



COMPUTERIZED ASSESSMENT —AND— REFERRAL SYSTEM

CARS Screening Report Prepared for: jh

TABLE OF CONTENTS

CARS Screening Case Summary	2
Screening Reports	3
Risk Report	6
Regional Referral Information	7
Regional Referral Information Emergency Departments	12

CARS is a screening device and it does not provide a final diagnostic determination. Further evaluation is necessary to determine whether problems reported are sufficient to qualify as a disorder and to determine the level of problem severity.

CARS Screening Case Summary

Jane is a 45 year-old Black Puerto Rican woman. She has screened positive for 4 co-occurring mental health problems, 2 of them in the past year (see Table 1) and should consider seeking a professional mental health assessment (Treatment resources are listed at the end of the report).

Table 1. Mental Health Screening Profile

	Lifetime Positive Screen	Past Year Positive Screen
<u>Panic Disorder</u>	Yes	No
<u>GAD</u>	Yes	Yes
<u>Alcohol Use Disorder</u>	Yes	Yes
<u>Attention Deficit Hyperactivity Disorder</u>	Yes	n/a

Jane was also screened for Intermittent Explosive Disorder, Mood Disorder Major Depression, Mood Disorder Bipolar Disorder, Social Phobia, Tobacco, Substance Use Disorder, Gambling, Eating Disorder, Obsessive Compulsive Disorder, Psychosis, Oppositional Defiant Disorder, Conduct Disorder, PTSD but did not screen positive for any of those disorders.

Other Risk Factors

Listed below are some additional factors that might increase Jane's risk for mental health problems, substance use problems, or recidivism.

Other risk factors include:

- Alcohol use disorder
- Anxiety disorder
- ADHD

Based on Jane's mental health profile, she should consider seeking professional assessment from the resources listed at the end of the report.

Screening Report

Jane screened positive for the following disorders. Definitions and endorsed symptoms are given for each disorder.

Panic Disorder

People with panic disorder (PD) have repeated attacks of anxiety. During panic attacks, they might sweat or tremble. They might feel dizzy, or have shortness of breath. They might have a pounding heart. They might feel nauseated or like they are choking. They sometime have numbness, tingling, and hot or cold flashes. These symptoms might feel like a heart attack. People with PD even can feel like they are losing control or dying. To qualify for PD they must have panic attacks for more than one month. Alcohol or drugs or another mental illness (e.g. PTSD, social phobia, etc.) cannot explain these attacks. Panic attacks generally pass after some time.

When the symptoms of a panic attack are not caused by another medical or psychiatric illness, or by substance use, clinicians can diagnose people with PD. When people begin to avoid certain situations or activities because they have panic attacks, they are experiencing "agoraphobia" along with their PD.

Jane screened in because she reported:

- pounding heart or accelerated heart rate
- shortness of breath
- nausea or abdominal distress
- feeling dizzy or faint
- chest pain or discomfort
- the fear of losing control or going crazy
- feelings of unreality or being detached from oneself

Generalized Anxiety Disorder

People with Generalized Anxiety Disorder (GAD) experience a lot of worry about day-to-day life. They worry minor issues will turn into major disasters. For example, they might over worry about being late. These worries can affect their work or personal lives. People with GAD might be restless, or easily tired. They might have problems with sleep or concentrating on things. They might be irritable and tense. When these symptoms last longer than 6 months and affect a person's ability to function in day-to-day life, clinicians can diagnose them with GAD.

Jane reported a time in her life when she had difficulty in controlling her anxiety or worry.

Alcohol Abuse/Alcohol Dependence

When people experience a pattern of drinking alcohol that leads to distress, health problems, or affects their ability to function, they might have alcohol abuse. Abusing alcohol can cause problems at work, school, or home. They might have unplanned absences. They might not complete their work. They might neglect responsibilities. People with alcohol abuse might use alcohol in dangerous situations, like driving a car or using heavy machinery. Because of their drinking, some people even have trouble with the law. Drinking might cause them to have arguments or fights with others. When a person continues to use alcohol despite these difficulties in daily life, but does not meet criteria for alcohol dependence, clinicians can diagnose them as having alcohol abuse.

When people continue using alcohol even though it causes problems, they might be alcohol dependent. They might need to drink more and more alcohol to get the same effect. Smaller amounts of alcohol might not feel like enough. When they try to stop or cut down their alcohol use, they might experience some distressing or even life-threatening withdrawal symptoms. This withdrawal syndrome can include shakiness; sweating; racing heartbeat; nausea or vomiting; anxiety; high blood pressure; seizures; hallucinations; or confusion. People with alcohol dependence might spend a great deal of their time and energy trying to obtain alcohol. People with alcohol dependence often find that they cannot stop drinking even though they know it is harming them. When their pattern of drinking affects their ability to function in day-to-day life, clinicians can diagnose them as having an alcohol dependence disorder.

Jane reported a time in her life when:

- her drinking or being hung over frequently interfered with her work or responsibilities at school
- her drinking caused arguments or other serious or repeated problems with her family
- she was often under the influence of alcohol in situations where she could get hurt
- she needed to drink a larger amount of alcohol to get an effect or could not longer get a "buzz" on the amount she used to drink
- she tried to stop or cut down on her drinking and found that she was not able to do so

Attention-Deficit/Hyperactivity Disorder (ADHD)

People with Attention-Deficit/Hyperactivity Disorder (ADHD) have inattention, impulsiveness, and hyperactivity that are not appropriate for their age. These symptoms occur in many situations. For example, at work, or in social situations. Symptoms of inattention include trouble focusing and being easily distracted. People with ADHD may jump from one simple task to another. Symptoms of hyperactivity include restlessness and problems doing quiet activities. Symptoms of impulsivity include impatience, interrupting others, and acting without thinking. Impulsive people might do dangerous activities without thinking about the results. ADHD usually starts in childhood, but can last into adulthood.

Jane reported (in her first years at school):

- losing things like assignments or books or other things she needed
- making a lot of careless mistakes in her homework

- often forgetting what she was supposed to be doing or what she had planned to do
- she appeared not to be listening to other people when they were speaking to her
- often losing interest in games she was playing or in work she was doing at home or at school
- often being unable to keep her mind on what she was doing if things were going on nearby
- she often disliked, stayed away from, or put off things that required a lot of concentration
- getting confused when she had to make plans or decide the order in which to do things
- leaving chores, homework or other work unfinished even when she meant to get them done
- she was often very active even when she was not supposed to be
- often being on the go
- having trouble playing quietly or doing quiet activities like reading for more than a few minutes at a time
- fidgeting or squirming a great deal when she was sitting down
- blurting out answers to other people's questions even before they finished speaking
- interrupting people or joining other people's conversations without being asked to do so

Risk Report

There are a number of biopsychosocial factors that relate both to poor mental health and to risk for DUI recidivism. Jane had positive screens for 4 mental health conditions, for which she should seek professional assessment. Such assessment will determine if she should receive a diagnosis. Notably, Jane also has reported a family history of other mental health problems.

She has mentioned some important psychosocial factors that should influence treatment planning and referral.

These psychosocial factors include:

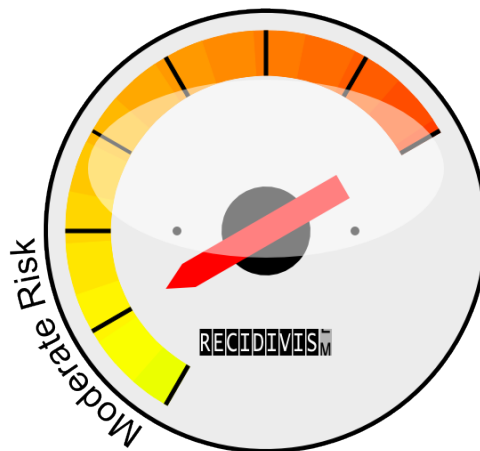
(During the past 12 months)

- Death of a family member
- Illness or injury of a family member, friend, significant other, or loved one
- Feelings of social isolation or loneliness

DUI Recidivism Risk Assessment

A recidivism risk assessment is a way to identify the potential for future harm. This kind of assessment does not predict the harmful outcome with certainty. The following is our assessment of Jane’s likelihood of future DUI if she does not change her behavior to reduce her risks. Jane can change to reduce her risks for additional DUI offenses.

Anyone who drinks and drives is committing a DUI offense. Committing a DUI offense increases your likelihood of future DUI offenses. Individuals who experience mental health problems such as depression and anxiety, have a criminal history, report other traffic violations, or who often engage in risky patterns of drinking and/or driving, such as binge drinking or driving recklessly, also are at risk for repeating DUI offense. Based on Jane’s reported history, she is at moderate risk for additional DUI offenses.



Referrals

Jane had a positive screen for 4 mental health conditions. Further assessment is needed to confirm whether she qualifies for these disorders. Based on Jane's assessment and the zip code provided (01776), referrals to the 5 closest resources for additional substance use and/or mental health screening and treatment are listed below. In addition to these options, Jane also might consider utilizing other relapse and recovery resources, such as Alcoholics Anonymous or online recovery and recidivism prevention programs.

Substance Use and Mental Health Services**Advocates Community Counseling**

354 Waverly St, Framingham, MA 01702

(508) 661-2020

<http://www.advocatesinc.org/>**Care Types:**

Residential	N/A
Outpatient	Yes
Detoxification	N/A
Emergency Services	N/A
Transitional	N/A

Payment Options:

Accepts Insurance	Yes		
Medicare	Yes	Medicaid	Yes
Free Program	N/A	Slide Scale	N/A

Special Population:

Adult	Yes	Youth	N/A
Family Only	N/A	Homeless Only	N/A

Specialization:

Trauma	N/A	Anger Management	N/A
Anxiety	N/A	Cognitive	N/A
Behavioral issues	N/A	Mood Disorders	N/A
Developmental Disabilities	N/A	Opiates	N/A
Additional Specialities	Disabilities; brain injury; substance abuse; major mental		

Other languages spoken:

	N/A
Additional languages	N/A

Client: Jane

Gender: Female

Age: 45

Public Transportation

Yes

Transportation Type

MBTA Framingham/Worcester Line- Framingham

Acadia Behavioral Health Associates

463 Worcester Rd, Framingham, MA 01701

(508) 665-5900

<http://www.acadiabehavioralhealth.com/>

Care Types:

Residential	N/A
Outpatient	Yes
Detoxification	No
Emergency Services	N/A
Transitional	N/A

Payment Options:

Accepts Insurance	Yes		
Medicare	N/A	Medicaid	N/A
Free Program	N/A	Slide Scale	Yes

Special Population:

Adult	Yes	Youth	N/A
Family Only	N/A	Homeless Only	N/A

Specialization:

Trauma	Yes	Anger Management	N/A
Anxiety	Yes	Cognitive	N/A
Behavioral issues	N/A	Mood Disorders	Yes
Developmental Disabilities	Yes	Opiates	N/A
Additional Specialities	Trauma, mood disorders, anxiety, major mental illness		

Other languages spoken:

	Yes
Additional languages	Spanish

Client: Jane

Gender: Female

Age: 45

Public Transportation

Transportation Type N/A

Genesis Counseling Services Inc

24 Union Ave , Framingham, MA 01702

(508) 620-2992

<http://www.genescounselingservices.org/>

Care Types:

Residential	N/A
Outpatient	Yes
Detoxification	N/A
Emergency Services	N/A
Transitional	N/A

Payment Options:

Accepts Insurance	Yes		
Medicare	Yes	Medicaid	Yes
Free Program	N/A	Slide Scale	N/A

Special Population:

Adult	Yes	Youth	N/A
Family Only	N/A	Homeless Only	N/A

Specialization:

Trauma	N/A	Anger Management	N/A
Anxiety	N/A	Cognitive	N/A
Behavioral issues	N/A	Mood Disorders	N/A
Developmental Disabilities	N/A	Opiates	N/A
Additional Specialities	N/A		

Other languages spoken:

	N/A
Additional languages	N/A

Client: Jane

Gender: Female

Age: 45

Public Transportation

Yes

Transportation Type

MWRTA Bus 7CSat/Rt1/Rt2/Rt3/Rt4/Rt7/Rt7C - Howard St at

SMOC Behavioral Health Services

300 Howard St, Framingham, MA 01702

(508) 879-2250

<http://www.smoc.org/>

Care Types:

Residential	N/A
Outpatient	Yes
Detoxification	N/A
Emergency Services	N/A
Transitional	N/A

Payment Options:

Accepts Insurance	Yes		
Medicare	Yes	Medicaid	Yes
Free Program	N/A	Slide Scale	N/A

Special Population:

Adult	Yes	Youth	N/A
Family Only	N/A	Homeless Only	N/A

Specialization:

Trauma	N/A	Anger Management	N/A
Anxiety	N/A	Cognitive	N/A
Behavioral issues	N/A	Mood Disorders	N/A
Developmental Disabilities	N/A	Opiates	N/A
Additional Specialities	Addiction		

Other languages spoken:

	N/A
Additional languages	N/A

Client: Jane

Gender: Female

Age: 45

Public Transportation

Yes

Transportation Type

MBTA Framingham/Worcester Line- Framingham Station

Spectrum Health Systems Inc

68 Franklin St., Framingham, MA 01702

(508) 875-5801

<http://www.spectrumhealthsystems.org>

Care Types:

Residential	Yes
Outpatient	Yes
Detoxification	N/A
Emergency Services	N/A
Transitional	N/A

Payment Options:

Accepts Insurance	Yes		
Medicare	Yes	Medicaid	Yes
Free Program	N/A	Slide Scale	N/A

Special Population:

Adult	Yes	Youth	N/A
Family Only	N/A	Homeless Only	N/A

Specialization:

Trauma	N/A	Anger Management	N/A
Anxiety	N/A	Cognitive	N/A
Behavioral issues	N/A	Mood Disorders	N/A
Developmental Disabilities	N/A	Opiates	N/A
Additional Specialities	Addiction and mental health		

Other languages spoken:

	N/A
Additional languages	N/A

Client: Jane

Gender: Female

Age: 45

Public Transportation

Yes

Transportation Type

MWRTA Bus Rt7 - Franklin & Proctor St

Referrals Emergency Departments

These are local resources that can provide immediate intervention in crisis situations. In case of life-threatening emergency, always dial 911.

Emergency Departments

Marlborough Hospital

56-58 Framingham Rd, Marlborough, MA 01752

(508) 486-5544

<http://www.jri.org/>

Care Types:

Residential	Yes
Outpatient	Yes
Detoxification	N/A
Emergency Services	Yes
Transitional	N/A

Payment Options:

Accepts Insurance	Yes		
Medicare	Yes	Medicaid	Yes
Free Program	N/A	Slide Scale	Yes

Special Population:

Adult	Yes	Youth	N/A
Family Only	N/A	Homeless Only	N/A

Client: Jane

Gender: Female

Age: 45

Specialization:

Trauma	N/A	Anger Management	N/A
Anxiety	N/A	Cognitive	N/A
Behavioral issues	N/A	Mood Disorders	N/A
Developmental Disabilities	N/A	Opiates	N/A
Additional Specialities	Inpatient/ acute psychiatric services, partial program		

Other languages spoken:

	N/A
Additional languages	N/A

Public Transportation	No
Transportation Type	N/A

Riverside Emergency Services

255 Highland Ave, Needham, MA 02494

(888) 851-2451

<http://www.riversidetraumacenter.org/>

Care Types:

Residential	N/A
Outpatient	N/A
Detoxification	N/A
Emergency Services	Yes
Transitional	N/A

Payment Options:

Accepts Insurance	Yes		
Medicare	Yes	Medicaid	Yes
Free Program	N/A	Slide Scale	N/A

Special Population:

Adult	Yes	Youth	N/A
-------	-----	-------	-----

Client: Jane

Gender: Female

Age: 45

Family Only

N/A

Homeless Only

N/A

Specialization:

Trauma

N/A

Anger Management

N/A

Anxiety

N/A

Cognitive

N/A

Behavioral issues

N/A

Mood Disorders

N/A

Developmental Disabilities

N/A

Opiates

N/A

Additional Specialities

Mobile crisis unit

Other languages spoken:

N/A

Additional languages

N/A

Public Transportation

Yes

Transportation Type

Needham Shuttle - Sheraton

Bournewood Hospital

300 South St, Chestnut Hill, MA 02467

(617) 469-0300x309

<http://www.bournewood.com/programs-and-services.php>

Care Types:

Residential

N/A

Outpatient

N/A

Detoxification

N/A

Emergency Services

Yes

Transitional

N/A

Payment Options:

Accepts Insurance

Yes

Medicare

Yes

Medicaid

Yes

Free Program

N/A

Slide Scale

N/A

Special Population:

Client: Jane

Gender: Female

Age: 45

Adult	Yes	Youth	N/A
Family Only	N/A	Homeless Only	N/A

Specialization:

Trauma	N/A	Anger Management	N/A
Anxiety	N/A	Cognitive	N/A
Behavioral issues	N/A	Mood Disorders	N/A
Developmental Disabilities	N/A	Opiates	N/A
Additional Specialities	Acute inpatient program		

Other languages spoken:

	N/A
Additional languages	N/A

Public Transportation Yes

Transportation Type MBTA Bus 51- Grove St & South St

Clinton Hospital

201 Highland St, Clinton, MA 01510
(978) 368-3000

<http://www.umassmemorial.org/clinton-hospital>

Care Types:

Residential	N/A
Outpatient	N/A
Detoxification	N/A
Emergency Services	Yes
Transitional	N/A

Payment Options:

Accepts Insurance	Yes		
Medicare	N/A	Medicaid	N/A
Free Program	N/A	Slide Scale	N/A

Client: Jane

Gender: Female

Age: 45

Special Population:

Adult	Yes	Youth	N/A
Family Only	N/A	Homeless Only	N/A

Specialization:

Trauma	N/A	Anger Management	N/A
Anxiety	N/A	Cognitive	N/A
Behavioral issues	N/A	Mood Disorders	N/A
Developmental Disabilities	N/A	Opiates	N/A
Additional Specialities	N/A		

Other languages spoken:

	N/A
Additional languages	N/A

Public Transportation No

Transportation Type N/A

Arbour Counseling Services

500 West Cummings Park, Woburn, MA 01801
(781) 932-8114

<http://www.arbourhealth.com/organizations/arbour-counseling-services/>

Care Types:

Residential	N/A
Outpatient	Yes
Detoxification	N/A
Emergency Services	Yes
Transitional	N/A

Payment Options:

Accepts Insurance	Yes		
Medicare	Yes	Medicaid	Yes

Client: Jane

Gender: Female

Age: 45

Free Program

N/A

Slide Scale

N/A

Special Population:

Adult

Yes

Youth

Yes

Family Only

N/A

Homeless Only

N/A

Specialization:

Trauma

N/A

Anger Management

N/A

Anxiety

N/A

Cognitive

N/A

Behavioral issues

N/A

Mood Disorders

N/A

Developmental Disabilitites

N/A

Opiates

N/A

Additional Specialities

Individual/family/couple/group therapy; addiction recovery

Other languages spoken:

N/A

Additional languages

N/A

Public Transportation

Yes

Transportation Type

MBTA Bus 354 - 400 W Cummings Park