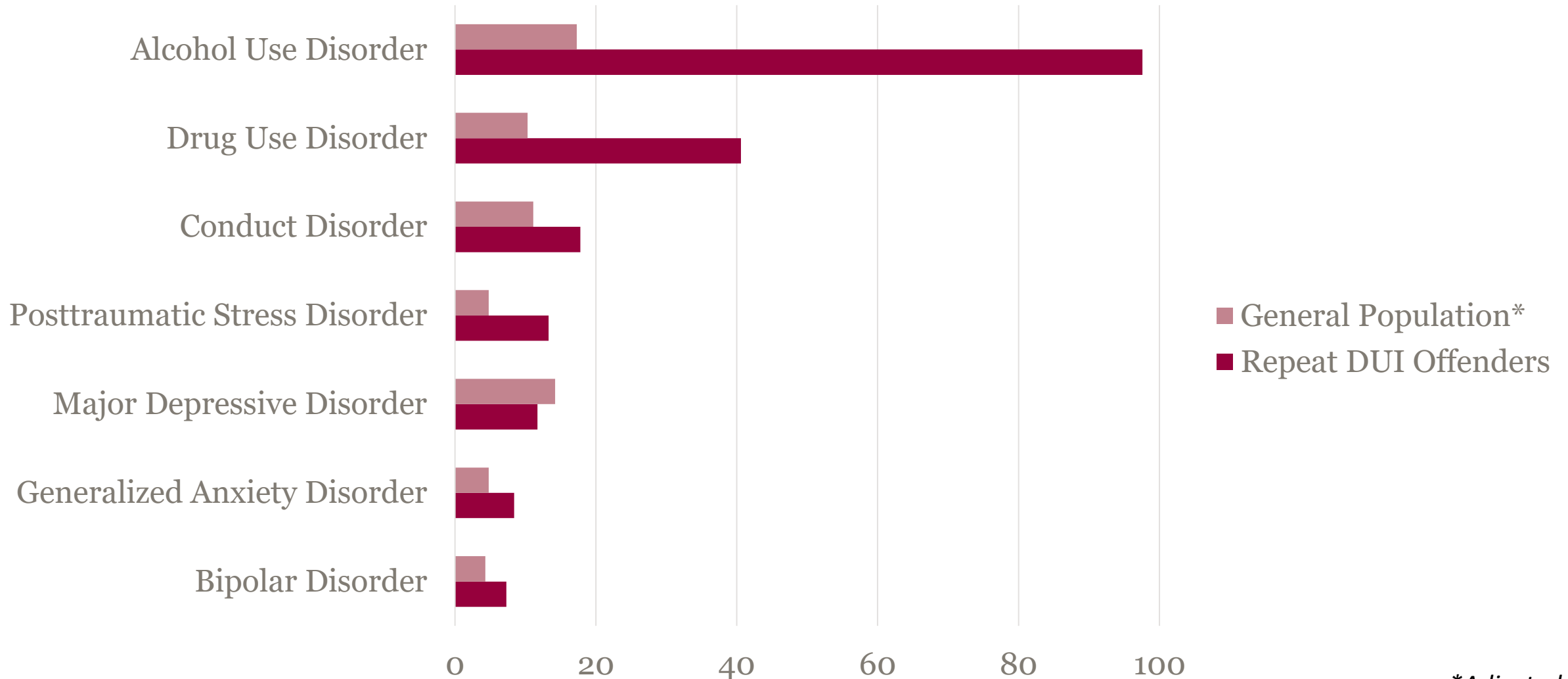
- Have we accurately and considerably assessed each participant?
- Do we have too many requirements at the beginning?
- Are we expecting too much – attendance/engagement – from the participant as to their ability?



Mental Health

- Approx. 50% of repeat impaired drivers have a major psychiatric disorder
- Repeaters are at a greater risk of developing anxiety-related disorders
- Those with severe mental health disorders have a 72% rate of co-occurring substance use disorders
- Often undiagnosed

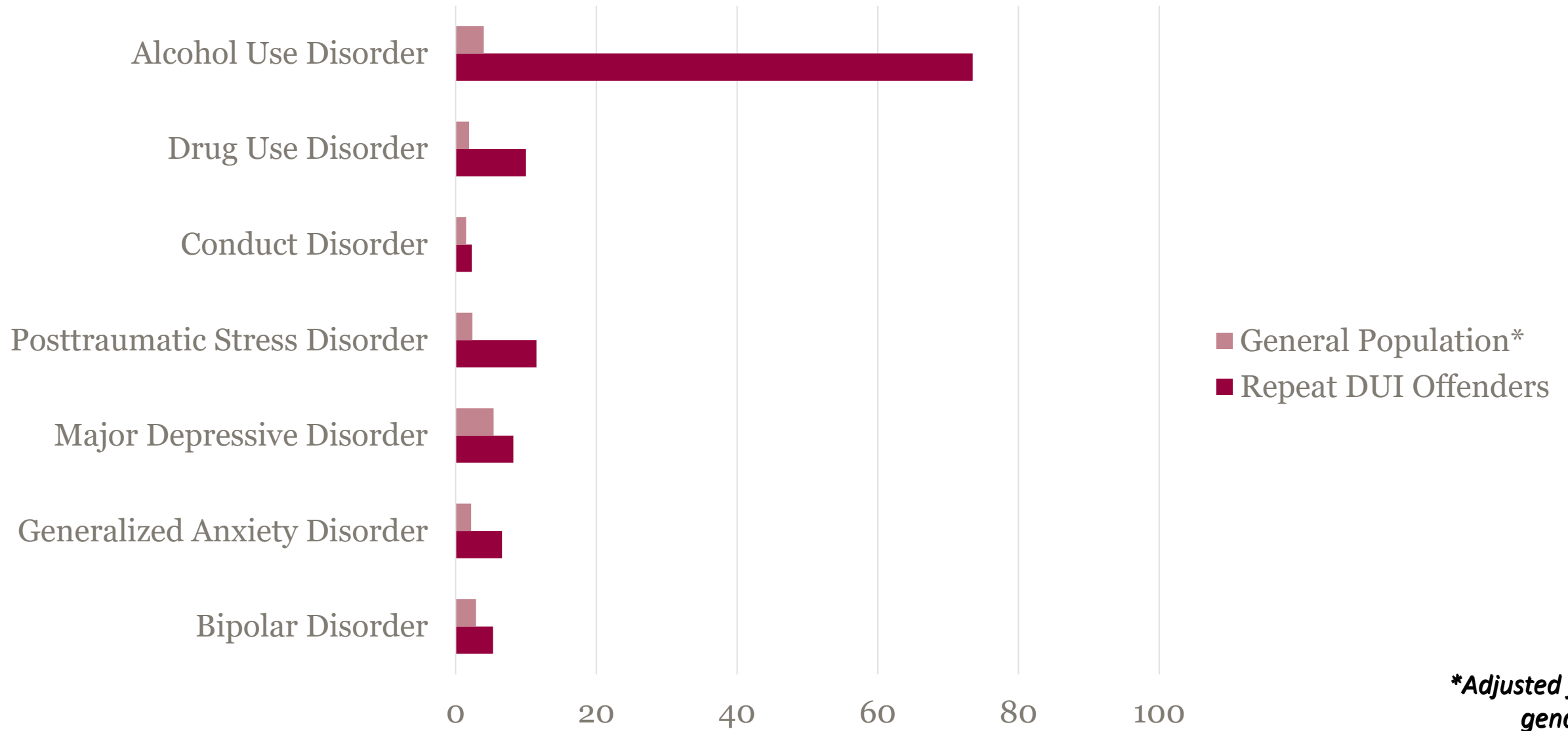
Lifetime Prevalence of Psychiatric Disorders



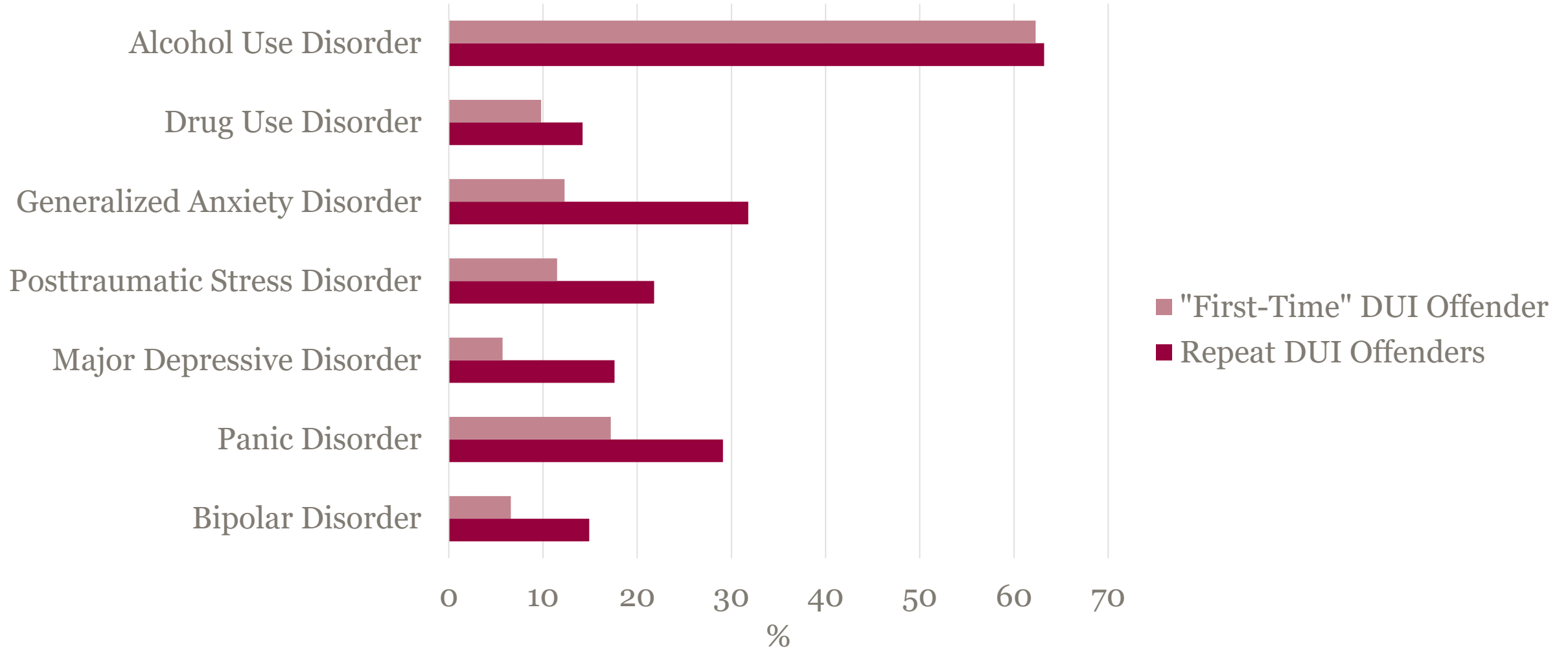
*Adjusted for gender

Shaffer, H. J., Nelson, S. E., LaPlante, D. A., LaBrie, R. A., Albanese, M. J., & Caro, G. (2007). The epidemiology of psychiatric disorders among repeat DUI offenders accepting a treatment sentencing option *Journal of Consulting and Clinical Psychology, 75(5), 795-804.*

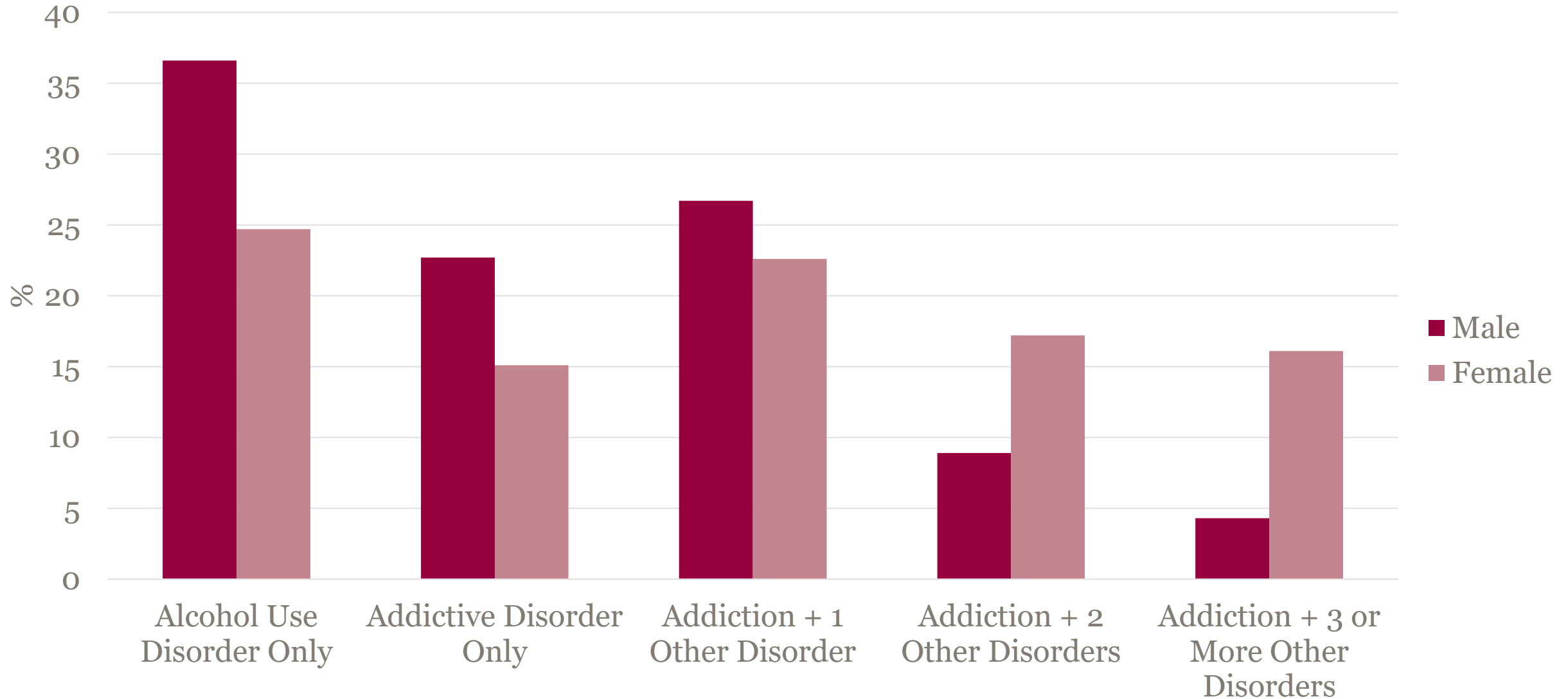
Past Year Prevalence of Psychiatric Disorders



“First-Time” and Repeat DUI Offender PY Screening Results



Male & Female Repeat DUI Offenders

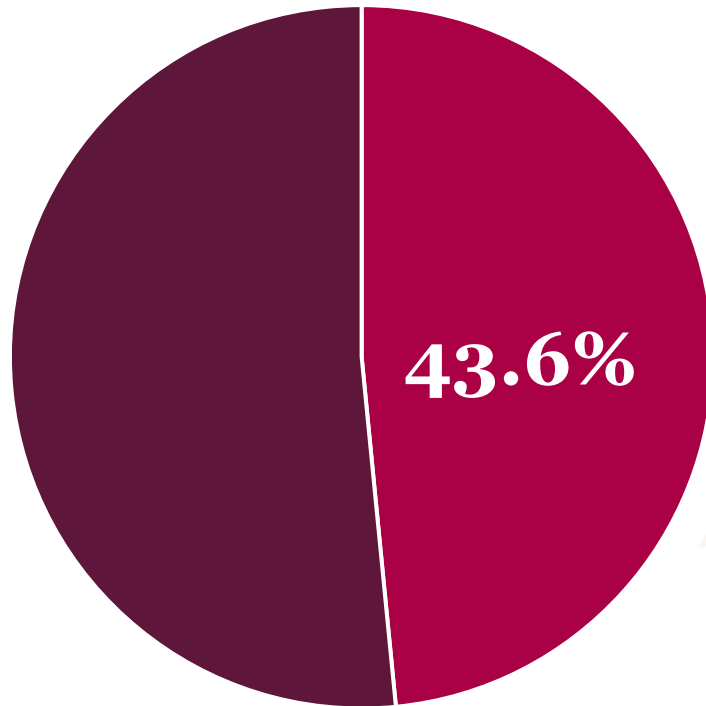


LaPlante, D. A., Nelson, S. E., Odegaard, S. S., LaBrie, R.A., & Shaffer, H. J. (2008). Substance and psychiatric disorders among men and women repeat driving under the influence offenders who accept a treatment-sentencing option. *Journal of Studies on Alcohol and Drugs*, 69(2), 209-217.

Targeting Trends: Polysubstance

1+1=3

In 2016, among fatally-injured drivers, 43.6% of drivers with known drug test results were drug-positive



50.5% were positive for two or more drugs

40.7% were also positive for alcohol

Female Impaired Drivers

- Ages range from late teens to 60's
- Diverse education, employment and family backgrounds
- More likely to be single
 - Divorced or separated, never married
- Often present with a more complex range of issues
 - Mental health disorders (often undiagnosed)
 - Trauma, Anxiety, Depression
- Women experience a more rapid development of alcohol use disorder

WHY WOMEN DRIVE DRUNK
The Facts

Men do the majority of impaired driving

But drunk driving arrests are on the rise among women of all ages

Many have a blood alcohol concentration (BAC) equal to, or higher than, men

IMPAIRED DRIVING ARRESTS ARE OFTEN PRECIPITATED BY A MAJOR LIFE STRESSOR

- A domestic argument
- An end of a relationship, or abandonment
- An illness or death in the family
- Job loss or financial problems

MANY STRUGGLE WITH ALCOHOL ABUSE OR DEPENDENCE

- They feel depressed, isolated and anxious
- They are dealing with mental health issues and self-medicate with alcohol, or combine alcohol with prescription meds
- Lack a stable support network
- Many are survivors of abuse or have a history of trauma

WOMEN DRINK AND DRIVE FOR MANY DIFFERENT REASONS

- Young women trying to fit in
- Women in relationships with heavy drinkers
- New mothers struggling with depression or anxiety
- Some cope together, by drinking on playdates
- Older empty-nesters or recent divorcees who are lonely

MANY ARE ARRESTED WITHIN A FEW BLOCKS OF THEIR RESIDENCE

Some had their children in the car at the time

IT'S A HIDDEN, BUT INCREASING, PROBLEM

The number of women who admit to drunk driving hasn't changed since the '80s

But the number of arrests among women has increased almost

30% since the late 1990s

WOMEN'S PROBLEMS NEED TARGETED SOLUTIONS

RESEARCH shows that many women, as the sole caregivers and providers for their children, require:

- Affordable treatment and health services
- Flex hours for appointments
- Alternative transportation to sessions
- On-site childcare

TREATMENT programs must address women's issues:

- Women-only groups that provide a safe place to discuss the experiences that contributed to their substance use
- Comprehensive support for contributing factors such as:
 - Domestic violence
 - Mental health
 - Trauma

PREVENTION MUST START EARLY WITH TARGETED, ONGOING ALCOHOL EDUCATION FOR GIRLS AND WOMEN

TO LEARN MORE VISIT TIRF.CA

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TIRF, 2013

Female Impaired Drivers

- Many women define their experiences in terms of emotional reactions
 - Shame, depression, anxiety
- They were concerned that emphasis was placed on the offense and not on the underlying facts
- Women reported that their sentence failed to account for life circumstances or address their issues
 - “You know my name, not my story.”

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No License



Transportation Options



- What options are available to the participant?
- Can we assume family and/or peers are readily available?
- If public transportation is available...
 - Is it reliable?
 - Does the participant know how to use the system?

Transportation Options



- Are our ideas of transportation and the expectation of attendance/timeliness realistic?
- Have you attempted to experience life and expectations without a license?

Navigating Systems



Obtaining a License

- DMV is an entirely separate system
- Often lengthy, not flexible, potentially confusing, and frustrating
- What “hoops” does a participant have to jump through to obtain a license?
- Is it a realistic goal?

Ignition Interlock/Monitoring Devices

- Multiple systems = Multiple processes
- Potential confusion and frustration
- How well do we know our providers?
- How well do our providers know us?
- What's the goal of using technology?

Other Systems

- When we refer or connect participants to resources/recovery capital, do those providers know and understand treatment court and what participants have been through, are experiencing, and what the future holds?
- Are those providing the resources consistent with treatment court principles?

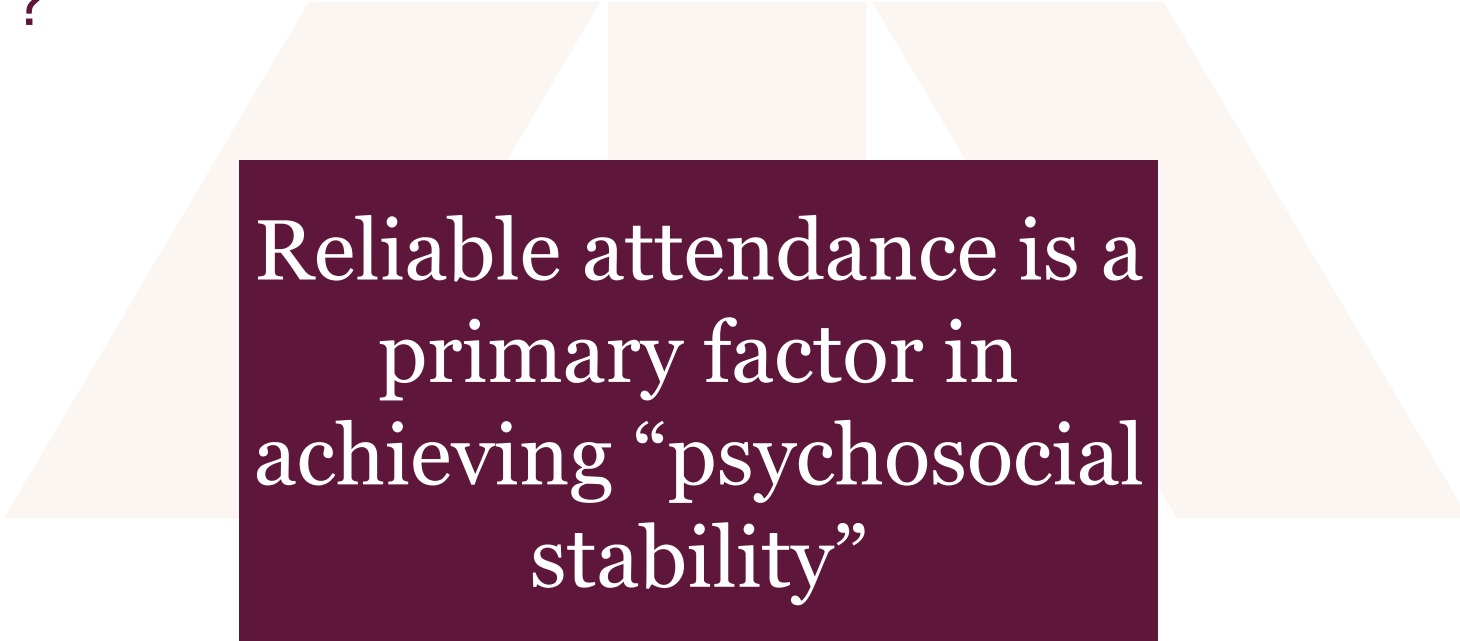
Costs



Impact of Costs

WHEN MANDATING REQUIREMENTS, HAVE WE CONSIDERED THE COSTS ASSOCIATED WITH THE REQUIREMENT AND THE POTENTIAL IMPACT ON THE PARTICIPANT?

- License reinstatement
- Ignition interlock
- Public transportation
- Ride apps
- Parking
- Gas/car upkeep



Reliable attendance is a primary factor in achieving “psychosocial stability”

Breaking Down Barriers



Breaking Down Barriers



- Meet with the participant to determine and navigate transportation issues – initially and ongoing
- Create a transportation plan
- Reassess the transportation plan when new issues arise
- Avoid traumatization
- Teach – don't assume the participant knows how to navigate
- Recovery support/Peer specialists

Three Insights

- Where does your program/system create confusion – where do people get stuck?
- What is one barrier you can remove?
- What would “easy to navigate” look like?

Ask the Expert



<https://allrise.org/trainings/ask-the-expert/>

Office Hours

Scheduled times with experts on various key topics

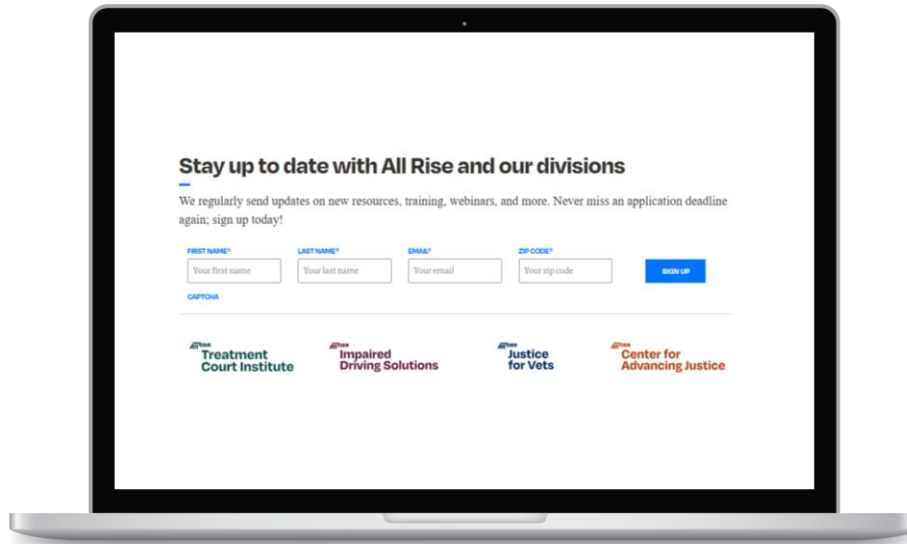
Submit a Question

Submit a question to the All Rise team

Schedule a Consultation

Schedule a consultation with the All Rise team

All Rise Email Blast



AllRise
**Impaired
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