



A Publication by the  **NCDC**
National Center
for DWI Courts

FYI

The NCDC and the NHTSA are once again taking applications for 2011's DWI Court training. The deadline for applications is August 27, 2010 to your SHSO. For more information and a copy of the application, [click here.](#)

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Effective Alcohol Treatment in DWI Court: Doing the Right Thing, In the Right Way

By: Terrence D. Walton, MSW, CSAC

The alcoholism and other drug addiction treatment field is undergoing a paradigm shift where adoption of evidenced-based practices is becoming the norm. Against the backdrop of a growing body of conclusive research, some of what we thought we knew about what works in treatment, which treatments work, and even the essence of treatment itself has been called into question. The implications for treatment systems in general and DWI Courts in particular are significant and potentially

unsettling. To increase effectiveness, some programs will need to discard approaches that have not been proven effective and replace them with those that have. These are strong words that suggest the need for bold action. The evidence is becoming increasingly clear. Treatment works, but not always. Alcoholism and other drug addiction treatment is the right thing to do, but to be effective it must be done in the right way.

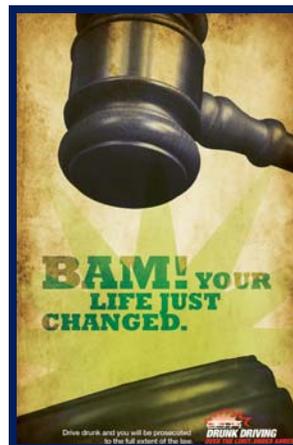
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Alcoholism and other drug addiction treatment is the right thing to do, but to be effective it must be done in the right way.

National Impaired Driving Crackdown

Now, coming to a neighborhood near you, the upcoming National Impaired Driving Crackdown – “Over the Limit. Under Arrest.” From August 20 – September 6, 2010, law enforcement officers across the country will be making an extra concerted effort to arrest impaired drivers, as well as increasing the media attention in the community. Law



enforcement agencies will be getting additional funding from their state highway safety office to participate in this mobilization.

Besides the possible increase in a court's case load from more DWI arrests than usual, this is one more opportunity

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WSWA and NCDC Continue Successful Partnership

[The National Center for DWI Courts](#) (NCDC) and the [Wine & Spirits Wholesalers of America](#) (WSWA) are proud to announce the continuation of their successful partnership with the aim of significantly reducing drunk driving by strengthening current DWI Courts and adding new DWI Courts across the country.

Through their unique partnership, NCDC and WSWA will embark on an aggressive campaign to educate policymakers on the success of DWI Courts and the need for DWI Court expansion. Additionally, WSWA will continue to sponsor the National DWI Court Task Force with the mission of recommending national policy and establishing best practices for DWI

Courts. The DWI Court Task Force recently provided critical support in developing the NADCP position statement on the use of technology in the detection of alcohol among DWI Court and Drug Court participants.

“DWI Courts represent the criminal justice system’s most effective response to hard-core drunk drivers,” said WSWA President **Craig Wolf**. “For over 65 years WSWA has been committed to promoting responsible alcohol policy and we see no better way to continue this mission than to partner with the

National Center for DWI Courts and expand this proven program.”

Sometimes referred to as Accountability Courts, DWI Courts are designed to treat hard-core drivers by holding them accountable for their criminal behavior. But accountability is only half the strategy; intense treatment is critical to the success of DWI Courts. Participants are regularly tested for alcohol use, required to appear weekly in court, and receive incentives for complying with treatment and other requirements of the court and sanctions for not living up to their obligations to themselves and their community. This combination of accountability and intense treatment has been proven to get repeat offenders to stop drinking and driving. For many DWI Court participants, it is the first time their addiction had ever been addressed by the court.

Recent research has highlighted the success of DWI Courts in changing the behavior of the nation’s most dangerous drunk drivers. A 2007 study by the Michigan Supreme Court found that DWI Court participants are nineteen times less likely to be rearrested for a DWI charge than those who have been through traditional sentencing. In one court system, persons that did not go through the program were three times more likely to be rearrested for a new criminal

offense and nineteen times more likely to be rearrested for a DWI charge. In other words, the

recidivism rate was significantly lower for the DWI Court participants.

The WSWA joins The Century Council, Beam Global Spirits and Wine, The Bureau of Justice Assistance, and the National Highway Traffic Safety Administration

(NHTSA) on a growing list of dedicated supporters of DWI Courts.

“The National Center for DWI Courts is honored to once again collaborate with the Wine & Spirits Wholesalers of America,” says NCDC Director, **David Wallace**. “WSWA is a deeply valued partner in the effort to promote DWI Courts as the nation’s most effective strategy for dealing with hard-core DWI offenders. Their leadership on a national level will be instrumental in our effort to put a DWI Court within reach of every eligible DWI offender.”

“DWI Courts represent the criminal justice system’s most effective response to hard-core drunk drivers,” said WSWA President Craig Wolf.



DWI Court Task Force meeting in Boston, Massachusetts this past June.

A Local Bike Ride: Raising Funds and Community Awareness

By: Chaney Taylor, Judge

Since I attended the DWI Court 3 1/2 day training in California last year, I had been trying to come up with a fund-raising idea; a bike ride seemed like a good way to raise funds for the DWI Court while at the same time raising community awareness. I have



been cycling (off and on) since college and many charity bike rides have popped up around Arkansas. There were none in Independence County, so I talked to some of my cycling friends about possibly doing a fund-raising ride for the DWI Court. Before I knew it they had picked a date, decided on a route, and started sending out e-mails informing our local cycling community. Our local cycling club (White River Medical Center Cycling) agreed to be the main sponsor of the event. Myself along with other club members started putting together entry forms, ordering T-shirts, and spreading the word about the DWI Court and the upcoming event. Also, several sponsors came forward and kicked in some money for the event to help offset some of the expenses such as drinks and refreshments. Several area media outlets (radio stations, "shopper" papers, newspapers) and area bicycle shops also helped us spread the word.

Being the first year for the event, I really didn't know how many riders would show up. I ordered 28 T-shirts, and I figured if we had 28 riders, that would be a huge success. We actually ended up with 21 registrations and we considered that a good turnout for the first year. I have been involved with other informal bike rides in Independence County, and we consider a ride a success if we get 10-12 people to show up. We were naturally pleased to have 20 riders (one didn't show because of other commitments) for this event. Several riders traveled from other areas to participate as well. A few of the riders complimented us on the event and the route. After talking to some of my cycling friends, we have rated the route as moderate — not too easy, with rolling hills, but nothing so challenging and difficult as to scare riders off. Five riders completed the full 100 miles, 1 or 2 did a "metric" century (100K) of 62 miles, and the remainder did varying distances, anywhere from 20 to 50 miles.

Several of our team members (Deputy Prosecutor **Brad Sipe**, Court Clerk **Tammy Sterling**, treatment professional **Beth Altman**, Probation Officer **Warren Wade**, & Case Manager **Lee Huff**) came out and volunteered, providing a "sag wagon," taking photos, staffing rest stops/handing out drinks



and refreshments, along with two of our program participants who staffed the first rest stop until the last of the riders came through.

After all the expenses were paid, the final tally was approximately \$800 raised for the DWI Court, which is more than we had before. We hope to make the event even bigger and better next year, and possibly even double everything: the number of riders, the amount of money raised,



Judge Taylor registering for the bike ride wearing his "All Rise" Century Ride 2010 T-Shirt.

and the number of volunteers. I also hope to add some other events, like a pre-ride spaghetti dinner, a post-ride burger lunch, activities for kids (games, bike rodeo, face painting, and bouncy houses), music, prizes, and electronic timing for the riders. I also hope to have more sponsors, and spread the word of the event throughout our local schools, in order to raise interest in cycling. This will be a growing effort, one that will raise much needed funds for the DWI Court, and at the same time build support of the court in my community.

A New Addition to NCDC

On July 6th, **Elisa Fulton**, started working at the National Center for DWI Courts. Prior to working for NCDC, she helped manage her husband's ice cream catering business. She recently graduated from George Mason University with a Bachelors of Science in Administration of Justice. Elisa is a native Texan and the proud mother of her first child; a daughter, Bella Fulton, born in August of 2009. She enjoys learning anything pertaining to the Criminal Justice field and values time spent with her family.

At the NCDC, Elisa will be a DWI Court Training Coordinator working

with Cliff Jacobs and responsible for organizing the NHTSA/NCDC DWI Court training programs. These programs provide the necessary tools for established Drug Courts and traditional courts to become DWI Courts.

When asked what Elisa hoped to achieve with NCDC she stated: "I am thrilled to be part of such a positive organization that has the capability of making our community a safer place by reducing the recidivism rates of repeat DWI offenders. Having



Elisa Fulton

been personally affected by the tragic aftermath of an intoxicated driver, I feel truly fortunate to have been given the opportunity to work for such an inspirational cause. As training coordinator, I would like to further the endeavors of this organization by expanding the DWI Court base. I hope that my role here at NCDC will help the positive effects this organization has worked hard to achieve."

Welcome aboard Elisa!

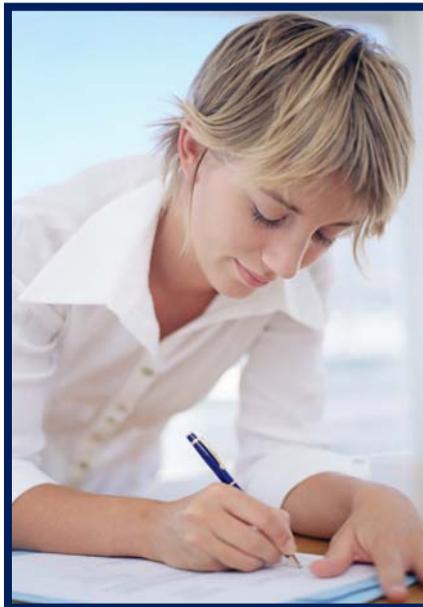
Applications Being Taken for DWI Court Training in 2011

The National Center for DWI Courts (NCDC) and the National Highway Traffic Safety Administration (NHTSA) are once again taking applications for next year's DWI Court training. The deadline for applications is **September 15, 2010**, unless the court is going through the State's Highway Safety Office (SHSO) for travel costs, then the deadline is **August 27, 2010** to the SHSO.

The solicitation has been sent to State Drug Court points of contact and the Drug Court Coordinators in each State, and it is on the [NCDC website](#). The application is specific as to the types of training offered. Please note the following:

- Courts that are currently Drug Courts can apply – they will only need the one day training as opposed to the 3 ½ day training for new DWI Courts that are not already Drug Courts.

- The application procedure is similar to last year's application. When a jurisdiction is applying for the training, they should coordinate with their State Highway Safety Office (SHSO) by applying for the training through them. The SHSO may support the



team with the costs for travel to the training location.

- The closing date for the application is **August 27, 2010** to the local State Highway Safety Office.

Each SHSO will determine which teams will be provided with funding to attend the training and then forward this information to NHTSA, Enforcement and Justice Services Division, by facsimile or email by **September 15, 2010**.

The application requests that the Judge of the team provide a Letter of Commitment. The SHSO should provide this information in the application.

The SHSO should also provide the person and address to where the applications should be sent.

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Time to Increase Awareness of Drugged Driving on Nation's Roads

National Drug Control Policy Director, **Gil Kerlikowske**, National Highway Traffic Safety Administration (NHTSA) Administrator, **David Strickland**, and professional race driver, **Sarah Fisher**, held a news conference on June 22, 2010, to raise public awareness of drugged driving on the Nation's roadways.

"Americans are familiar with the terrible consequences of drunk driving and the dangers posed by texting or talking on a cell phone while driving," said Director Kerlikowske. "Now, as we approach the Fourth of July, one of the busiest periods on the Nation's roads, the Office of National Drug Control Policy (ONDCP) is teaming up with public and private-sector partners across the Nation to raise awareness of the dangers of another important public safety issue – drugged driving.

"Several recent studies have shown that a significant number of drivers have drugs in their system when they get behind the wheel," said Kerlikowske. "But just as we have made progress in addressing drunk driving, we can raise awareness of drugged driving and educate people about the dangers it presents. Drugs negatively affect judgment, reaction time, motor skills, and memory. Those who drive with drugs in their systems put us all at risk."

Kerlikowske noted that the Monitoring the Future Survey released last year shows that, in 2008, one in 10 high school seniors admitted to having driven a vehicle after smoking marijuana in the two weeks prior to the survey. The National Survey on

Drug Use and Health showed that more than 12 percent of 18- to 25-year-olds admitted to driving under the influence of an illicit drug at least once in 2008. The latest National Roadside Survey by NHTSA showed one in six weekend, nighttime drivers tested positive for drugs.

"Impaired driving, caused by alcohol or illegal drugs, is a threat to every driver on the road across the country," said Administrator Strickland. "That's why ONDCP and NHTSA are asking motorists to behave responsibly and drive defensively during the summer travel season."

Fisher, who first drove in the Indianapolis 500 when she was 19 years old, addressed her message to young people. "The drugged driving

"Drugs negatively affect judgment, reaction time, motor skills, and memory. Those who drive with drug in their systems put us all at risk" National Drug Control Policy Director, Gil Kerlikowske

awareness campaign gives me the opportunity to speak directly to the younger generation of drivers," said Fisher, who has raced in the

Indianapolis 500 nine times, more than any woman in history. "Several studies have shown that too many young people get behind the wheel of a car

after smoking marijuana or taking drugs. They need to make smarter and safer decisions."

"I have been a professional race driver since I was a

teenager, and I can tell you that—whether you are driving 20 miles an hour on a city street or 220 miles an hour at the Indy 500—you don't want to have impaired judgment or slow reaction time," said Fisher. "To be safe, you need to be at your best."

ONDCP is working to increase the number of states with effective drugged driving laws. Too often, inadequate drugged driving laws allow people who drive after taking drugs to evade prosecution and avoid responsibility, thereby increasing the possibility that they will continue causing a public safety issue. Zero tolerance or per se laws will help in this effort.

ONDCP has produced public service announcements featuring Director Kerlikowske with Fisher and also with public officials, including Virginia Governor Bob McDonnell, Maryland Attorney General Doug Gansler and DC Police Chief Lanier. The PSAs are available at:

www.WhiteHouseDrugPolicy.gov/druggeddriving



Effective Alcohol Treatment in DWI Court

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Evidence-based Treatment Approaches

The collective results from numerous randomized clinical trials and meta-analyses of hundreds of studies have identified the top seven evidenced based treatment approaches, which are:

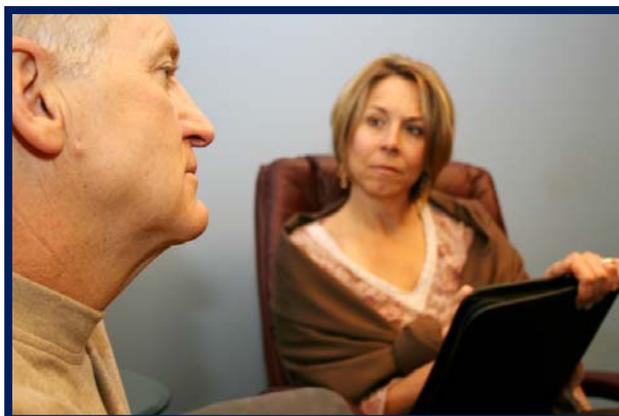
- *Cognitive behavioral* approaches are among the most effective approaches for the treatment of alcohol-related disorders. Proponents of these approaches postulate that substance use is a learned behavior that is both triggered and reinforced by internal and external factors, including situations and cognitions. Effective interventions within this approach include, for example, behavior contracting, social coping skills training, and relapse prevention therapy.
- Similarly, the *Community Reinforcement Approach (CRA)* has consistently been rated as among the most effective interventions. Based on the tenets of Operant Conditioning, this approach systematically increases the availability and desirability of substance-free activities to provide alternatives to drinking. CRA utilizes both natural and contrived reinforcers and frequently includes “vouchers,” which are tangible rewards in response to abstinence and/or related behaviors.

- *Motivational Interviewing (MI)* has been found to be among the more clinically and cost effective approaches. MI is an approach that utilizes reflections, empathy, resistance, change-supportive client statements, and other techniques to prepare people to change addictive and other behaviors. MI has been found to be especially beneficial for those with low to moderate alcohol dependence, those with high levels of anger at treatment entry, and young people with occasional heavy drinking patterns.
- *Brief interventions* that included five or fewer sessions have sometimes been found to be effective when compared with much longer and more elaborate interventions. Brief interventions often include behavioral feedback, simple

structured advice, and/or motivational counseling. It is noteworthy that these interventions, which are often delivered in conjunction with primary medical care, were effective with those who were considered hazardous or harmful drinkers. There is little evidence that they are sufficient for individuals with more severe alcohol problems or alcohol dependence.

- *Behavioral Couples Therapy (BCT)* has been found to be effective in several studies. This approach seeks to engage both partners in therapy, achieve abstinence, and improve relationship functioning. These gains are sought through a limited number of structured sessions.
- For problem drinkers who do not meet dependence criteria or others for whom moderation is appropriate, *Behavioral Self-Control Training (BSCT)* has shown excellent results in over 30 clinical trials. BSCT is an approach that teaches controlled drinking, as opposed to abstinence.

To increase effectiveness, some programs will need to discard approaches that have not been proven effective and replace them with those that have. These are strong words that suggest the need for bold action.



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Effective Alcohol Treatment in DWI Court

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- *Pharmacological treatment* as an adjunct to psychosocial treatment or in conjunction with structured medical management sessions has been found to be effective. Naltrexone and acamprostate are both approved for use in the treatment of alcohol-use disorders.

Non-proven Treatment Approaches

In multiple studies, mandated AA attendance for those participating in treatment has not demonstrated effectiveness. If there is a single

Practitioners and programs that persist in using those approaches that haven't been found to be effective, especially in the absence of those that have, are engaging in questionable practices at best.

instance where scientific findings appear to fly squarely in the face of conventional wisdom, this is it. While coerced *treatment* has been found effective in other studies, evidence does not yet indicate the same for coerced Alcoholics Anonymous

participation. In addition to this finding, other common practices that have not been found to be effective in treating alcohol problems include, but are not limited to: generic counseling, alcohol and other drug education and confrontational interventions (intended to shatter denial). Even some of the approaches that have demonstrated some success in other populations are not yet supported by a

strong evidence base, particularly in the field of alcohol treatment. These approaches include, for instance, solution focused therapy, guided meditation, and acupuncture.

Next Steps

The implications for DWI Courts are significant.

- Programs are encouraged to identify evidence based practices and adopt these practices as the foundation of their treatment interventions. The federal government's National Registry of Evidenced-based Programs

and Practices is a recommended resource for identifying these practices. This registry can be



accessed at:

www.nrepp.samhsa.gov.

- DWI Courts that service alcohol dependent individuals should seek to incorporate medication-assisted treatment—primarily naltrexone and acamprostate.
- Programs that incorporate Alcoholics Anonymous or other mutual aid groups, as most DWI Courts do, are encouraged to review the evidence involving the ineffectiveness of mandating AA. Alternatives to mandating AA attendance may need to be adopted, such as providing incentives for participation in

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Get the Home COURT Advantage!!

Questions about DWI Courts? What does the research say? Find pictures and videos of DWI Court events. Get the latest NCDC publications or download TA forms.

Go to www.DWICourts.org for that and more!!



New DWI Court Legislation Enacted in Missouri!

By: Rick Morrissey

Enabling legislation for DWI Courts in Missouri has unanimously passed the State General Assembly and will go into effect August 28, 2010. This legislation was a part of House Bill 1695 that also addressed strengthening penalties for repeat DWI offenders while mandating improved record keeping for DWI cases so that repeat offenders can be properly tracked. The DWI Court language was included in the bill as a direct response to the Chief Justice William Ray Price's call for the creation and expansion of Drug Courts and DWI Courts during his State of Judiciary Address in February of this year.

The provisions of the bill authorize Missouri courts to establish DWI Courts or dockets for cases in which the driver pleaded guilty to DWI or excessive blood alcohol content (BAC), and the driver's BAC was .15 or above, the driver had one or more previous intoxication-related offenses, or the driver had two or more previous alcohol-related enforcement contacts.

The new legislation provides incentives to offenders that choose to participate in a DWI Court program. Offenders with high blood-alcohol levels can avoid a mandatory jail sentence of up to five days by participating. Also under this new law, prior offenders will be required to serve a minimum of 10 days in jail and persistent offenders (three or more offenses) shall serve a minimum of 30 days in jail unless they

choose to participate in a DWI Court program.

HB 1695 also gives judges statutory authority to grant a limited driving privilege to successful DWI Court participants and graduates. Those that receive this privilege shall only drive to

work, school, medical appointments, and treatment sessions and must install an ignition interlock device on their vehicle. This provision will incentivise

participation in the program as well as insure that successful, sober participants and graduates have a legal means of transportation to attend treatment, DWI Court sessions, and go to work.

With this new legislation, Missouri looks to expand existing DWI Court program participation and create new DWI Courts in jurisdictions with Drug Courts and without. Currently,

Missouri has 400 DWI offenders participating in ten stand-alone DWI Courts and 34 Drug Courts that accept DWI cases.

HB1695 can be viewed by clicking [here](#).

For more information on this legislation or Missouri treatment courts, please contact Rick Morrissey, Missouri's Treatment Court Coordinator at Rick.Morrissey@courts.mo.gov.

Editor's Note: Michigan has a similar bill still pending. House Bill No. 5273 was introduced on August 19, 2009. It passed the House in the Michigan Legislature and on January 26, 2010, it passed the full Senate and it is back in the House for minor changes. If passed, the bill will create the DWI Court Interlock Pilot Project that will allow hardcore DWI offenders in a DWI Court program to obtain a restricted license to drive to and from

treatment, employment, and school, as long as an ignition interlock device is also placed on the vehicle to be driven, and as long as they are in the DWI Court. These bills will provide a useful "carrot" to encourage repeat DWI offenders to enter a DWI Court.

HB 1695 also gives judges statutory authority to grant a limited driving privilege to successful DWI Court participants and graduates.



Missouri State Capital

National Impaired Driving Crackdown

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to raise local awareness of DWI Courts and the difference each court is making in the community. Be sure to take advantage of this mobilization and talk about how important the DWI Court is for the community and the high-risk DWI offenders being arrested.

Go to: www.stopimpaireddriving.org/planners/crackdown2010/index.cfm to find a Promotional Planner already prepared. The intent of this promotional planner is to provide marketing materials, earned media tools, and marketing ideas which can be distributed to fit local needs and objectives while at the same time partnering with other states, communities, and organizations all across the country.

To get to the specific printed material go to: www.stopimpaireddriving.org/PEAK/index. The first link listed above goes to the posters, TV spots, and Radio Announcements along with other promotional material. The second link, listed in this paragraph, goes to the sample press release, fact sheets, and other documents, including a state by state break down of alcohol impaired driving crashes to use with the local media about the mobilization.

The planner includes messaging and templates to choose from, and to support the impaired driving initiatives surrounding the *2010 Labor Day Impaired Driving Prevention National Enforcement Crackdown*. The publications available can be used in several capacities and are built on the message platform, *Drunk Driving. Over the Limit. Under Arrest*. These materials also carry the tagline, *Cops are cracking down*, which reinforces

that law enforcement officials will be on the lookout and focusing attention on impaired drivers. This is a great opportunity to team up with local law enforcement agencies and spread the message that if a person is arrested driving impaired, they will be prosecuted to the full extent of the law.



The above poster and the one on the first page are just a couple of the posters available for download at the Stop Impaired Driving website.

Technology Statement Passed by NADCP Board

On June 1, 2010, The National Association of Drug Court Professionals Board of Directors unanimously approved a position statement recognizing the importance of using technology in the detection of alcohol among DWI Court and Drug Court participants.

Alcohol misuse and abuse is common among Drug Court participants and is the central issue among DWI Court participants. In order for courts to ensure compliance with prohibitions on consuming alcohol and recognizing that alcohol consumption can be difficult to detect, NADCP supports the use of "all proven and effective technological tools available to assist DWI Courts and Drug Courts in supervising the participants in conjunction with treatment to address the root cause of the addiction to alcohol and other impairing substances." This includes Ignition Interlock Devices and Continuous Transdermal Alcohol Monitoring.

NADCP supports the continued development, evaluation, and research of relevant technological tools and the implementation of effective tools to assist the courts in monitoring the use of alcohol.

[Click Here to Download NADCP Position Statements](#)

Online Guide To Mutual Aid Launched

Over 50 Searchable Recovery Resources for the Recovery Community and Service Providers

Faces & Voices of Recovery recently launched the *Guide to Mutual Aid Resources*, an online, one-stop resource for people looking for help with addiction and recovery. Visitors can find out about the many varieties of online and in-person

mutual aid groups that are helping people find and sustain their recovery from addiction to alcohol and other drugs. The Guide is available on the Faces & Voices of Recovery web site and features over 50 mutual aid groups including Narcotics Anonymous, SMART Recovery and Women for Sobriety.

“There is no other place on the web where someone can find such a user-friendly, comprehensive list of mutual aid resources,” said author William White. The groups are organized into practical categories like “Youth-Focused” or “Medication-Assisted.” There’s information about mutual aid groups organized by profession, alcohol or other drug, recovery pathway and more. “We are thrilled to be able to offer this useful and free resource to both the recovery community and service providers,” said



help for substance use disorders.” “Millions of Americans know first-hand what scientific research shows – mutual aid groups can be an important part of an individual’s recovery process,” said Mr. White. Anyone interested in mutual aid resources can also sign up to receive updates on upcoming conferences and conventions, new groups, books or tools and other relevant information.

The *Guide to Mutual Aid Resources* can be posted on organizational websites by using a logo downloadable from Faces & Voices at

Faces & Voices Executive Director Pat Taylor. “We encourage organizations and individuals to spread the word about this new tool,” she said.

The federal government’s 2010 National Drug Control Strategy calls for “updated lists of mutual help groups as a potential resource to individuals seeking

www.facesandvoicesofrecovery.org/resources/support/widget.

The *Guide to Mutual Aid Resources* was originally developed by Ernest and Linda Kurtz for the Behavioral Health Recovery Management project in 2001. In 2005, the Guide moved to Faces & Voices of Recovery and has been overseen by a 6-person committee of mutual aid experts. In 2009 Faces & Voices of Recovery received funding from the Substance Abuse and Mental Health Services Administration’s (SAMHSA) Partners for Recovery Initiative to enhance the Guide.

Faces & Voices of Recovery is a national nonprofit organization working to mobilize, organize, and rally the 20 million Americans

“There is no other place on the web where someone can find such a user-friendly, comprehensive list of mutual aid resources,” said author William White.

in recovery from addiction to alcohol and other drugs, their families, friends and allies in a campaign to end discrimination; broaden social understanding; and achieve a just

response to addiction as a public health crisis. For more information, please visit Faces & Voices of Recovery.

FACES & VOICES
OF RECOVERY



organizing the recovery community

Effective Alcohol Treatment in DWI Court

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AA, as opposed to mandating it; determining which participants are most amenable to and/or suitable for AA; and offering choices that include other types of mutual support programming in addition to AA or other 12-step groups.

- For most DWI Court participants, abstinence is the desired outcome. However, if a particular program includes individuals who are not dependent or others for whom a goal of moderate drinking may be appropriate, then incorporating evidenced-based controlled drinking approaches such as Behavioral Self-Control Training (BSCT) is recommended.

Admittedly, not finding an approach effective isn't the same as proving

Even some of the approaches that have demonstrated some success in other populations are not yet supported by a strong evidence base, particularly in the field of alcohol treatment. These approaches include, for instance, solution focused therapy, guided meditation, and acupuncture.

that approach ineffective. Poor documentation of interventions and the lack of consistent implementation

may explain why some treasured approaches have failed to withstand the scrutiny of research. However, under repeated examination, some treatment approaches are found to be



consistently effective, while others are not. Practitioners and programs that persist in using those approaches that haven't been found to be effective, especially in the absence of those that have, are engaging in questionable practices at best.

Some of what has been discovered and discussed in this article may have challenged personal beliefs and long-standing professional practices. Some who, like this writer, are staunch advocates for Alcoholics Anonymous and other mutual support groups are especially taken aback by the finding regarding mandated AA participation. However, this and other findings are best viewed not as an indictment of past practices, but as an opportunity to adjust current practices to match current knowledge. In many respects, this is precisely what we expect from our participants. We should expect no less from ourselves.

Study Cites Cost Benefits of Counseling Plus Drugs to Treat Alcohol Problems

Combining behavioral interventions with acamprosate and naltrexone therapy for alcohol-dependent patients saved an estimated \$3,800 per patient in societal costs compared to providing medical management alone, according to researchers who evaluated data from the COMBINE study.

The researchers also found that the cost savings from the combined therapies exceeded the initial cost of treatment within three years, according to a press release from RTI International. Societal savings included related healthcare costs and expenses related to arrests and motor-vehicle crashes.

Researchers from RTI, the University of Wisconsin-Milwaukee, University of North Carolina at Chapel Hill, University of Pennsylvania, and Yale University collaborated on the research, which focused on the COMBINE (Combined Pharmacotherapies and Behavioral Interventions) study.

The findings were published in the May 2010 issue of the journal Medical Care.

Editor's Note: [Click here](#) for the full press release. This article was obtained from Join Together, released on June 8, 2010.

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The Center is supported by
a charitable contribution
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Wine, Inc.

We're on the web
www.dwicourts.org

Applications Being Taken for DWI Court Training in 2011

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Selection of Teams

NCDC will be working with NHTSA to coordinate the logistics for the training sessions. NCDC will locate the hotels, secure the meeting rooms, provide the materials, print the tent cards and name tags, etc. The teams that are selected for the training will be notified in late Fall of 2010, in order to make plans on their court calendars and travel arrangements. The training sessions are slated to begin in March 2011. _____
If you have any questions about the DWI Court training, please contact Brian Chodrow at the NHTSA, Enforcement and Justice Services Division at (202) 366-9765 or David Wallace at NCDC – (703) 575-9400 or dwallace@nadcp.org, or go to the NCDC website at: www.dwicourts.org.

The Graduate Corner

***Editor's Note:** This was read by a DWI Court graduate at a recent graduation. If you have the opportunity, I highly recommend that you go to a graduation and see what is possible. DJW*

Dear Alcohol,

Where can I start? You've been my companion through good times and bad. You were there for me through thick and thin; on good days and bad days. But in the past 4 years you have turned against me and cast me away into the seas of despair. Your seductive appeal railroaded me into becoming a selfish, self-centered man deprived of the moral zeal I once possessed and cherished. Life with

you went from harmless and fun to helpless and suffocating. So, enough is enough. You go your way and I'll go mine. My one-time good character was revived the moment you department my lips on July 6th of last year. Don't mistake me for naïve. I know you are deceptive and cunning, and I know you



will try to seduce me again in the future. Whether you're lingering in the shadows 6 days or 6 months from now, I'll be ready. I've built an arsenal of tools to keep you out of my life. After all, you promised me certain things but delivered nothing. I know you've heard all of this before. Perhaps on a head banging Sunday morning after the two of us were up all night together. But this time it's different. I will miss you at times, but I cannot go back and make a brand new start with you. You've hurt me and my loved ones too much. So instead, I'm starting from now and making a brand new end. Don't let the door hit you on the way out.