

Draft

Intensive Drink and Drug

**Driver Program: Pre-Interlock
Removal session**

Participant Handbook

Name: _____

April 2019

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Program Overview

The Pre Interlock Removal Program aims to help you avoid drink driving in the future.

The Program involves:

- *sharing your experience*
- *participating in group activities*
- *exploring the positive changes since having an alcohol interlock*
- *exploring the challenges of having an alcohol interlock*
- *revisiting your action plan*
- *identifying potential risks when alcohol interlock is removed and discuss prevention strategies*

You are required to participate in all components of the program, including discussions, group activities and exercises in this handbook to successfully complete the Program.

Where am I at?

- **Physical health and fitness**
- **Psychological wellbeing**
- **Connections and relationships**
- **Resources and strengths**

Alcohol Use Questionnaire

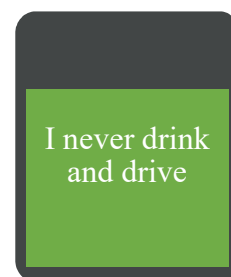
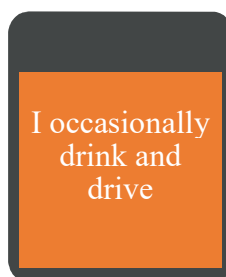
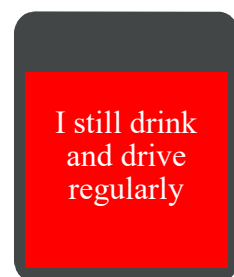
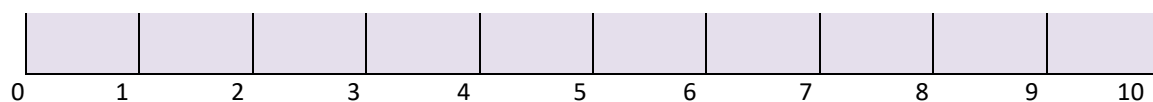
This questionnaire asks questions about your use of alcohol. Your answers are confidential so please be honest. Place an "X" in one box that best describes your answer to each question.

	0	1	2	3	4	Score
1. How often do you have a drink containing alcohol?	Never	Monthly or less	2-4 times a month	2-3 times a week	4+ times a week	
2. How many drinks containing alcohol do you have on a typical day when you are drinking?	1 or 2	3 or 4	5 or 6	7 to 9	10 or more	
3. How often do you have six or more drinks on one occasion?	Never	Less than monthly	Monthly	Weekly	Daily or almost daily	
4. How often during the last year have you found that you were not able to stop drinking once you had started?	Never	Less than monthly	Monthly	Weekly	Daily or almost daily	
5. How often during the last year have you failed to do what was normally expected of you because of drinking?	Never	Less than monthly	Monthly	Weekly	Daily or almost daily	
6. How often during the last year have you needed a first drink in the morning to get yourself going after a heavy drinking session?	Never	Less than monthly	Monthly	Weekly	Daily or almost daily	
7. How often during the last year have you had a feeling of guilt or remorse after drinking?	Never	Less than monthly	Monthly	Weekly	Daily or almost daily	
8. How often during the last year have you been unable to remember what happened the night before because of your drinking?	Never	Less than monthly	Monthly	Weekly	Daily or almost daily	
9. Have you or someone else been injured because of your drinking?	No		Yes, but not in the last year		Yes, during the last year	
10. Has a relative, friend, doctor or other health care worker been concerned about your drinking or suggested you cut down?	No		Yes, but not in the last year		Yes, during the last year	
TOTAL						

How many standard drinks would you consume in an average week?

Thinking about change

Mark on the scale below what you think about your drink-driving behaviour:



What worked? What didn't work

What have been some of the challenges?

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What else did I find helpful?

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Things I can do in the future

What are my risky situations: e.g. place, people and situations?

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What are my risky thoughts?

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What are my risky feelings?

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What strategies can I use to reduce the risk of me drink driving again in the future?

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Who can I turn to for support if I need to?

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What to do next

- Complete all of the requirements to get relicensed
 - <https://www.magistratescourt.vic.gov.au/traffic-offences/drivers-licence-eligibility-order-guide>
 - www.vicroads.vic.gov.au/licences/demerit-points-and-offences
- Consider getting some support or help to manage your alcohol and other drug use if needed
 - Directline.org.au
 - 1800 888 236
- Consider whether you need some professional support help to help you cope with things
 - www.beyondblue.org.au/the-facts/anxiety-and-depression-checklist-k10
 - www.mensline.org.au or call 1300 78 99 78
 - speak with your GP about getting some counselling

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).

*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.

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

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

Notes

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This image shows a full page of white paper with horizontal dashed lines, typical of primary school handwriting practice paper. The lines are evenly spaced and run across the entire width of the page. There are no margins, text, or other markings present.