

Chemical Health Evaluations • Anger Assessments • Referrals  
DUI • Driving With Care® Education • Anger Management

A Certified *Driving With Care*® Provider



**Access Behavioral Change**

A  Rehab Continuums, Inc. Company

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## **Driving With Care®: Alcohol, Other Drugs, and Driving Safety Education *Strategies For Responsible Living and Change***

### **Program Overview**

The authors of the program are Dr. Kenneth Wanberg, Center for Addictions Research and Evaluation, Dr. Harvey Milkman, Department of Psychology, Metropolitan State College of Denver and Dr. David Timken, Center for Impaired Driving Research and Evaluation.

Driving With Care was developed as an educational program for impaired driving offenders. The content of the program can also apply to anyone who has had at least minimal indicators of past problems associated with alcohol and other drug (AOD) use or misuse, and where an education program has been recommended (personal concern or pre-conviction) or ordered by probation/community corrections. This program is not a substitute for therapy or a treatment program, but it can be used in conjunction with therapy or treatment.

The course is built on a cognitive-behavioral approach. 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. Any change and improvement begins first with our mind. It's our thoughts and our beliefs that cause us to feel and act in a certain way or cause us to do certain things.

This course will help clients learn to have more self control over their lives and develop strategies and skills to prevent the behaviors and actions which are detrimental to themselves and others.

The goals of this course are to:

- Prevent recidivism – prevent future driving under the influence or the illegal activity related to alcohol and/or other drug use.
- Prevent relapse – prevent returning to a pattern of alcohol and other drug use that is destructive and disruptive to normal living.

### **Course Content**

#### ***Level II Education***

Level II Education is a 12-session, 24 hour education program to help clients understand how problem behaviors are learned and how those behaviors are strengthened. They develop a good understanding of their involvement in impaired driving and how their own AOD use fits clinically identified patterns and cycles of AOD use and misuse. They become able to develop strategies and skills to prevent future problems of use and misuse and involvement in DWI behavior and other illegal behavior, and also behaviors which are detrimental to themselves and others.

- Lesson 1 – Program Orientation: Developing a Working Relationship
- Lesson 2 – Alcohol and Other Drug Impaired Driving: The Laws and Beyond the Laws
- Lesson 3 – How Our Thinking, Attitudes and Beliefs Control Our Actions
- Lesson 4 – How Behavior is Learned and Changed
- Lesson 5 – Alcohol and Other Drugs: How Do the Facts and Ideas About Alcohol and Other Drug Use Fit You?
- Lesson 6 – Alcohol and Other Use Patterns: How Do They Fit You?
- Lesson 7 – Problem Outcomes of Alcohol and Other Drug Use: Patterns of Misuse and Abuse: How Do They Fit You?
- Lesson 8 – Pathways of Relapse and Recidivism
- Lesson 9 – Process and Steps to Preventing Relapse and Recidivism
- Lesson 10 – Preventing Relapse and Recidivism: Building Personal Values and Prosocial Attitudes and Behaviors
- Lesson 11 – Preventing Relapse and Recidivism: Managing Stress and Emotions
- Lesson 12 – Preventing Relapse and Recidivism: Building Healthy Family and Social Relationships

***Level I Education***

Level I is generally taught as a six-session, 12 hour DWI education program designed for first time offenders with minimal if any problems other than impaired driving associated with AOD use, who have no prior offenses, no prior diagnosis of Substance Abuse or Substance Dependence, and no other problems related to AOD use or misuse.

- Lesson 1 – Program Orientation: Developing a Working Relationship
- Lesson 2 – Alcohol and Other Drug Impaired Driving: The Laws and Beyond the Laws
- Lesson 3 – Changing Our Thoughts, Beliefs and Our Actions: Learning Self Control
- Lesson 4 – Alcohol and Other Drugs: How Do the Facts and Ideas About Alcohol and Other Drug Use Fit You?
- Lesson 5 – Understanding Alcohol and Other Drug Use and Problem Outcome Patterns: How Do They Fit You?
- Lesson 6 – Preventing Recidivism and Relapse

For additional information about our services, call us at **612-282-5576**.

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