Revolutionizing DUI Assessment

Computerized Assessment and Referral System (CARS)

What is CARS?

CARS is a risk + needs assessment that provides immediate diagnostic information for up to 15 major psychiatric disorders (e.g. , depression, anxiety disorder, bipolar disorder).

CARS is designed to identify mental health concerns in addition to substance use disorders that influence DUI behavior.

CARS provides referrals to treatment services based on an individual's diagnostic information and ZIP code.

CARS is adapted from the World Health Organization's Composite International Diagnostic Interview (CIDI), an internationally validated assessment.[1]
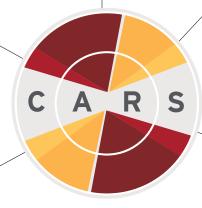
25-30%

Repeat drunk drivers arrested and convicted of a DUI comprise, on average, 25-30% of the impaired driving population.[2]

People who have been convicted of DUI represent a population with an extremely high rate of substance use disorders.[3-4]

45%

Research has found that 45% of repeat drunk drivers have a major mental health disorder in addition to substance use disorders.[5]

C A R S

Screening for mental health issues beyond alcohol use disorders is rare within DUI treatment programs.[7]

DUI offenders who suffer from psychiatric disorders other than alcohol or drug use disorders re-offend more, and more quickly, than others.[6]

How CARS works

Asks about signs and symptoms of mental health issues both within the past year and lifetime.

Identifies specific mental health and substance use disorders for which a client is at risk.

Generates a report that informs the user about a client's treatment needs and provides appropriate referrals.

Can be used in three formats:

15-40 MINUTES

INTERVIEWER-ADMINISTERED
CARS SCREENER

15-40 MINUTES

SELF-ADMINISTERED
CARS SCREENER

1-2 HOURS

FULL
CARS ASSESSMENT

Benefits of CARS

- Validated among a DUI offender population
- Informs supervision and treatment decisions
- Provides immediate personalized output and referrals
- User-friendly reports at the click of a button
- Runs on open source software
- Can be used by non-clinicians
- Application in a number of settings (e.g., courts, probation departments, treatment providers, emergency departments]
- Available free of cost

Implementation

- Randomize control trials completed in MA to test CARS with both first and repeat DUI offenders
- Implementation process evaluation completed at six pilot sites (CA, MN x2, PA, WI, WY) in 2016.
  Link to the report: https://responsibility.org/wp-content/uploads/2015/02/CARS-Report.pdf
- CARS available free for download here: http://www.carstrainingcenter.org

Footnotes
1: http://www.hcp.med.harvard.edu/wmhcidi/ **2:** http://www.nhtsa.gov/staticfiles/nti/pdf/811991-DWI_Recidivism_in_USA-tsf-rn.pdf **3:** http://www.ncbi.nlm.nih.gov/pubmed/11576032
4: http://www.sciencedirect.com/science/article/pii/S0376871604001346 **5:** https://www.ncbi.nlm.nih.gov/pubmed/17907861
6: https://responsibility.org/wp-content/uploads/2015/02/CARS-PPT-NADCP-2016.pdf **7:** https://www.ncbi.nlm.nih.gov/pubmed/17907861

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COMPUTERIZED
ASSESSMENT
AND
REFERRAL SYSTEM

FOUNDATION FOR
**ADVANCING ALCOHOL
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CHA Division on **Addiction**
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