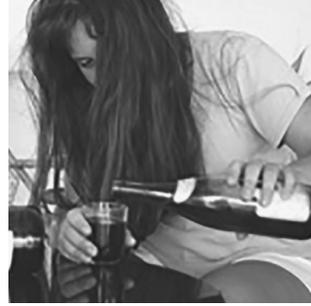


LESSON 1



PROGRAM ORIENTATION

DEVELOPING A WORKING RELATIONSHIP

LESSON TIME: 2 HOURS

“No one soars too high who soars with his own wings.”

—William Blake

W E L C O M E

Welcome to *Driving With CARE®: Alcohol, Other Drugs, and Impaired Driving Education, Strategies for Responsible Living and Change, A Cognitive Behavioral Approach, Level I Education*. You are in this program because you have been convicted of a charge related to the use of alcohol or other drugs (AOD) and driving a motor vehicle. The Probation Department evaluation, or a similar evaluation that you underwent, showed that you were in need of an alcohol and other drugs education program that addresses responsible driving attitudes and behaviors. Your evaluation may not have shown that you had a clear pattern of life disruption due

to AOD use. In fact, you may be thinking: “Do I have a problem related to the use of alcohol or other drugs?” You have been charged with and convicted of driving while having a blood alcohol concentration (BAC) that went beyond the legal limits or driving while under the influence of a drug other than alcohol. That is a problem in and of itself.

You may be thinking, “I don’t want to be here.” We want you to share those thoughts. You may also be thinking, “I do need to be here so that I can prevent any further problems related to AOD use and driving a motor vehicle.” This is the part of you that we want to support and help grow.

DRIVING WITH CARE

Driving with CARE means caring about yourself and caring about others. We want CARE to become a central part of your driving. We can apply the word CARE to driving and to living by giving meaning to each letter of the word.

THIS IS WHAT IT MEANS TO DRIVE AND LIVE WITH CARE	
C	concern, careful, competent, compassion, conscientious
A	awareness, attention, attitude, alertness, ability
R	responsible, restraint, regard, rapport, recognition, respect
E	empathy, empower, effective, effort

CARE IS A POWERFUL WORD. WE WANT IT TO HAVE POWER IN YOUR LIFE, AND MOST IMPORTANT, IN YOUR DRIVING.

DRIVING WHILE IMPAIRED

In this participant’s workbook, we will use the term DWI (*driving while impaired*) to refer to *driving while ability impaired* (DWAI) and *driving under the influence* (DUI). Your actual charge and/or conviction may have been either a DWAI or DUI. In some states, a DWAI is a lesser charge based on a lower blood alcohol

concentration (BAC), and DUI refers to a more serious charge based on a higher BAC. Other states may use another term when referring to an impaired driving charge or conviction. Some states use the term OWI (*operating while impaired*). Some states apply the law to boating, skiing, bicycling, rollerblading, skateboarding, and so forth, while impaired.

HOW IS THIS PROGRAM SET UP?

This program is made up of *six* lessons with 12 hours of learning experiences. Depending on the program you are in, these lessons will be scheduled in blocks of time or sessions. You will have six sessions of two hours each.

PURPOSE OF THE PROGRAM AND ITS SPECIFIC OBJECTIVES

The purpose of *Driving With CARE[®]: Alcohol, Other Drugs, and Impaired Driving Education* is to prevent the operation of a motor vehicle while under the influence of or impaired by alcohol or other drugs. Together, we will develop knowledge and learn skills that will help us to engage in CAREFUL and responsible thinking and behavior about alcohol or other drug (AOD) use and to prevent involvement in impaired driving. Here are the three main goals of this program and what we want you to learn.

- ▶ How to stop driving while under the influence of or while impaired by alcohol or other drugs:
TO PREVENT RECIDIVISM
- ▶ How to never return to a pattern of alcohol or other drug use that is destructive and disruptive to your normal living and that led you to being charged with driving under the influence of or impaired by alcohol or other drugs: TO PREVENT RELAPSE
- ▶ Learn skills and tools that will help you have a more satisfying and fulfilling life

A. PREVENTING RECIDIVISM

Our first goal is to prevent future driving while under the influence of or while impaired by alcohol or other drugs, or *to prevent recidivism*, meaning going back to the behavior of driving while under AOD influence or impairment. It is a process that occurs over time and involves a pattern of thinking and behavior that leads to driving under the influence. You are on the path to recidivism when you take part in a thinking pattern involving drinking and driving, or when you put yourself in situations where you run the risk of driving when drinking. There are two parts to this goal of preventing recidivism or *never again driving while impaired*.

- ▶ Your legal obligation or community commitment—following the laws in your state and community:
 - Commitment to never again drive at any time when your blood alcohol concentration (BAC) is .05 or higher, or in many states, if you are under the age of 21, if your BAC is .02 or higher. The exact meaning of the BAC level will be discussed later in this workbook.
 - Commitment to never drive at any time when you are under the influence of mind-changing and behavior-changing drugs

This goal and commitment fulfills your responsibility to your community.

YOU DRIVE WITH CARE WHEN YOU MEET THIS COMMUNITY COMMITMENT.

- ▶ Your personal commitment:
 - To go beyond following the law and requirements of your community and commit to being drug and alcohol free every time you operate a motor vehicle
 - We call this *zero tolerance-zero risk* for personal recidivism. If you never have alcohol or other drugs in your body, you are at ZERO risk for ever getting another impaired driving arrest.

Remember, recidivism is not just getting rearrested for DWI. It means any time you drive when your BAC is above legal limit or when you are impaired by any other mind-altering drug.

Consider this zero tolerance-zero risk goal for three reasons:

- ▶ It is hard to know just how much alcohol you have in your body or to know that your BAC level is above or below the .05 limit, or .02 for those of you under 21.
- ▶ If you never have alcohol or other drugs in your body when you drive, you are at ZERO RISK for getting a DWI charge. You will also be at ZERO RISK of harming yourself or others. That will be of comfort to you. It will stop any worry you have and stop any risk related to driving impaired.
- ▶ When you use drugs other than alcohol that are illicit (illegal), then you are at *double-risk or double-jeopardy*: you violate the law by illegal possession *and* by driving while impaired. Use of any drug that is illegal is absolutely not acceptable, and it is AGAINST THE LAW.

REMEMBER: Recidivism is not just getting rearrested. It means any time when you drive when your BAC is above legal limits *or when you are impaired by any mind-altering drug.*

YOU DRIVE WITH CARE WHEN YOU MEET THIS PERSONAL COMMITMENT.

COMMUNITY COMMITMENT: NEVER DRIVE WHEN THE PRESENCE OF ALCOHOL IN YOUR BODY IS EQUAL TO OR GREATER THAN THE .05% BAC (.02% IF YOU ARE UNDER THE AGE OF 21), OR WHEN OTHER DRUGS IN YOUR BODY CAUSE YOU TO BE IMPAIRED.

PERSONAL COMMITMENT: TO BE ALCOHOL OR OTHER DRUG FREE EVERY TIME YOU OPERATE A MOTOR VEHICLE AND TO NEVER DRIVE WHEN ALCOHOL OR OTHER DRUGS ARE PRESENT IN YOUR BODY

We expect you commit yourself—to promise—to the community goal of not breaking the law by driving impaired. BUT, GIVEN ALL OF THE PROBLEMS OF BEING CONVICTED OF DWI, WE ASK YOU TO GIVE SERIOUS THOUGHT TO THE PERSONAL GOAL OF ZERO TOLERANCE AND ZERO RISK—NEVER OPERATE A MOTER VEHICLE WITH ANY ALCOHOL OR OTHER DRUGS IN YOUR BODY THAT CAUSE IMPAIRED DRIVING.

B. PREVENTING RELAPSE

The second overall goal of this program is preventing relapse. Relapse and recidivism are closely tied together. Yet, you can use alcohol or other drugs and not go into recidivism—drinking and driving. Now, let's see what relapse means.

- ▶ A pattern or *pathway* to relapse involves the process of thinking about drinking or being in situations around drinking that could cause one to return to a harmful pattern of alcohol or other drug use.
- ▶ A *lapse* is going back to any pattern of AOD use that could lead to harming oneself or others after making a commitment to a nonharmful pattern of use or to no use at all.
- ▶ A *relapse* is going back to the point of having further problems from AOD use or back to a harmful pattern of AOD use, which may or may not involve DWI *recidivism*.

There are two parts to this goal of preventing relapse.

- ▶ **Your legal and moral promise and commitment to your community:** This is the same as your legal community commitment around recidivism: *to not drive when the presence of alcohol in your body has gone beyond the legal BAC limits or to not drive when you are impaired by the presence of other drugs or to never allow the use of alcohol or other drugs to cause you to break the law or take part in any illegal activity.*
- ▶ **Your personal commitments or goals around AOD use:** We asked you to consider the goal of ZERO TOLERANCE–ZERO RISK—to never drive when alcohol or other drugs are in your body. We want you to consider setting your personal commitments around AOD use. Here are some choices you may make:
 - **To not use alcohol or other drugs to the extent that causes harm to you, others, or your community.** We call this **harm avoidance**. The fact that you were convicted of a DWI charge means that you have had an alcohol or other drug use problem. You drank to the extent that you lost self-control and that the AOD use upset or disturbed you and others around you. You may have other problems related to AOD use other than your DWI. We will look at that more closely later. This can be your commitment: *to never use alcohol or other drugs to the extent that they cause harm to you or others or to disturb or upset your life.*
 - **Or you may choose to live an alcohol- and drug-free life.** This means **abstaining from the use of alcohol and all mind-/behavior-altering drugs, unless prescribed by a medical specialist**. This will depend on the extent to which AOD use has caused your life to be disturbed or upset. We will look at this later in this program.

TWO FACTS OF THE MATTER

- ▶ If you go back to the pattern of use you were into before getting your DWI, you will be at high risk for recidivism/driving while using alcohol or other drugs and continue to have problems, and your life will continue to be disturbed and upset.
- ▶ If you remain alcohol and drug free, you will never again have a problem from alcohol or drug use. You will be at ZERO RISK.

YOU LIVE AND DRIVE WITH CARE WHEN YOU MEET THESE COMMUNITY AND PERSONAL COMMITMENTS AROUND ALCOHOL OR OTHER DRUG USE.

COMMUNITY COMMITMENT GOAL: TO NEVER DRIVE WHEN YOUR USE OF ALCOHOL EXCEEDS THE LEGAL BAC LIMIT OR WHEN YOUR USE OF OTHER DRUGS IMPAIRS YOUR ABILITY TO DRIVE

PERSONAL COMMITMENT GOAL 1: PREVENT AOD USE FROM CAUSING HARM TO YOU OR OTHERS OR UPSETTING AND DISTURBING YOUR LIFE AND/OR THE LIVES OF OTHERS

PERSONAL COMMITMENT GOAL 2: TO LIVE AN ALCOHOL- AND DRUG-FREE LIFE: TO ABSTAIN FROM THE USE OF ALCOHOL OR OTHER MIND- AND BEHAVIOR-CHANGING DRUGS

What do you think about these statements? Write down what is best for you, given your history of use.

MY THOUGHTS ABOUT PERSONAL AND COMMUNITY COMMITMENTS TO PREVENT RELAPSE:

Given your past use of alcohol or other drugs (AOD), what would be best for you as to your goal around future use?

WHAT IS BEST FOR YOU AS TO YOUR FUTURE USE:

THE PARTNERSHIP OF CARING—THE BIG PICTURE

The *Driving With CARE*[®] (DWC) program is only one part of the large picture of the effort of preventing impaired driving conduct. This effort involves a working relationship among three partners.

- ▶ The community, which includes the court, Department of Motor Vehicles, and fellow citizens, all of whom are represented by a probation officer. This partner is responsible for community safety,

to see that citizens follow the law, for meeting the needs of victims, and for evaluating, sentencing, supervising convicted impaired drivers, and providing resources of growth and change for those convicted of impaired driving.

- ▶ Your provider or agency that has the responsibility to conduct programs of education and therapy to help impaired driving clients prevent relapse and recidivism, to help clients to become more caring and responsible to themselves and their community, and to live a more fulfilling and meaningful life.
- ▶ The third member in this partnership is you, the client. You have the responsibility to fulfill the requirements related to your impaired driving offense, to be more caring and responsible in the community, to learn the skills that prevent recidivism and relapse, and to work on making changes and improvements so that you are able to live a more fulfilling and meaningful life.

One way that you meet the obligation to the community and yourself is to complete the DWC program. This also involves reporting to your community through your probation officer of the progress and changes you made in DWC. You are asked to do this by completing the Client Progress Report (CPR) at the end of the sixth session. Then give the CPR to your provider who may send it to your probation officer or court supervisor. The CPR is found in the back of this Workbook.

THE SPECIFIC OBJECTIVES AND BENEFITS OF THIS PROGRAM

- ▶ **Prevent recidivism** or returning to driving a motor vehicle while exceeding the legal BAC limits or while having ingested any other mind-altering drugs that impair driving behavior.
- ▶ **Prevent relapse** or returning to a pattern of alcohol or other mind-altering drug use that is harmful and disruptive to your normal living including impaired driving; or to not use any illegal drugs.
- ▶ **Help you to** become aware of your past history of driving while impaired and to help you understand your current DWI charge and conviction.
- ▶ **Learn how to** change your thoughts, beliefs, and attitudes that control your behavior and that, in the past, led you to driving while involved in AOD use.
- ▶ **Understand how** alcohol or other drug use and abuse affect and influence your mind, body, social behaviors, relationship with others, and your responsibilities toward the community.
- ▶ **Understand the laws** of your state about impaired driving and be clear about your obligation to the court and to the Department of Motor Vehicles.
- ▶ **Encourage you to** commit yourself to a goal of **zero tolerance—zero risk**—never driving while you have alcohol or any other mind-behavior-altering drug in your system.
- ▶ **TO HAVE YOU COMMIT YOURSELF TO DRIVING WITH CARE.**
- ▶ **THAT YOU WILL NEVER AGAIN HAVE THE PROBLEMS AND HASSLES OF ANOTHER DWI ARREST OR CONVICTION.**

OUR EXPECTATIONS OF EACH OTHER: PROGRAM AGREEMENTS AND GUIDELINES

Here are the expectations and guidelines for clients in this program. These guidelines will help us to build a good working relationship:

- ▶ To attend and be on time for each class and take an active part in listening to and discussing the material
- ▶ To be courteous and respectful toward other group members and the program leaders
- ▶ To keep the names of and information about members of the group in trust and confidence and not to talk about what is learned about group members with anyone outside of the group
- ▶ To have a positive attitude toward class peers and group leaders
- ▶ To take responsibility for your learning, behavior, and your group
- ▶ To make the group part of your life and actively apply what you learn in group to your life
- ▶ To speak in the first person using “I” statements
- ▶ To phrase your feedback so it is about your experience of the other person, and not a judgment of how they are
- ▶ To make up any lessons that are missed
- ▶ To complete classroom exercises and homework
- ▶ To not use alcohol or any mind-altering drugs while in the program and to not attend any session after using alcohol or any other drug unless prescribed by a doctor or medical specialist
- ▶ To talk to the group and/or counselor about a desire to drink alcohol or use other drugs
- ▶ To take part in any alcohol or other drug testing that is required by this agency or the court
- ▶ To not operate a motor vehicle while impaired by alcohol or other drugs
- ▶ To not drive a motor vehicle without a valid driver license
- ▶ To understand that a client has the choice to withdraw from this program at any time, yet to know that such withdrawal will be reported to the probation department or referring agency and that there may be judicial consequences for such withdrawal
- ▶ That clients are asked to sign a consent for involvement in this program and that this consent may include the above agreements and guidelines

WHAT ARE YOUR OBJECTIVES AND EXPECTATIONS OF THIS PROGRAM?

- ▶ What would you like to get from this program? What would you add to the program objectives outlined above? Share these with the group.
- ▶ What would you like to add to the above agreements so that you feel relaxed and safe and so that you can get the most out of this program? Share these with the group.

WHAT IS OUR APPROACH?

We have learned that many people who drive while impaired and/or who develop habits of unhealthy use of alcohol **or other drugs** or who use illegal drugs have not learned important lessons and skills that

- ▶ give them self-control over their thinking and actions;
- ▶ help them be effective in relating to others and to deal with relationship conflicts; and
- ▶ help them to develop and maintain responsible (trustworthy) and caring thoughts, attitudes, and behavior toward others and in the community.

This program will lead you down the path of doing just this—learning lessons and building on what you have learned to have more self-control, to be stronger in relating to others, and to be more CARING in your relationship to your community. Your group leaders and counselors are educators, coaches, and teachers who will give you some important lessons of living that will improve your patterns of self-control and responsible living.

We have been taught that experience is a good teacher. **But is this true?** Yes, we learn from experience, and experience is important as we practice the skills that give us self-control and help us live in a responsible and caring way. **But experience alone is not a good teacher.** For you see, *with experience, you may get the test before the lesson.* What good teacher will give you the test in class and expect you to pass it before you receive the lesson? A good teacher first gives you the lesson so then you can pass the test. Too often, we have been faced with passing many life-tests but did not have the lessons to pass them.

As counselors, teachers, and coaches, we want to

- ▶ help you improve in the art of living and driving by strengthening your skills and learning new ones; and
- ▶ help you strengthen the lessons you have learned and to learn those lessons that you did not learn that would have prevented you from engaging in the action of AOD use and driving.

We will use several approaches to meet the goals and objectives of this program.

- A.** First, we want you to tell us about yourself. What happened to you that brought you to this point where you ended up with a DWI conviction? We will ask about your history of alcohol and other drug use. We would like you to describe the events surrounding your DWI conviction by completing Worksheet 1 at the end of this lesson. You will be asked to share this information through formal questionnaires and in the group.
- B.** Second, our program is built on a **cognitive-behavioral** approach to preventing and stopping future involvement in driving while impaired (DWI). Here is what this approach means.
- ▶ We make changes in our actions by changing how we think, what we believe about ourselves and the world, and how we feel. Change and improvement begin first in our mind.
 - ▶ In a simple way, it is your thoughts, beliefs, and attitudes—not what happens around you or to you—that cause you to feel and act in a certain way or cause you to do certain things. **It was your thinking—not the events outside of yourself—that led you to DWI conduct.**
 - ▶ We will learn how to change our mental world so as to give us more control over our lives and to prevent repeating the behavior or action of driving while using alcohol or other drugs. To do this, you learn
 - how your thinking, attitudes, and beliefs control your actions and behaviors; and
 - how your actions or behaviors become habits or patterns—habits that can result in positive (good) or negative (bad) outcomes.
 - ▶ You learn three skills:
 - skills to change your thinking and beliefs to give you more control over your actions and to stop you from taking part in driving when using alcohol and other drugs (AOD) that impair driving ability—we call this **thought changing or mental restructuring**;
 - skills that help you to change your social and relationship actions or behaviors to give you more self-control when relating to those close to you or with friends that may have been part of your AOD use and your driving impaired and to help you prevent further AOD use problems and driving impaired (we call this **social and relationship skills training**); and
 - skills that help you to increase reliable and responsible actions in the community; we call these **community responsibility skills**.

**SELF-CONTROL COMES THROUGH CONTROLLING, MANAGING, AND CHANGING OUR THOUGHTS.
SELF-CONTROL LEADS TO POSITIVE OUTCOMES.**

- C. Third, people will make more responsible and CAREFUL decisions about their AOD use or non-use if they have knowledge and awareness of how AOD use and driving affect their lives and the lives of others. Therefore, an important part of this program will be to give you some facts and information about
- ▶ alcohol and other drug (AOD) use;
 - ▶ the consequences and effects of AOD use on your life and the lives of others;
 - ▶ how your life, the lives of others, and the community are affected and harmed by AOD-related behaviors and actions;
 - ▶ legal information, the penalties and outcome, or consequences related to driving while impaired or under AOD influence; and
 - ▶ how to help you apply these facts to you and your specific situation.
- D. Fourth, you learn ways that you can prevent relapse and recidivism. Remember, your community commitment or promise is that you will never again drive when your BAC is equal to or exceeds the legal limit of .05 BAC, or a .02 if you are under 21; or when under the influence of other drugs. But keep in mind, you have the choice of making a zero tolerance—zero risk decision of never operating a motor vehicle with any alcohol or mind-altering drugs in you.

SHARING YOUR DWI ARREST AND CONVICTION STORY

AN IMPORTANT PART of this lesson is sharing the following:

- ▶ your first name and what brought you to this program;
- ▶ how you see your pattern of alcohol use; and
- ▶ your DWI event by writing down the facts about your DWI arrest and conviction on Worksheet 1, page 13, and then discussing these facts in group.

CHARTING YOUR THINKING AND ACTION PATTERNS AROUND AOD USE AND DRIVING

Remember, we said that recidivism is a process that involves thinking and action and can take part in several steps. First, there is a pattern of thinking about using alcohol or other drugs. Second, you begin to think about and put yourself in situations where you could drink or use drugs or you are already in that situation. Third, being in that situation, you have thought-choices: “No, I am not going to use.” Or, you can think, “Just as well go ahead and use.” Fourth, if you did use or drink, you have another thought choice: “No, not going to drive”; or fifth, you can think “Just as well drive, I’m OK” and you do drive.

Each week, you are asked to complete the *Thinking and Action Patterns (TAP) Chart*, which helps you look at the process of recidivism or going back to driving while impaired. You will be given time at the beginning of each lesson to complete TAP or you can do it before the lesson starts. The TAP Chart is **Worksheet 24, Page 126**, in the back of this Workbook. For this first lesson, you are asked to complete the TAP for the past week (7 days). Your group leader will go over the following steps for completing TAP.

- ▶ Column 1: TAP Chart gives the week for which you are doing the charting.
- ▶ Column 2: Check “yes” or “no” as to whether you thought about using alcohol or other drugs in the past week. If you put yes, write one of those thoughts.
- ▶ Column 3: Check “yes” or “no” if you were in a place where you could drink or use other drugs, such as **a bar, a party, or a friend’s house**. If you checked “yes,” write down the place and what you did.
- ▶ Column 4: Check “yes” or “no” as to whether you used alcohol or other drugs. If you checked “yes,” write what you drank. Be as honest as you can. If you checked “no,” then check “no” for Columns 5 and 6.
- ▶ Column 5: If you did drink or use other drugs, check “yes” or “no” as to whether you thought about driving. If yes, write down one of those thoughts.
- ▶ Column 6: Check “yes” or “no” if you drove with any alcohol or other drugs in your system. If yes, write down where you drove.
- ▶ Column 7: Briefly describe the events related to your thinking (or not thinking) about using or your actual use. Maybe your thought was “Sure, it would be nice to have a beer.” The event might have been that you had a hard day at work and stopped to have a couple of drinks at the bar with some friends.

YOUR CLASS OR HOMEWORK ASSIGNMENT

- A. Do your TAP Chart for this past week (back of the workbook). Be ready to share what you learned from this.
- B. Complete Worksheet 1, page 13.
- C. Read the next session in your Workbook.
- D. *The DWC Lesson Progress Rating Scale*. At the end of each lesson, you are asked to rate yourself as to your understanding of each lesson using the *DWC Scale*. For this lesson, rate yourself on how well you understand the DWC program.

1		2		3		4		5		6		7		8		9		10
POOR				FAIR				GOOD				VERY GOOD						

WORKSHEET 1

Your DWI Event. Describe and evaluate the specific circumstances surrounding your DWI arrest.

TYPE OF EVENT OR CIRCUMSTANCE	YOUR SPECIFIC SITUATION
1. Date of arrest	
2. Time of arrest	
3. Location of arrest	
4. Persons you were with	
5. Time you took first drink or started using drugs	
6. Total drinks or drug doses from first drink to arrest	
7. Kind of alcohol or drug(s) used	
8. Where you did most drinking or drug use	
9. Blood/breath alcohol level or blood test results	
10. Events before you started to drink or use drugs: who with, where, what was happening, conflicts with people	
11. Thoughts you remember before you started drinking or using drugs	
12. Events during drinking or using drugs: who with, where, what happened, conflicts with people	
13. Feelings and emotions you remember before and after you started drinking or using drugs	
14. How did you act when you were arrested?	
15. Where were you taken after your arrest?	
16. How long did you stay where you were taken?	
17. Who were among the first persons in your family that you spoke to after you were arrested?	
18. What did they say and do? Write down their reaction.	
19. What were your thoughts after you returned home?	
20. What were your feelings after you returned home?	

