



Connecting  
our communities

# Drug Driver Program

Participant handbook  
November 2021

Name:

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Mobile:

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# Program Overview

The VicRoads Drug Driver Program aims to help you avoid drug driving in the future.

The Program involves:

- sharing your experience
- sharing some drug driving stories
- thinking about your drug use
- participating in group activities
- looking at some of the reasons behind drug driving
- identifying actions to avoid drug driving in the future.

The Program runs over two sessions and participants need to complete both sessions to complete the program.

**Session One** is about looking at why people use drugs and drive.

**Session Two** is about reducing the risks to you and to others.

**To receive your Certificate of Completion you must complete all parts of the Program by participating in discussions, activities and completing exercises in this handbook.**

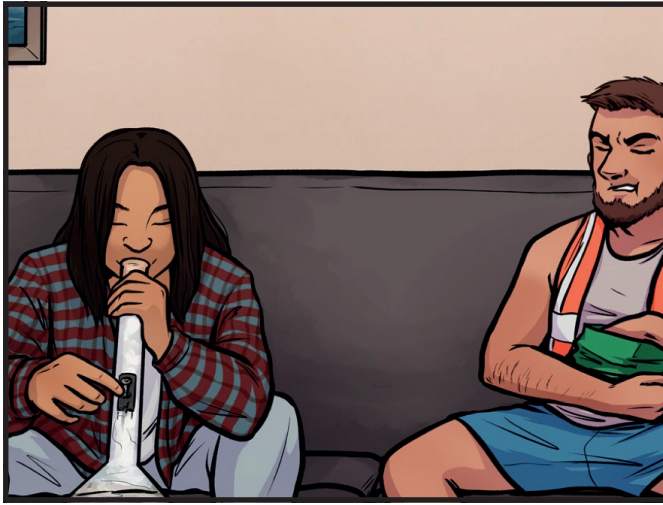
# This or That Activity

Working on your own, tick which one of each pair you prefer in the list below.

<input type="radio"/>	Cat	or	<input type="radio"/>	Dog
<input type="radio"/>	City	or	<input type="radio"/>	Country
<input type="radio"/>	Winter	or	<input type="radio"/>	Summer
<input type="radio"/>	Ford	or	<input type="radio"/>	Holden
<input type="radio"/>	Apple	or	<input type="radio"/>	Android
<input type="radio"/>	AFL	or	<input type="radio"/>	Rugby
<input type="radio"/>	Indoors	or	<input type="radio"/>	Outdoors
<input type="radio"/>	Sweet	or	<input type="radio"/>	Savoury
<input type="radio"/>	Morning	or	<input type="radio"/>	Evening
<input type="radio"/>	Coffee	or	<input type="radio"/>	Tea

In pairs, compare what you and your partner have in common.

# Mark's Story



## Mark's Story

He doesn't believe drug driving puts him or others at risk.

He doesn't think he needs to comply with road laws.

## Self-comparison

Please rate how much "like you" Mark's story is:

Not at all like me	A little bit like me	A lot like me
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

# Liam and Kim's stories



## Liam's Story

He wanted to help mates or friends.

### Self-comparison

Please rate how much "like you" Liam's story is:

Not at all like me	A little bit like me	A lot like me
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>



## Kim's Story

She felt obligated and even a bit pressured.

### Self-comparison

Please rate how much "like you" Kim's story is:

Not at all like me	A little bit like me	A lot like me
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

# Refusal Skills

Think of a situation when it might be difficult to say "no" if asked to drive when you may test positive.

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What are three things you could realistically say or do?

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2.

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3.

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# Jay and Kayla's Stories



## Jay's Story

He knew there were risks and still drove but tried to avoid detection.

## Self-comparison

Please rate how much "like you" Jay's story is:

Not at all like me	A little bit like me	A lot like me
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>



## Kayla's Story

She knew there were risks and tried to manage them. She thought she would be okay.

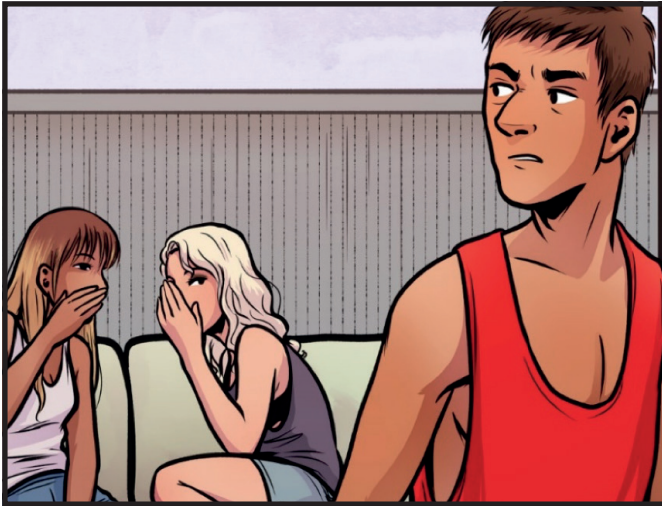
## Self-comparison

Please rate how much "like you" Kayla's story is:

Not at all like me	A little bit like me	A lot like me
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>



# Dylan and Alex's Stories



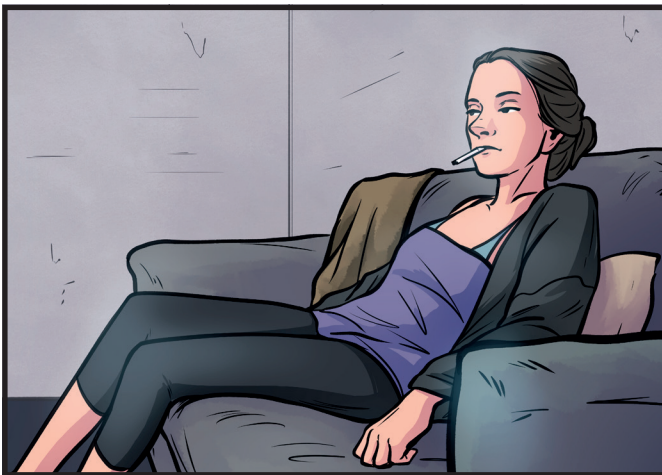
## Dylan's Story

He wouldn't normally drug drive but was feeling paranoid.

## Self-comparison

Please rate how much "like you" Dylan's story is:

Not at all like me	A little bit like me	A lot like me
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>



## Alex's Story

She didn't intend to drive but was very intoxicated.

## Self-comparison

Please rate how much "like you" Alex's story is:

Not at all like me	A little bit like me	A lot like me
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

# Things I Can Do

What situation would be more likely to see me drug drive in the future?

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What can I put in place now to prevent me drug driving in the future?

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What can I put in place to prevent drug driving once I have my licence back?

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Who can I rely on or involve that will support me to not drug drive again in the future?

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# Drug Use Questionnaire

This questionnaire asks questions about your use of drug. Your answers are confidential so please be honest. Place an "X" in one box that best describes your answer to each question.

	0	1	2	3	4	Score
1. How often do you use drugs other than alcohol?	Never	Monthly or less	2-4 times a month	2-3 times a week	4+ times a week	
2. Do you use more than one type of drug on the same occasion?	Never	Monthly or less	2-4 times a month	2-3 times a week	4+ times a week	
3. How many times do you take drugs on a typical day when you are using?	Never	1-2	3-4	5-6	7 or more	
4. How often are you influenced heavily by drugs?	Never	Less than once a month	Every month	Every week	Daily or almost daily	
5. Over the past year, have you felt that your longing for drugs was so strong that you could not resist it?	Never	Less than monthly	Every month	Every week	Daily or almost daily	
6. Has it happened, over the past year, that you have not been able to stop taking drugs once you started?	Never	Less than once a month	Every month	Every week	Daily or almost daily	
7. How often during the last year have you taken drugs and then neglected to do something you should have done?	Never	Less than once a month	Every month	Every week	Daily or almost daily	
8. How often during the last year have you needed to take a drug the morning after heavy drug use the day before?	Never	Less than once a month	Every month	Every week	Daily or almost daily	
9. How often over the past year have you had guilty feelings or a bad conscience because you used drugs?	No	Less than once a month	Yes, but not in the last year	Every week	Yes, during the last year	
10. Have you or anyone else been hurt (mentally or physically) because you used drugs?	No		Yes, but not in the last year		Yes, during the last year	
11. Has a relative, friend, doctor or other health care worker been concerned about your drug use or suggested you cut down?	No		Yes, but not in the last year		Yes, during the last year	
TOTAL						

# Values Activity

What value cards did you choose?

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Why did you choose these values?

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Is your behaviour at the moment in line with these values?

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How might keeping drugs apart from driving help you be true to this value?

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# Effects of my drug driving

List all the effects that getting caught drug driving have had on you and your life in the circle below.



# Benefits if I don't drug drive again for:

List all the benefits of not drug driving for:



# Effects of drugs on driving

Drug categories		Effect on Driver
<b>Depressants</b>	Cannabis, Ketamine, Benzos, Heroin, GHB	<ul style="list-style-type: none"> <li>• Reduces attention and concentration</li> <li>• Slows reaction time</li> <li>• Increases sleepiness, fatigue</li> <li>• Reduces co-ordination</li> </ul>
<b>Stimulants</b>	Methamphetamine (ice, speed), MDMA (Ecstasy, Cocaine)	<ul style="list-style-type: none"> <li>• Reduces co-ordination</li> <li>• Impairs ability to judge speed and distance</li> <li>• Increases confidence and risk-taking</li> <li>• Increases distractibility</li> </ul>
<b>Hallucinogens</b>	LSD, magic mushrooms	<ul style="list-style-type: none"> <li>• Impairs concentration</li> <li>• Confusion and blurred vision</li> <li>• See or hear things that are not there</li> <li>• Reduces ability to judge space or time</li> </ul>

# To Have Fun

List 2-3 things that you are looking forward to doing this week?

1.

2.

3.

How much do these activities involve using drugs?

Activity		Not about drugs	A bit about drugs	All about drugs
1.		<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
2.		<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
3.		<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

List 2-3 things that don't involve using drugs or you could do or at least try that are fun?

1.

2.

3.



# To Feel Better

Thinking about when you use drugs, how often does it occur to when you are feeling certain ways?

Mark in the table how often you use drugs when you are experiencing these feelings...

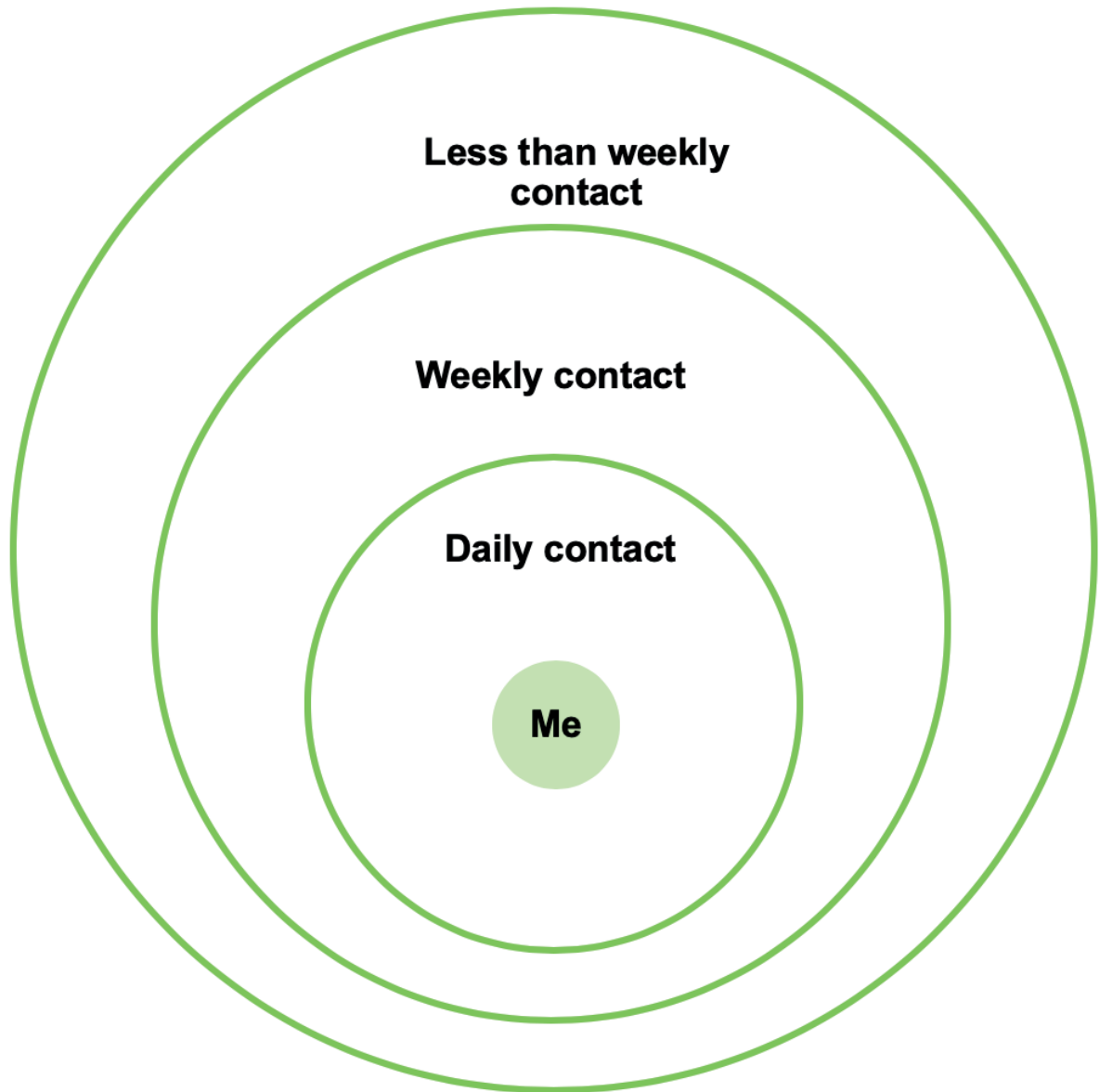
I use drugs when I am feeling...	Often	Not often
Depressed	<input type="radio"/>	<input type="radio"/>
Angry	<input type="radio"/>	<input type="radio"/>
Anxious (fearful)	<input type="radio"/>	<input type="radio"/>
Stressed	<input type="radio"/>	<input type="radio"/>
Other ... lonely/bored	<input type="radio"/>	<input type="radio"/>

If you have answered "often" to any of these items, you may want to look at the resources listed at the back of this handbook and consider seeking some support to help you cope.

List a 2-3 things that you could do or at least try to do that help cope without using drugs or alcohol?

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## **What are three connections I can make to help me to not drug drive again?**

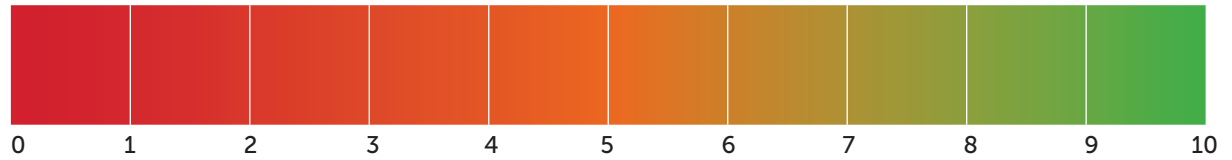


# Action Plan

Goal: to not drug drive again	
1	One thing I learned about my drug driving? <hr/> <hr/> <hr/> <hr/> <hr/>
2	Apart from not losing my licence again, what is one benefit for me of not drug driving again? <hr/> <hr/> <hr/> <hr/> <hr/>
3	One benefit for my family and close friends of me not drug driving again? <hr/> <hr/> <hr/> <hr/> <hr/>
4	One thing I can do to make sure I don't drug drive again? <hr/> <hr/> <hr/> <hr/> <hr/>
5	One person I can rely on for support? <hr/> <hr/> <hr/> <hr/> <hr/>

# Thinking About Change

Now that you have completed the Program, mark on the scale below what your beliefs about drug driving are:



# Fitness to Drive

A condition of being licensed to drive is that all motorists are required to advise VicRoads of any serious, permanent or long-term illness, disability, medical condition or injury that may impair their ability to drive safely.

Driving is a privilege, which brings responsibilities. One of those responsibilities is to ensure that you are capable of driving safely.

Ask your doctor for advice about the effect that any illness, disability or medical condition (including alcohol and or drug addiction) may have on your ability to drive safely, including any medicines you may be taking.

Failure to report a medical condition or disability may put your life and the lives of others at risk, and may also jeopardise your insurance cover.

A driver is to:

- meet their legal obligations to report to VicRoads any long-term or permanent injury, disability or illness that may affect their ability to drive safely
- respond truthfully to questions from a health professional regarding their drug or alcohol use, health status and the likely impact on their driving ability
- comply with taking prescription medication and/or other medical treatment or interventions.
- comply with requirements of a conditional licence\* as appropriate, which might include the need to complete periodic medical reviews, only drive with zero BAC, or comply with other driver or driving restrictions (e.g. must wear corrective lenses).

For more information on health and driving please go to VicRoads website

<https://www.vicroads.vic.gov.au/licences/health-and-driving>

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\* Conditional licence provides a means for best driver and public safety while keeping driver independence when a driver has a long-term or progressive health condition or injury that may impact on their ability to drive safely.

# General information

## Victoria's road safety strategy and action plan

- [www.tac.vic.gov.au/road-safety/victorian-road-safety-strategy/victorian-road-safety-strategy-2021-2030](http://www.tac.vic.gov.au/road-safety/victorian-road-safety-strategy/victorian-road-safety-strategy-2021-2030)

## VicRoads

- [www.vicroads.vic.gov.au](http://www.vicroads.vic.gov.au)

## Department of Health and Human Services

- <https://www2.health.vic.gov.au/alcohol-and-drugs/aod-treatment-services/pathways-into-aod-treatment>

## Australian Drug Foundation

- <https://adf.org.au/>

## Eastern Health Turning Point

- <https://www.turningpoint.org.au/>

## Australian Institute of Health and Wellbeing

- <https://www.aihw.gov.au/>

# Important Information

## What to do next...

### Complete all the requirements to get licensed

- [www.mcv.vic.gov.au/criminal-matters/driving-and-traffic-offences/applying-get-your-licence-back](http://www.mcv.vic.gov.au/criminal-matters/driving-and-traffic-offences/applying-get-your-licence-back)
- [www.vicroads.vic.gov.au/licences/demerit-points-and-offences](http://www.vicroads.vic.gov.au/licences/demerit-points-and-offences)

### Consider getting some support or help to manage your drug use if needed

- [Directline.org.au](http://Directline.org.au)
- 1800 888 236

### Consider whether you need some professional support help to you cope

- [www.beyondblue.org.au/the-facts/anxiety-and-depression-checklist-k10](http://www.beyondblue.org.au/the-facts/anxiety-and-depression-checklist-k10)
- [www.mensline.org.au](http://www.mensline.org.au) or call 1300 78 99 78
- speak with your GP about getting some counselling

