



COMPUTERIZED ASSESSMENT —AND— REFERRAL SYSTEM

CARS Diagnostic Report Prepared for: jh

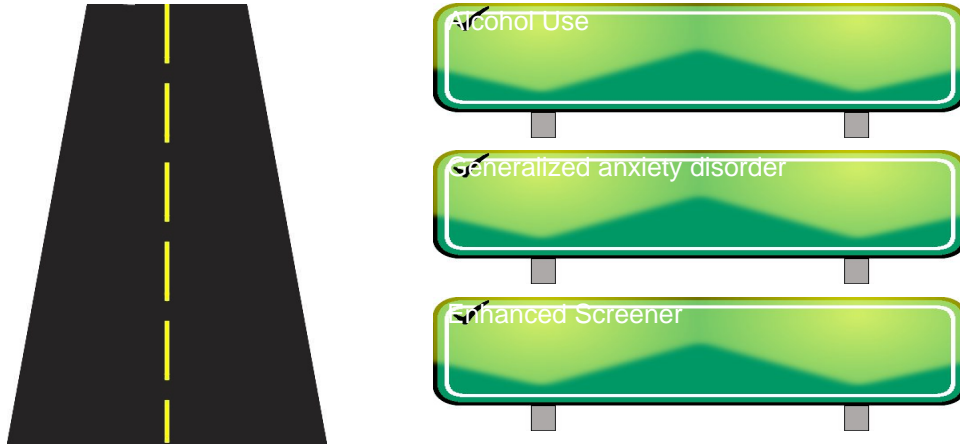
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CARS is a screening device and it does not provide a final diagnostic determination. Further evaluation is necessary to determine whether problems reported are sufficient to qualify as a disorder and to determine the level of problem severity.

CARS Assessment Progress

This graphic represents how much of the CARS assessment John has completed.



CARS Diagnostic Case Summary

John is a 55 year-old Asian man. He has met full criteria for 3 co-occurring mental health problems, 2 of them in the past year (see Table 1) and should consider seeking a professional mental health screening (Treatment resources are listed at the end of the report).

Table 1. Mental Health Profile

| | Met Criteria | Subclinical Symptoms | Screened into but not tested |
|---------------------------|--------------|----------------------|------------------------------|
| <u>Alcohol Abuse</u> | LT | | |
| <u>Alcohol Dependence</u> | PY | | |
| <u>GAD</u> | PY | | |

PY = Past Year, LT = Lifetime

Did not meet criteria for: PTSD, Substance Abuse, Substance Dependence, Personality Disorders, Major Depressive Disorder, Bipolar I, Bipolar II, Bipolar NOS, Dysthymia, Panic Disorder, Social Phobia, Intermittent Explosive Disorder, Tobacco Use, Gambling, Eating Disorder, Obsessive Compulsive Disorder, Psychosis, ADHD, Conduct Disorder, Oppositional Defiant Disorder

DUI Recidivism Risk Factors

John is at high risk for a DUI. Listed below are some of the factors that create this risk for John.

Other risk factors include:

- Alcohol use disorder
- Anxiety disorder
- Endorsed binge drinking

Based on John's mental health profile, he should consider seeking additional professional screening from the resources listed at the end of the report.

Assessment for Alcohol Abuse Disorder

When people experience a pattern of drinking alcohol that leads to distress, health problems, or affects their ability to function, they might have alcohol abuse. Abusing alcohol can cause problems at work, school, or home. They might have unplanned absences. They might not complete their work. They might neglect responsibilities. People with alcohol abuse might use alcohol in dangerous situations, like driving a car or using heavy machinery. Because of their drinking, some people even have trouble with the law. Drinking might cause them to have arguments or fights with others. When a person continues to use alcohol despite these difficulties in daily life, but does not meet criteria for alcohol dependence, clinicians can diagnose them as having alcohol abuse.

Diagnosis

John's responses to the CARS assessment suggest that he might meet criteria for lifetime alcohol abuse. The current experience of alcohol abuse could impair John's DUI re-offense prevention plan. Those who suffer from alcohol abuse have an elevated risk for DUI re-offense. The regional referral information at the end of the report provides information for additional mental health screening and treatment that could help with John's alcohol abuse symptoms and could reduce the likelihood of DUI re-offense.

Detailed Symptoms

Lifetime

John reported one symptom of alcohol abuse in his lifetime.

Specifically, he reported that:

- his drinking or being hung over frequently interfered with his work or responsibilities at school

Disorder History

John did not answer any questions about his disorder history.

Treatment History

John reported that he had not received professional treatment for his use of alcohol in the past 12 months. John talked to professionals about his problems with alcohol use. He was 20 years old the first time he talked to a professional. John reported that he has attended a group like Alcoholics Anonymous (AA) for help with his use of alcohol. He was 22 years old the first time he attended AA. He attended 1 of these meetings in the past 12 months. John reported 2 close relatives who also had problems with alcohol use.

Assessment for Alcohol Dependence Disorder

When people continue using alcohol even though it causes problems, they might be alcohol dependent. They might need to drink more and more alcohol to get the same effect. Smaller amounts of alcohol might not feel like enough. When they try to stop or cut down their alcohol use, they might experience some distressing or even life-threatening withdrawal symptoms. This withdrawal syndrome can include shakiness; sweating; racing heartbeat; nausea or vomiting; anxiety; high blood pressure; seizures; hallucinations; or confusion. People with alcohol dependence might spend a great deal of their time and energy trying to obtain alcohol. People with alcohol dependence often find that they cannot stop drinking even though they know it is harming them. When their pattern of drinking affects their ability to function in day-to-day life, clinicians can diagnose them as having an alcohol dependence disorder.

Diagnosis

John's responses to the CARS assessment suggest that he might meet criteria for current alcohol dependence. The current experience of alcohol dependence could impair John's DUI re-offense prevention plan. Those who suffer from alcohol dependence have an elevated risk for DUI re-offense. The regional referral information at the end of the report provides information for additional mental health screening and treatment that could help with John's alcohol dependence symptoms and could reduce the likelihood of DUI re-offense.

Detailed Symptoms

Past Year

John reported multiple symptoms of alcohol dependence in the past 12 months.

Specifically, he reported that:

- he needed to drink a larger amount of alcohol to get an effect or could not longer get a "buzz" on the amount he used to drink
- he tried to stop or cut down on his drinking and found that he was not able to do so
- he had times when he took a drink to keep from having problems like these
- he had times when he started drinking and became drunk when he didn't want to
- there was a time when he gave up or greatly reduced important activities because of his drinking

Lifetime

John reported multiple symptoms of alcohol dependence in his lifetime.

Specifically, he reported that:

- he stopped or cut down on his alcohol use and then experienced withdrawal symptoms
- he drank a lot more than intended or started drinking even though he promised himself he wouldn't

These symptoms lasted 3 years and caused John significant distress and impairment.

Quit Attempts

John reported that he had not made a serious attempt to quit drinking in the past 12 months.

Disorder History

Age at first episode of symptoms: 21

Most recent episode of symptoms: More than 6 months ago

Years with continuing symptoms: 3

Age at first episode of 3 or more symptoms in a 12-month period:
23

Most recent episode of 3 or more symptoms in a 12-month period:
Within the past 30 days

Years with 3 or more continuing symptoms in a 12-month period:
3

Treatment History

John reported that he had not received professional treatment for his use of alcohol in the past 12 months. John talked to professionals about his problems with alcohol use. He was 20 years old the first time he talked to a professional. John reported that he has attended a group like Alcoholics Anonymous (AA) for help with his use of alcohol. He was 22 years old the first time he attended AA. He attended 1 of these meetings in the past 12 months. John reported 2 close relatives who also had problems with alcohol use.

Assessment for Generalized Anxiety Disorder

People with Generalized Anxiety Disorder (GAD) experience a lot of worry about day-to-day life. They worry minor issues will turn into major disasters. For example, they might over worry about being late. These worries can affect their work or personal lives. People with GAD might be restless, or easily tired. They might have problems with sleep or concentrating on things. They might be irritable and tense. When these symptoms last longer than 6 months and affect a person's ability to function in day-to-day life, clinicians can diagnose them with GAD.

Diagnosis

John's responses to the CARS assessment suggest that he might meet criteria for past year Generalized Anxiety Disorder.

The current experience of Generalized Anxiety Disorder could impair John's DUI re-offense prevention plan.

Those who suffer from Generalized Anxiety Disorder have an elevated risk for DUI re-offense. The regional referral information at the end of the report provides information for additional mental health screening and treatment that could help with John's anxiety symptoms and reduce the likelihood of DUI re-offense.

Detailed Symptoms

Past Year

He reported that he was concerned about everything and nothing in particular.

John reported that he found it difficult to control his nervousness or anxiety.

He reported that he:

- often felt restless
- often got tired easily
- was often more irritable than usual
- often had difficulty concentrating or keeping his mind on what he was doing
- often had tense
- had trouble falling or staying asleep

He reported that his nervousness or anxiety occurred as the result of a physical cause.

Disorder History

Age at first anxiety episode: 15

Most recent anxiety episode: More than 6 months ago

Treatment History

John reported that he had not received professional treatment for his anxiety or worry in the past 12 months. John has talked to professionals about his anxiety or worry. He was 17 years old the first time he talked to a professional. John reported 2 close relative(s) who also had problems with alcohol use.

Detailed Risk Assessment

Biopsychosocial Risk Assessment

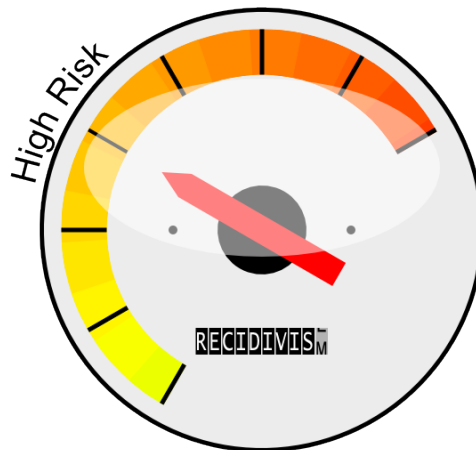
There are a number of biopsychosocial factors that relate both to poor mental health and to risk for DUI recidivism. Notably, John has reported a family history of other mental health problems. Specifically John's family members may have symptoms of:

- Alcohol use
- Anxiety

DUI Recidivism Risk Assessment

A recidivism risk assessment is a way to identify the potential for future harm. This kind of assessment does not predict the harmful outcome with certainty. The following is our assessment of John's likelihood of future DUI if he does not change his behavior to reduce his risks. John can change to reduce his risks for additional DUI offenses.

Anyone who drinks and drives is committing a DUI offense. Committing a DUI offense increases your likelihood of future DUI offenses. Individuals who experience mental health problems such as depression and anxiety, have a criminal history, report other traffic violations, or who often engage in risky patterns of drinking and/or driving, such as binge drinking or driving recklessly, also are at risk for repeating DUI offense. Based on John's reported history, he is at high risk for additional DUI offenses.



Referrals

John had a positive screen for 3 mental health conditions. Further assessment is needed to confirm whether he qualifies for these disorders. Based on John's assessment and the zip code provided (01776), referrals to the 5 closest resources for additional substance use and/or mental health screening and treatment are listed below. In addition to these options, John also might consider utilizing other relapse and recovery resources, such as Alcoholics Anonymous or online recovery and recidivism prevention programs.

Substance Use and Mental Health Services**Advocates Community Counseling**

354 Waverly St, Framingham, MA 01702

(508) 661-2020

<http://www.advocatesinc.org/>**Care Types:**

| | |
|--------------------|-----|
| Residential | N/A |
| Outpatient | Yes |
| Detoxification | N/A |
| Emergency Services | N/A |
| Transitional | N/A |

Payment Options:

| | | | |
|-------------------|-----|-------------|-----|
| Accepts Insurance | Yes | | |
| Medicare | Yes | Medicaid | Yes |
| Free Program | N/A | Slide Scale | N/A |

Special Population:

| | | | |
|-------------|-----|---------------|-----|
| Adult | Yes | Youth | N/A |
| Family Only | N/A | Homeless Only | N/A |

Specialization:

| | | | |
|----------------------------|---|------------------|-----|
| Trauma | N/A | Anger Management | N/A |
| Anxiety | N/A | Cognitive | N/A |
| Behavioral issues | N/A | Mood Disorders | N/A |
| Developmental Disabilities | N/A | Opiates | N/A |
| Additional Specialities | Disabilities; brain injury; substance abuse; major mental | | |

Other languages spoken:

| | |
|----------------------|-----|
| | N/A |
| Additional languages | N/A |

Client: John

Gender: Male

Age: 55

Public Transportation

Yes

Transportation Type

MBTA Framingham/Worcester Line- Framingham

Acadia Behavioral Health Associates

463 Worcester Rd, Framingham, MA 01701

(508) 665-5900

<http://www.acadiabehavioralhealth.com/>

Care Types:

| | |
|--------------------|-----|
| Residential | N/A |
| Outpatient | Yes |
| Detoxification | No |
| Emergency Services | N/A |
| Transitional | N/A |

Payment Options:

| | | | |
|-------------------|-----|-------------|-----|
| Accepts Insurance | Yes | | |
| Medicare | N/A | Medicaid | N/A |
| Free Program | N/A | Slide Scale | Yes |

Special Population:

| | | | |
|-------------|-----|---------------|-----|
| Adult | Yes | Youth | N/A |
| Family Only | N/A | Homeless Only | N/A |

Specialization:

| | | | |
|----------------------------|---|------------------|-----|
| Trauma | Yes | Anger Management | N/A |
| Anxiety | Yes | Cognitive | N/A |
| Behavioral issues | N/A | Mood Disorders | Yes |
| Developmental Disabilities | Yes | Opiates | N/A |
| Additional Specialities | Trauma, mood disorders, anxiety, major mental illness | | |

Other languages spoken:

| | |
|----------------------|---------|
| | Yes |
| Additional languages | Spanish |

Client: John

Gender: Male

Age: 55

Public Transportation

Transportation Type N/A

Genesis Counseling Services Inc

24 Union Ave , Framingham, MA 01702

(508) 620-2992

<http://www.genescounselingservices.org/>

Care Types:

| | |
|--------------------|-----|
| Residential | N/A |
| Outpatient | Yes |
| Detoxification | N/A |
| Emergency Services | N/A |
| Transitional | N/A |

Payment Options:

| | | | |
|-------------------|-----|-------------|-----|
| Accepts Insurance | Yes | | |
| Medicare | Yes | Medicaid | Yes |
| Free Program | N/A | Slide Scale | N/A |

Special Population:

| | | | |
|-------------|-----|---------------|-----|
| Adult | Yes | Youth | N/A |
| Family Only | N/A | Homeless Only | N/A |

Specialization:

| | | | |
|----------------------------|-----|------------------|-----|
| Trauma | N/A | Anger Management | N/A |
| Anxiety | N/A | Cognitive | N/A |
| Behavioral issues | N/A | Mood Disorders | N/A |
| Developmental Disabilities | N/A | Opiates | N/A |
| Additional Specialities | N/A | | |

Other languages spoken:

| | |
|----------------------|-----|
| | N/A |
| Additional languages | N/A |

Client: John

Gender: Male

Age: 55

Public Transportation

Yes

Transportation Type

MWRTA Bus 7CSat/Rt1/Rt2/Rt3/Rt4/Rt7/Rt7C - Howard St at

SMOC Behavioral Health Services

300 Howard St, Framingham, MA 01702

(508) 879-2250

<http://www.smoc.org/>

Care Types:

| | |
|--------------------|-----|
| Residential | N/A |
| Outpatient | Yes |
| Detoxification | N/A |
| Emergency Services | N/A |
| Transitional | N/A |

Payment Options:

| | | | |
|-------------------|-----|-------------|-----|
| Accepts Insurance | Yes | | |
| Medicare | Yes | Medicaid | Yes |
| Free Program | N/A | Slide Scale | N/A |

Special Population:

| | | | |
|-------------|-----|---------------|-----|
| Adult | Yes | Youth | N/A |
| Family Only | N/A | Homeless Only | N/A |

Specialization:

| | | | |
|----------------------------|-----------|------------------|-----|
| Trauma | N/A | Anger Management | N/A |
| Anxiety | N/A | Cognitive | N/A |
| Behavioral issues | N/A | Mood Disorders | N/A |
| Developmental Disabilities | N/A | Opiates | N/A |
| Additional Specialities | Addiction | | |

Other languages spoken:

| | |
|----------------------|-----|
| | N/A |
| Additional languages | N/A |

Client: John

Gender: Male

Age: 55

Public Transportation

Yes

Transportation Type

MBTA Framingham/Worcester Line- Framingham Station

Spectrum Health Systems Inc

68 Franklin St., Framingham, MA 01702

(508) 875-5801

<http://www.spectrumhealthsystems.org>

Care Types:

| | |
|--------------------|-----|
| Residential | Yes |
| Outpatient | Yes |
| Detoxification | N/A |
| Emergency Services | N/A |
| Transitional | N/A |

Payment Options:

| | | | |
|-------------------|-----|-------------|-----|
| Accepts Insurance | Yes | | |
| Medicare | Yes | Medicaid | Yes |
| Free Program | N/A | Slide Scale | N/A |

Special Population:

| | | | |
|-------------|-----|---------------|-----|
| Adult | Yes | Youth | N/A |
| Family Only | N/A | Homeless Only | N/A |

Specialization:

| | | | |
|----------------------------|-----------------------------|------------------|-----|
| Trauma | N/A | Anger Management | N/A |
| Anxiety | N/A | Cognitive | N/A |
| Behavioral issues | N/A | Mood Disorders | N/A |
| Developmental Disabilities | N/A | Opiates | N/A |
| Additional Specialities | Addiction and mental health | | |

Other languages spoken:

| | |
|----------------------|-----|
| | N/A |
| Additional languages | N/A |

Client: John

Gender: Male

Age: 55

Public Transportation

Yes

Transportation Type

MWRTA Bus Rt7 - Franklin & Proctor St

Referrals Emergency Departments

These are local resources that can provide immediate intervention in crisis situations. In case of life-threatening emergency, always dial 911.

Emergency Departments

Marlborough Hospital

56-58 Framingham Rd, Marlborough, MA 01752

(508) 486-5544

<http://www.jri.org/>

Care Types:

| | |
|--------------------|-----|
| Residential | Yes |
| Outpatient | Yes |
| Detoxification | N/A |
| Emergency Services | Yes |
| Transitional | N/A |

Payment Options:

| | | | |
|-------------------|-----|-------------|-----|
| Accepts Insurance | Yes | | |
| Medicare | Yes | Medicaid | Yes |
| Free Program | N/A | Slide Scale | Yes |

Special Population:

| | | | |
|-------------|-----|---------------|-----|
| Adult | Yes | Youth | N/A |
| Family Only | N/A | Homeless Only | N/A |

Client: John

Gender: Male

Age: 55

Specialization:

| | | | |
|----------------------------|--|------------------|-----|
| Trauma | N/A | Anger Management | N/A |
| Anxiety | N/A | Cognitive | N/A |
| Behavioral issues | N/A | Mood Disorders | N/A |
| Developmental Disabilities | N/A | Opiates | N/A |
| Additional Specialities | Inpatient/ acute psychiatric services, partial program | | |

Other languages spoken:

| | |
|----------------------|-----|
| | N/A |
| Additional languages | N/A |

| | |
|-----------------------|-----|
| Public Transportation | No |
| Transportation Type | N/A |

Riverside Emergency Services

255 Highland Ave, Needham, MA 02494

(888) 851-2451

<http://www.riversidetraumacenter.org/>

Care Types:

| | |
|--------------------|-----|
| Residential | N/A |
| Outpatient | N/A |
| Detoxification | N/A |
| Emergency Services | Yes |
| Transitional | N/A |

Payment Options:

| | | | |
|-------------------|-----|-------------|-----|
| Accepts Insurance | Yes | | |
| Medicare | Yes | Medicaid | Yes |
| Free Program | N/A | Slide Scale | N/A |

Special Population:

| | | | |
|-------|-----|-------|-----|
| Adult | Yes | Youth | N/A |
|-------|-----|-------|-----|

Client: John

Gender: Male

Age: 55

Family Only

N/A

Homeless Only

N/A

Specialization:

Trauma

N/A

Anger Management

N/A

Anxiety

N/A

Cognitive

N/A

Behavioral issues

N/A

Mood Disorders

N/A

Developmental Disabilitites

N/A

Opiates

N/A

Additional Specialities

Mobile crisis unit

Other languages spoken:

N/A

Additional languages

N/A

Public Transportation

Yes

Transportation Type

Needham Shuttle - Sheraton

Bournewood Hospital

300 South St, Chestnut Hill, MA 02467

(617) 469-0300x309

<http://www.bournewood.com/programs-and-services.php>

Care Types:

Residential

N/A

Outpatient

N/A

Detoxification

N/A

Emergency Services

Yes

Transitional

N/A

Payment Options:

Accepts Insurance

Yes

Medicare

Yes

Medicaid

Yes

Free Program

N/A

Slide Scale

N/A

Special Population:

Client: John

Gender: Male

Age: 55

| | | | |
|-------------|-----|---------------|-----|
| Adult | Yes | Youth | N/A |
| Family Only | N/A | Homeless Only | N/A |

Specialization:

| | | | |
|----------------------------|-------------------------|------------------|-----|
| Trauma | N/A | Anger Management | N/A |
| Anxiety | N/A | Cognitive | N/A |
| Behavioral issues | N/A | Mood Disorders | N/A |
| Developmental Disabilities | N/A | Opiates | N/A |
| Additional Specialities | Acute inpatient program | | |

Other languages spoken:

| | |
|----------------------|-----|
| | N/A |
| Additional languages | N/A |

Public Transportation Yes

Transportation Type MBTA Bus 51- Grove St & South St

Clinton Hospital

201 Highland St, Clinton, MA 01510
(978) 368-3000

<http://www.umassmemorial.org/clinton-hospital>

Care Types:

| | |
|--------------------|-----|
| Residential | N/A |
| Outpatient | N/A |
| Detoxification | N/A |
| Emergency Services | Yes |
| Transitional | N/A |

Payment Options:

| | | | |
|-------------------|-----|-------------|-----|
| Accepts Insurance | Yes | | |
| Medicare | N/A | Medicaid | N/A |
| Free Program | N/A | Slide Scale | N/A |

Client: John

Gender: Male

Age: 55

Special Population:

| | | | |
|-------------|-----|---------------|-----|
| Adult | Yes | Youth | N/A |
| Family Only | N/A | Homeless Only | N/A |

Specialization:

| | | | |
|----------------------------|-----|------------------|-----|
| Trauma | N/A | Anger Management | N/A |
| Anxiety | N/A | Cognitive | N/A |
| Behavioral issues | N/A | Mood Disorders | N/A |
| Developmental Disabilities | N/A | Opiates | N/A |
| Additional Specialities | N/A | | |

Other languages spoken:

| | |
|----------------------|-----|
| | N/A |
| Additional languages | N/A |

Public Transportation No

Transportation Type N/A

Arbour Counseling Services

500 West Cummings Park, Woburn, MA 01801
(781) 932-8114

<http://www.arbourhealth.com/organizations/arbour-counseling-services/>

Care Types:

| | |
|--------------------|-----|
| Residential | N/A |
| Outpatient | Yes |
| Detoxification | N/A |
| Emergency Services | Yes |
| Transitional | N/A |

Payment Options:

| | | | |
|-------------------|-----|----------|-----|
| Accepts Insurance | Yes | | |
| Medicare | Yes | Medicaid | Yes |

Client: John

Gender: Male

Age: 55

Free Program

N/A

Slide Scale

N/A

Special Population:

Adult

Yes

Youth

Yes

Family Only

N/A

Homeless Only

N/A

Specialization:

Trauma

N/A

Anger Management N/A

Anxiety

N/A

Cognitive N/A

Behavioral issues

N/A

Mood Disorders N/A

Developmental Disabilities

N/A

Opiates N/A

Additional Specialities

Individual/family/couple/group therapy; addiction recovery

Other languages spoken:

N/A

Additional languages

N/A

Public Transportation

Yes

Transportation Type

MBTA Bus 354 - 400 W Cummings Park