



Colorado Department of Human Services

people who help people

OFFICE OF BEHAVIORAL HEALTH
Lisa M. Clements, PhD, Director

OFFICE OF BEHAVIORAL HEALTH
Lori Banks, LCSW, Interim Director

3824 W. Princeton Circle
Denver, CO 80236
Phone: 303-866-7400
Faxes: 303-866-7481, 303-866-7428
www.cdhs.state.co.us



John W. Hickenlooper
Governor

Reggie Bicha
Executive Director

Frequently Asked Questions - Interlock Enhancement Counseling

Note: DWI refers to both Driving While Ability Impaired (DWAI) and Driving Under the Influence (DUI).

1. What is the problem?

Although progress has been made, the impaired driving problem continues to be a great concern. The persistent drunk driver is believed to be one of the greatest threats to public safety.

- More than 1.46 million drivers were arrested in the United States in 2006 for driving under the influence of alcohol or other drugs. This number represents an arrest rate of one DWI arrest for every 139 licensed drivers in the United States.
- One in three Americans will be involved in an alcohol related crash in their lifetime.
- Each year nearly 11,000 people die on our roadways due to impaired driving. That would equal 21 jumbo jets crashing each year.
- One day's drunk driving totals: 1,440 injuries and 29 deaths.
- In Colorado there were 173 alcohol impaired driving fatalities in 2008, representing 32% of all fatalities, up from 30% in 2007. <http://www.nhtsa.gov>

2. What can an alcohol ignition interlock (interlock) do about the problem?

“Research shows that alcohol interlocks reduce recidivism among both first offenders and repeat offenders, including hardcore offenders (also known as persistent/chronic drinkers and repeat offenders who repeatedly drive after drinking with extremely high blood alcohol concentrations and are resistant to change this behaviour). More than 10 evaluations of interlock applications have reported reductions in recidivism ranging from 35 - 90%” (Voas and Marques 2003; Vezina 2002; Tippetts and Voas 1997; Coben and Larkin 1999).

3. If interlocks are so good at reducing recidivism, then what's the problem?

Numerous studies demonstrate that alcohol interlocks have a beneficial impact on recidivism *as long as the device is installed in the vehicle*. Specifically, existing studies converge at the finding that once the device is removed, recidivism rates return to levels comparable to rates of those who did not have an interlock installed (Beirness 2001; Beirness et al. 1998; Jones 1993; Popkin et al. 1993; Coben and Larkin 1999; Marques et al. 2001; DeYoung 2002; Raub et al. 2003).

4. What is the relationship between interlocks and treatment?

- Alcohol interlocks serve as a nexus between criminal justice sanctions and substance abuse treatment, by effectively restricting an offenders' driving privileges while giving the offender the opportunity to learn how alcohol consumption affects behaviour (Beirness 2001).

- While treatment for alcohol abuse can be a lengthy process with setbacks and relapses, the alcohol interlock provides a safety net to greatly reduce the likelihood that such relapses do not result in impaired driving (Beirness et al. 1998).
- Alcohol interlocks were never intended as a treatment for alcohol abuse, thus the installation and use of an alcohol interlock device alone cannot be expected to result in a long-term change in the amount and extent of alcohol consumption (Beirness 2001).
- Ultimately, the relationship between alcohol interlocks and treatment providers should be strengthened as part of an alcohol interlock program. More research examining the beneficial effect of the integration of rehabilitation and alcohol interlock programs is needed (Beirness et al. 2003).
- Experts believe a greater tie between interlock sanctions and substance abuse treatment should be encouraged, because the integration of the two strategies mutually reinforce the likelihood of a reduction in impaired driving behavior. (NHTSA, 2009).
- “Methods for combining interlock programs with treatment should be explored further as a potential means of extending the effectiveness of interlocks beyond the period during which they are installed” (Task Force on Community Preventive Services, 2011)

5. What is Interlock Enhancement Counseling ©® (IEC)?

- IEC is a brief intervention for DWI clients who have an interlock on their vehicle.
- Based on evidence-based principles that combine cognitive behavioral treatment with motivational interviewing/enhancement. IEC consists of ten hours of individual and group counseling over a 5-month period. Specifically, 4 individual sessions (30 minutes each, about once a month) and 4 group session (2 hours each, about once a month).
- IEC can be used along with traditional DWI education and therapy or can also be used as a stand-alone program. IEC is compatible with any OBH approved DWI curriculum.
- IEC is intended to increase clients’ chances of being successful while on and off the interlock.
- A major component of the program is the discussion of the individual’s own performance on the interlock and the therapeutic process of changing their drinking and driving behavior while on the interlock as well as when the device is removed.
- The program is manualized and includes a provider guide and a participant’s workbook.

6. How is IEC different than Level I or Level II education or therapy?

IEC is not intended to be a comprehensive DWI education or therapy program. It is specific to the client’s experience with the interlock. The IEC material is intended for a distinct IEC program and should not be incorporated into DWI education or therapy groups. However, it is possible that upon successful completion of IEC, hours may count toward the client’s Level II therapy requirement.

7. Why Interlock Enhancement Counseling (IEC)?

- Implementation of IEC is an excellent opportunity to have a positive impact on an already identified high risk DWI offender population, and to further reduce recidivism levels and increase public safety.
- “The record of breath tests logged into an ignition interlock has been found to be an excellent predictor of future DWI recidivism risk. Offenders with higher rates of failed BAC tests have high rates of post-ignition interlock recidivism (Marques, 2008c).
- The primary goals of IEC are to reduce the number of failed starts, eliminate driving non-interlock equipped vehicles and prevent DWI recidivism once the interlock is removed. IEC is designed to increase the clients’ chances of being successful while on the interlock as well as when the interlock is removed.
- Utilizing evidence based approaches that combine cognitive behavioral treatment with motivational interviewing/enhancement, counselors meet with clients both individually and in an IEC group to address interlock specific issues.
- Interlock drive log data is used clinically to educate, provide feedback and support positive behavior change.

- The IEC model was built on a pilot program called Support For Interlock Planning (SIP) conducted in Texas in 2003. SIP showed promise that a brief intervention, using a motivational enhancement approach and interlock data, could facilitate behavior change of DWI offenders using interlocks (Timken, Marques 2001)

8. *Why treatment agencies should implement IEC?*

- The provision of IEC to DWI clients is a requirement for OBH licensed programs.
- Since virtually all DWI offenders have to participate in Level I or Level II services as a condition of their probation sentence and/or driver's license reinstatement, this is an opportunity to target those highest risk offenders (high BAC first offenders and repeat offenders).
- The treatment agency already staffs individuals who have experience and clinical expertise in treating substance use disorders, conducting screening, clinical assessment, education and therapy. Since treatment agencies already have minimum standards they comply with, as a condition of their licensure with OBH, there is assurance that the provision of IEC services is done by individuals skilled and competent to do so.
- High BAC and repeat offenders often present with an array of issues, such as co-occurring disorders, that are vital to take into consideration in the provision of IEC and traditional DWI education and therapy services.
- For those DWI offenders where it may be appropriate, a licensed DWI agency has the ability to count IEC hours toward the clients Level II Therapy requirement. Credit may be granted upon successful completion of IEC for Tracks B-D clients.
- Implementation of IEC may provide an additional source of revenue for agencies. When IEC hours count toward current Level II Therapy requirements the additional cost to clients, and revenue to agencies, may not be much. However, some clients may participate in IEC who do not need to take Level II therapy or have already completed Level II therapy; this will be the greatest source of additional revenue for agencies.

9. *What do the proposed OBH rules and policy say that agencies need to do?*

- The OBH Substance Use Disorder Treatment Rules are currently under revision. Proposed rules are anticipated to become effective in late 2013.
- The Rules require agencies to screen all individuals with DWI's for ignition interlock utilization and requirements, educate about interlocks and offer interlock counseling in accordance with OBH policy.
- The OBH policy "Ignition Interlock Education and Treatment" is effective July 1, 2013.
- The policy guides the implementation of the OBH requirement.
- The policy details what is required for all DWI clients, what is required to do for clients who have an interlock requirement and are eligible to participate in IEC, as well general guidelines, agency training requirements and recordkeeping.

10. *What will agencies need to do?*

Agencies will send at least one counselor from each DUI licensed site to the free, one-day, IEC counselor training. Even if the agency is providing IEC by referral to another agency, each agency site providing DWI services must have someone knowledgeable about interlocks and IEC. It is recommended that all counselors providing DUI services receive the IEC training. OBH is offering an Interlock Education & Treatment Administrator Training. Discussion around the logistics of implementation is included in both interlock trainings. Attendance at the administrator training does not replace the requirement for counselor training. The agency will develop their own operating policies and procedures to comply with the new OBH policy and the new OBH rules (when they go into effect).

11. *How will agencies get interlock drive log data?*

There are five interlock vendors authorized to provide services in Colorado. Those vendors have agreed to allow counselors' access to their web based system in order to access clients' interlock drive logs. In accordance with applicable laws, clients must sign a specific release authorization in order for agencies to access this data. This form is made available at the IEC training. Interlock vendors will issue counselors a user ID and password to gain access to the data on their secured website. In addition to the complete interlock drive log being available; a

summary report will be made available to make it easier for counselors to review a client's drive log data. Interlock vendors have a tutorial on their website for assistance in interpretation of the drive logs.

12. Do clients have to take IEC? And what are the incentives?

Clients do not have to take IEC. However counselors should encourage those clients with an interlock installed to participate in IEC. The counselor can describe incentives for their participation in IEC, such as:

- Receiving support around their interlock
- Experiencing reduced problems while on the interlock as well as when it comes off
- Reduce the probability of recidivism, emphasizing the cost of even a first DWI is estimated to be about \$10,000
- The potential to complete treatment five weeks sooner and have the 10 hours count toward their Level II Therapy requirement
- Problems while on the interlock can result in a one year extension of the interlock requirement resulting in further costs to the client. Prevent such problems, or possibly reduce the period of extension if IEC is successfully completed.

13. When can a client take IEC?

DWI offenders can take IEC at any point during their DWI education or treatment program, as long as they are driving an interlock-restricted vehicle. It can be taken concurrent to Level II education or Level II therapy. IEC can also be a stand-alone. Some DWI offender will have already completed Level II and want additional support with their interlock. Some DWI offenders who have experienced continued problems with their interlock are facing a one-year extension of their interlock requirement. Dept. of Revenue, hearing officers may take successful completion of IEC into consideration in determining the length of that extension

14. When and how can the IEC hours count toward Level II Therapy requirements?

There is the possibility that successful completion of IEC may count as all additional required hours if the client is a Track B client (52 hours). This is possible if the agency's clinical assessment indicates that no other specialized services are needed. IEC hours cannot count toward Level I or Level II Education, or to Level II Track A hours.

The IEC hours may count as part of the required hours for Track C (68 hrs.) or Track D (86 hrs.) clients. Again, this is possible if the agency's clinical assessment indicates that no other specialized services are needed

IEC can run concurrently with education/therapy. In this case, because IEC is considered to be clinically indicated, clients can take education and IEC concurrently and/or can also attend their Level II therapy group and IEC concurrently.

For those clients that successfully complete IEC, and no further specialized services are indicated, the agency would record IEC hours on the DRS as Level II non-intensive outpatient therapy hours completed. Until such time as specific fields are created in the DRS, the agency can include the 10 hours along with other Level II therapy hours completed and record a comment in the "notes" section that indicates 10 of the therapy hours was as a result of successful completion of IEC. Hours of credit toward Level II Therapy would not be entered in the DRS record until after successful completion of IEC.

15. I have other questions? I have suggestions for additional information to include in this FAQ.

Please email questions and suggestions to Christine.flavia@state.co.us

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