

# Draft Intensive Drink and Drug Driver Program

## Participant Handbook

Name: \_\_\_\_\_

Mobile Number \_\_\_\_\_

November 2020

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## Program Overview

*The Intensive Drink and Drug Driver Program aims to help you avoid drink or drug driving in the future.*

*The Program involves:*

- *sharing your experience*
- *participating in group activities*
- *participating in a one on one counselling session*
- *unpacking some of the reasons behind drink/ drug driving and recidivism*
- *exploring why people use drugs or alcohol*
- *identifying strategies/actions to avoid drink/drug driving in the future.*

*The Program involves four sessions, three small group sessions and an individual session.*

***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.***

# ***Session One***

## This or That activity

*Working on your own, tick which one you prefer on the list below – please make a choice for each item.*

- |                                  |           |                                   |
|----------------------------------|-----------|-----------------------------------|
| <input type="checkbox"/> Cat     | <b>OR</b> | <input type="checkbox"/> Dog      |
| <input type="checkbox"/> City    | <b>OR</b> | <input type="checkbox"/> Country  |
| <input type="checkbox"/> Winter  | <b>OR</b> | <input type="checkbox"/> Summer   |
| <input type="checkbox"/> Ford    | <b>OR</b> | <input type="checkbox"/> Holden   |
| <input type="checkbox"/> Apple   | <b>OR</b> | <input type="checkbox"/> Android  |
| <input type="checkbox"/> AFL     | <b>OR</b> | <input type="checkbox"/> Rugby    |
| <input type="checkbox"/> Indoors | <b>OR</b> | <input type="checkbox"/> Outdoors |
| <input type="checkbox"/> Sweet   | <b>OR</b> | <input type="checkbox"/> Savoury  |
| <input type="checkbox"/> Morning | <b>OR</b> | <input type="checkbox"/> Evening  |
| <input type="checkbox"/> Coffee  | <b>OR</b> | <input type="checkbox"/> Tea      |

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

## Values activity

*What 5 values are important to you?*

*Value chosen -*

*Why did you choose this value?*

*Is your behaviour in line with this value? How is it? or How isn't it?*

*Which of your values would you like to be true to/aligned with by than you currently are?*

**Which of your values does you choosing not to drink/drug drive align with?**

# ***Session Two***

## ***Individual***

## Drug Use Questionnaire

This questionnaire asks questions about your use of drugs. 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 once a month	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. Have often over the past year have you had guilty feelings or a bad conscious because you used drugs	No	Less than once a month	Every month	Every week	Daily or almost daily	
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	
<b>TOTAL</b>						



## 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
12. 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	
13. 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	
14. How often do you have six or more drinks on one occasion?	Never	Less than monthly	Monthly	Weekly	Daily or almost daily	
15. 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	
16. 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	
17. 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	
18. 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	
19. 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	
20. Have you or someone else been injured because of your drinking?	No		Yes, but not in the last year		Yes, during the last year	
21. 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	
<b>TOTAL</b>						

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

# ***Session Three***

## Drink and drug driving laws

In pairs come up with three reasons why you think there are drink/drug driving laws.

1.

2.

3.

Approximately how many roadside drug tests do you believe Victoria Police currently undertake annually? Place a circle around your answer

50,000	200,000
100,000	500,000
150,000	90,000

From the current number of drivers/riders tested, approximately what percentage of them do you think test positive for illicit drugs in their system annually? Place a circle around your answer?

10%	1%
30%	5%
50%	8%

Approximately how many roadside breath tests do you believe Victoria Police currently undertake annually? Place a circle around your answer

500,000	4,000,000
1,000,000	3,500,000
5,000,000	3,000,000

From the current number of drivers/riders tested, approximately how many of them do you believe have an illegal BAC reading? Place a circle around your answer

5,000 – 8,000	1,000 – 4,000
10,000 – 12,000	20,000 – 22,000
15,000 – 20,000	

## Road Safety in Victoria

**For as long as you can remember, has there been a reduction in the number of lives lost on Victorian roads?**

**Yes**

**No**

**Briefly explain your answer – why do you believe this?**

**What factors do you believe lead to people losing their lives or sustaining serious injuries as a result of a road crash?**

**What improvements have been made to reduce people losing their lives or becoming seriously injured as a result of a crash? Please list some examples for the following:**

**Vehicles**

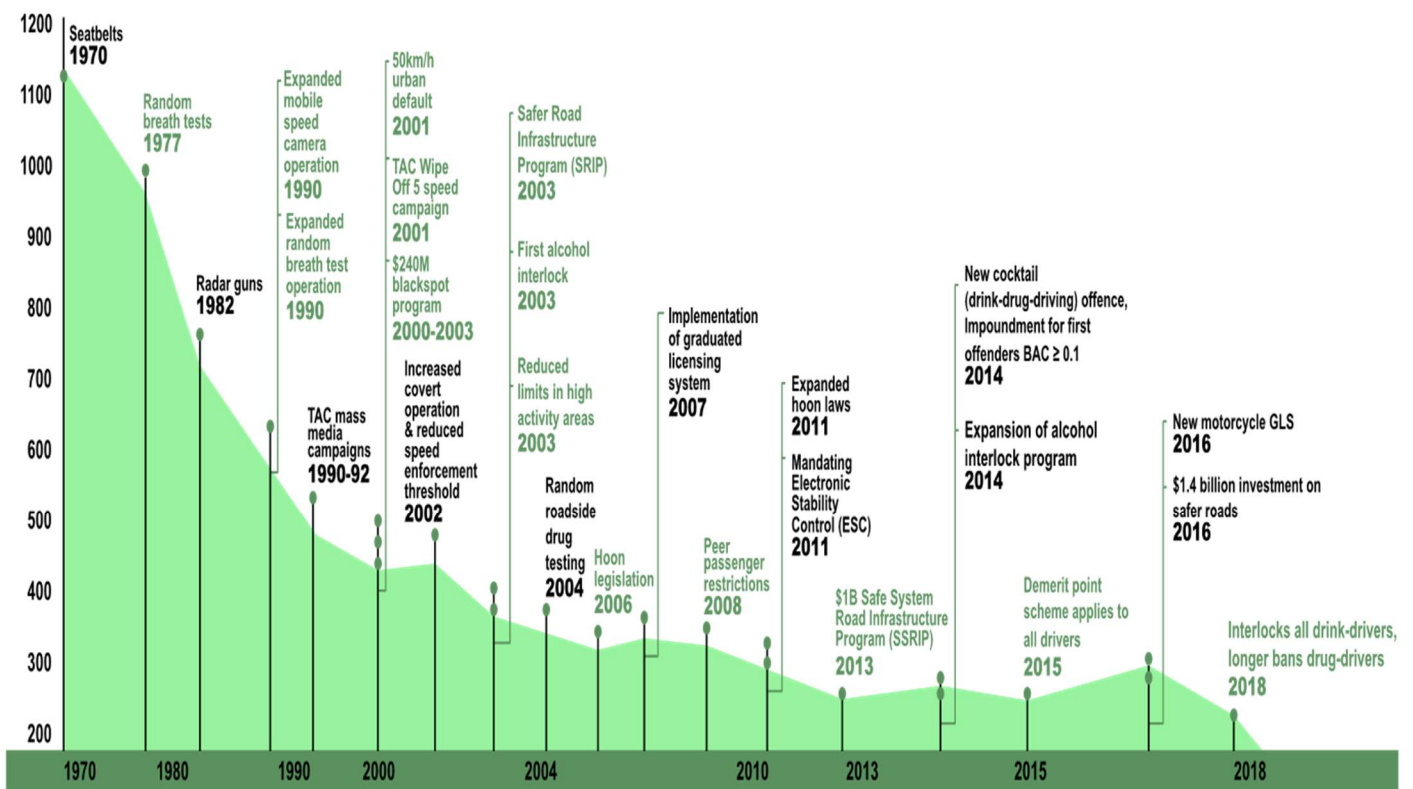
**Roads**

**Speed limits**

**People**

## Road Safety in Victoria

The chart below provides an overview of the history of road safety in Victoria and improvements introduced overtime to reduce lives lost and serious injury. In 1970, 1165 people were killed in road crashes in Victoria which led to the communities desire for change. The compulsory wearing of seatbelts was introduced which led to a reduction of people losing their lives in crashes. Other initiatives are highlighted.



## Effects of drugs on driving

Other 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>

## Effects of alcohol on driving

BAC level	Effect on Driver
<b>0.15</b>	<ul style="list-style-type: none"><li>• Serious difficulty controlling the car and focusing on driving</li></ul>
<b>0.10</b>	<ul style="list-style-type: none"><li>• Much slower reaction times</li><li>• Difficulty staying in lane and braking</li></ul>
<b>.08</b>	<ul style="list-style-type: none"><li>• Trouble controlling speed</li><li>• Difficulty processing information and reasoning</li></ul>
<b>.05</b>	<ul style="list-style-type: none"><li>• Reduced co-ordination and ability to track moving objects</li><li>• Difficulty steering</li></ul>
<b>.02</b>	<ul style="list-style-type: none"><li>• Reduced judgement</li><li>• Difficulty doing two things at once</li></ul>
<b>Returning to .00 after drinking</b>	<ul style="list-style-type: none"><li>• Hungover</li><li>• Fatigued</li></ul>



## Understanding why people drink/drug drive



Think about what has been talked about during program so far. What you would say to Mark and Dave about their drink and drug driving?

Write what you would say to Mark?

Write what you would say to Dave?



**Aaron's Story**



**Kim's Story**

In your pairs, share a time where you have felt pressured or forced to do something (preferably a drink/drug driving or other risky driving behaviour e.g. speeding/burnout).

What advice would you give your former self?



**Dylan's Story**



**Luke's Story**

In your pairs, share a time where you have felt very upset/distressed or extremely intoxicated to do something (preferably a drink/drug driving or other risky driving behaviour e.g. speeding/burnout).

What advice would you give your former self?



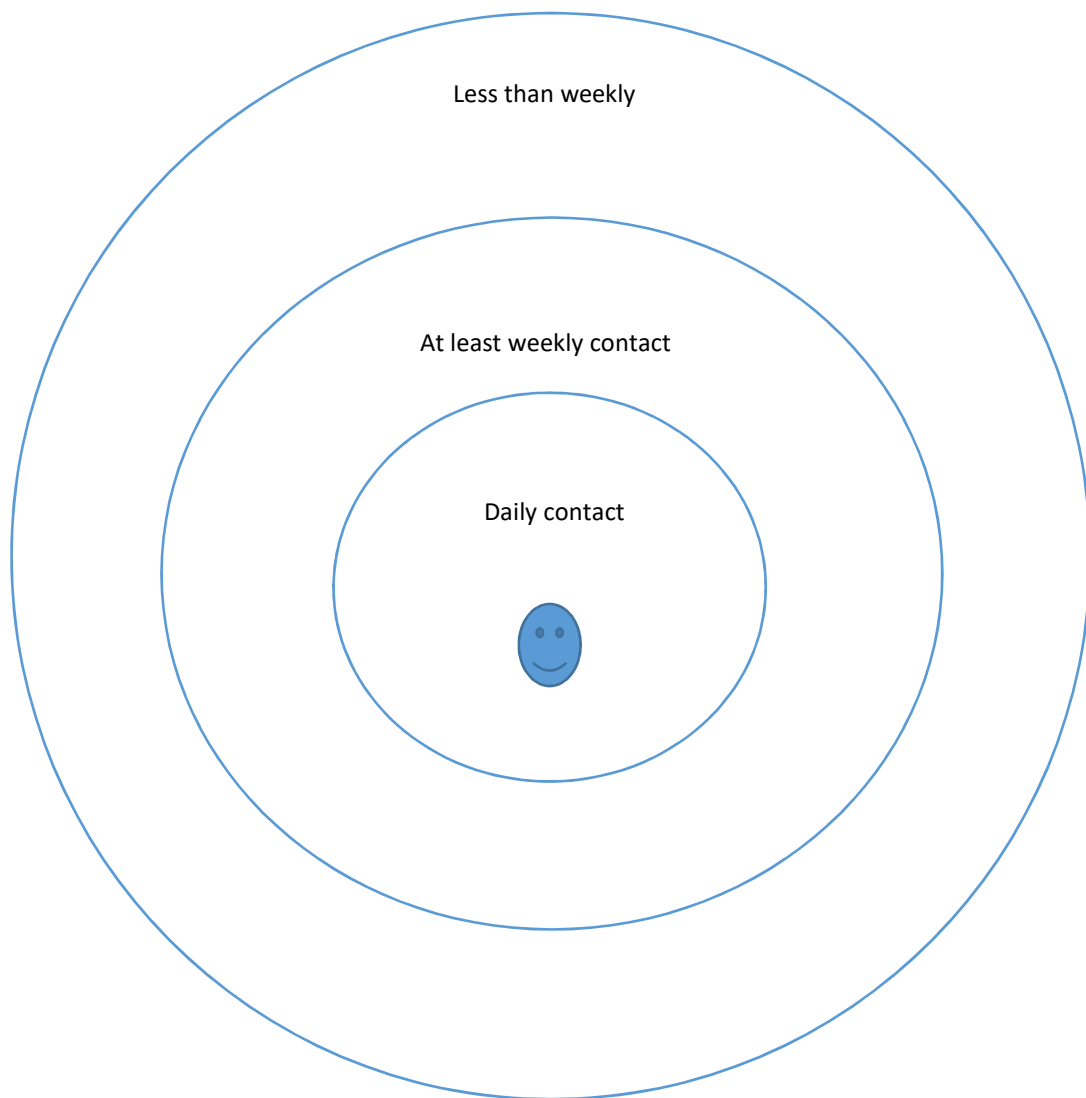
**Jay's Story**



**Allison's Story**

Knowing what you know now, what advice would you give your former self when you have driven after drinking or using other drugs?

**What does my current network look like? Who are three connections I can rely on to help me to not drink/drug drive again?**



**KEY**

Double line = Very supportive of not drink/drug driving

Single line = A bit supportive of not drink/drug driving

Zig Zag line = Supportive of drink/drug driving

## Sharing my experience of the program

*Pick one or two people from your network who either doesn't support your drink/drug driving, who you would be happy to talk to before the next session;*

*Talk to them about:*

- how you are finding the program*
- your experience in the program; and*
- ways that they can help you to not drink/drug drive again*

Person 1 in my network who doesn't support my drink/drug driving who I spoke to

Person 2 in my network who doesn't support my drink/drug driving who I spoke to

I told them the following about how I was finding the program

I told them the following about my experience in the program

I talked about the following ways that they can help me to not drink/drug drive

# ***Session***

# ***Four***

## Life Satisfaction Review

Health ...../10

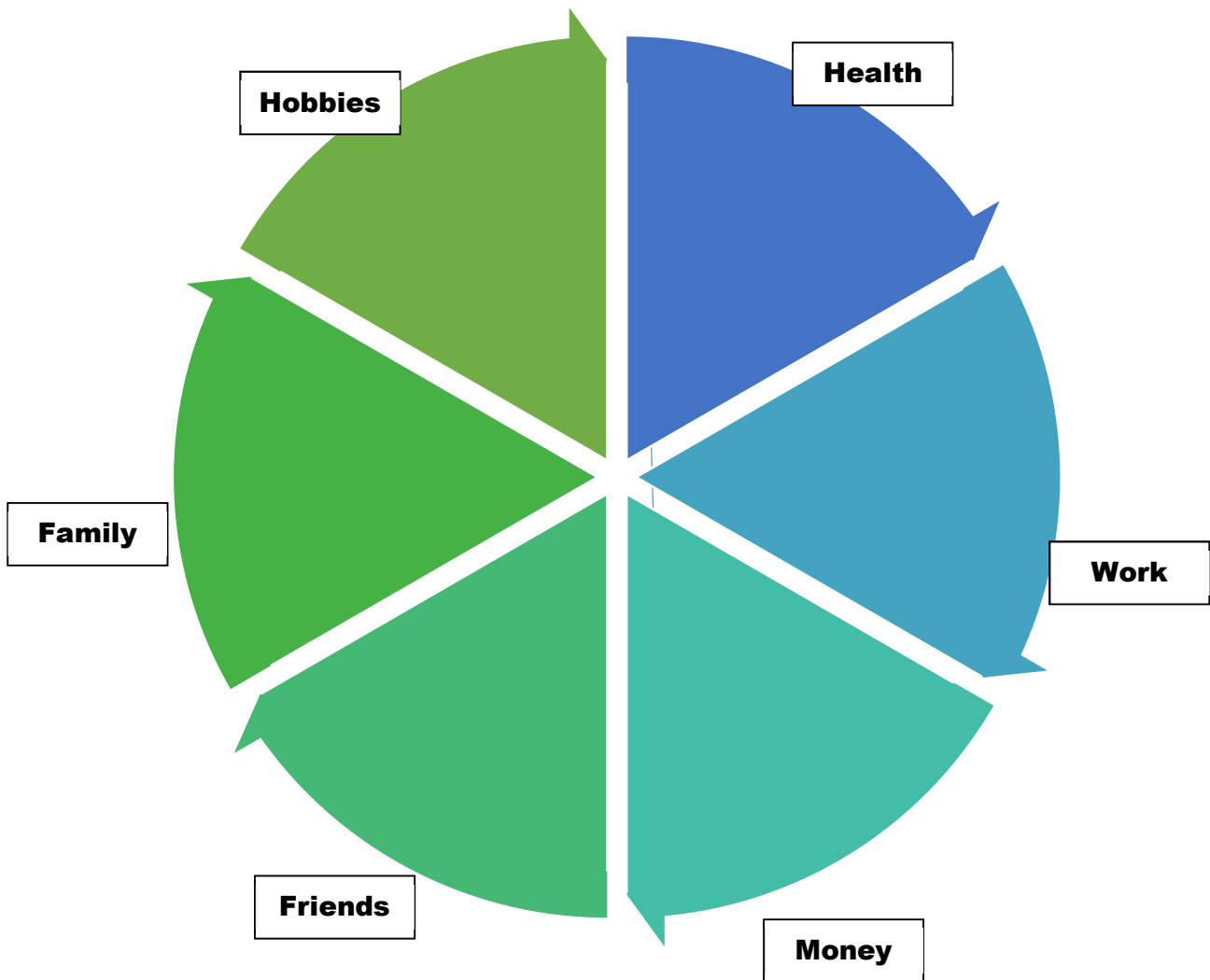
Money .... /10

Hobbies .... /10

Work .../10

Family .../10

Friends .../10





For each of the life satisfaction areas, please rate your level of satisfaction and discuss and complete the following questions:

**Health**    ..../10    Has there been any impact as a result of your offence?

.....  
.....

How does alcohol/other drug use affect your life satisfaction areas?

.....  
.....

Identify one action you can take to improve your life satisfaction in this area?

.....  
.....

**Work**    ..../10

Has there been any impact as a result of your offence?

.....  
.....

How does alcohol/other drug use affect your life satisfaction areas?

.....  
.....

Identify one action you can take to improve your life satisfaction in this area?

.....  
.....

**Money**    ..../10

Has there been any impact as a result of your offence?

.....  
.....

How does alcohol/other drug use affect your life satisfaction areas?

.....  
.....

Identify one action you can take to improve your life satisfaction in this area?

.....  
.....

**Friends** .../10

Has there been any impact as a result of your offence?

.....  
.....

How does alcohol/other drug use affect your life satisfaction areas?

.....  
.....

Identify one action you can take to improve your life satisfaction in this area?

.....  
.....

**Family** .... /10

Has there been any impact as a result of your offence?

.....  
.....

How does alcohol/other drug use affect your life satisfaction areas?

.....  
.....

Identify one action you can take to improve your life satisfaction in this area?

.....  
.....

**Hobbies** .../10

Has there been any impact as a result of your offence?

.....  
.....

How does alcohol/other drug use affect your life satisfaction areas?

.....  
.....

Identify one action you can take to improve your life satisfaction in this area?

.....  
.....

## Alcohol and drug use patterns

What people, places, times, activities influence if and how much you use alcohol or drugs.

**Record for each category...**

<i>Places where I usually use alcohol or drugs?</i>	
<i>People I usually use alcohol or drugs with?</i>	
<i>Times when I usually use alcohol or drugs?</i>	
<i>Feelings or thoughts that come before me taking alcohol or drugs?</i>	



## Alex's Story

**Alex is dependent / addicted to drug use as she needs drugs to get by.**

What would you say to Alex in relation to driving?

## Permission Thinking

**What are the names of three types of Permission Thinking:**

1.

2.

3.

**Describe the permission thinking you have used or did use in relation to drink/drug driving?**

## Challenging Permission Thinking

Identify at least one to three permission thinking beliefs you have held associated with your driving offending.

My Permission Thinking Belief	How Strongly Do I Hold the Belief? (1 to 10)	My Alternate Thought

## Things I can do? Action Plan to help me to not drink/drug drive again

*What are my high-risk situations? (eg. People, occasions, situations that may tempt me to drink/drug drive)*

*What are my risky thoughts?*

*What strategies can I use to reduce the risk of me drink/drug driving again?*

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

## Consequences of future offending

Repeat Offences	Licence ban	Other sanction	Further requirement
Drug or drink drive	12-48 months	12 – 48 months (interlock) ~ \$9,600 to \$29,000 fine Prison	Intensive Behaviour Change Program
Refuse a drug test - repeat	48 months	~ \$19,000 and \$29,000 fine	Intensive Behaviour Change Program
Combined drink/drug offence (depend on BAC level)	24 - 60 months	12 – 48 months interlock ~ \$14,000 and \$43,800 fine	Intensive Behaviour Change Program
DUI – driving under the influence of any drug or intoxicating liquor	48 months	Up to 120-180 penalty units (\$19,000+ to \$28,500+) Prison (interlock)	Intensive Behaviour Change Program
Driving while impaired by a drug offence	24 months	Up to 120-180 penalty units (\$19,000+ to \$28,500+) Prison	Intensive Behaviour Change Program

- ❖ All repeat offenders may have their vehicle impounded for at least 30 days and immediate licence suspension.
- ❖ ~\$ value based on 2017-2018 penalty units – **please refer to VicRoads website for up to date information**



## Are you fit to drive?

### 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 can drive 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>

### What to do next....

- Complete all of the requirements to get licensed
  - <https://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)
  - <https://www.vicroads.vic.gov.au/licences/demerit-points-and-offences/changed-drink-driving-laws>
- Consider getting some support or help to manage your alcohol and other drug use if needed
  - [Directline.org.au](http://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](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

## The Alcohol Interlock Program Rules summarised

When you get your licence back after a drink-driving offence, you will need to use an alcohol interlock device in any vehicle you drive.

As soon as you install your alcohol interlock device and get relicensed with an 'I' condition, you will be a participant in the Victorian Alcohol Interlock Program.

At the time of installation, you will be provided with information to support you with using the device and being compliant with program rules.

For further information relating to the installation of an alcohol interlock device, including costs, please visit [vicroads.vic.gov.au](http://vicroads.vic.gov.au) and search for 'How to install an alcohol interlock' and 'Completing the Alcohol Interlock Program'

To further support you in meeting the requirements of the Alcohol Interlock Program some main rules are outlined in this Information Sheet.

If your most recent drink driving offence was prior to 1 October 2014 some of these rules will not apply to you.

### Some main rules of the program:

1. You need to collect a minimum number of months of alcohol interlock use data. The first month is a 'learning month'\* to let you get used to the alcohol interlock. You won't be penalised in this month.

You must then complete a minimum number of months, in which you take all breath tests the alcohol interlock requests. These breath tests must be free of alcohol and attempts to tamper with the alcohol interlock. The months don't need to be in a row, but they all need to be free of confirmed violations.

2. For a month to count towards your progress, you need to drive at least twice in a month.

If you drive to your alcohol interlock supplier for a service, that trip will count towards your progress.

3. If you don't drive for six months or more in a row, you will need to restart collecting alcohol interlock data until at least five violation-free months are provided.

4. Your alcohol interlock has a camera that takes an image whenever you blow into the device. It also takes an image of all failed and refused breath tests. When you blow, make sure you directly face the camera so that it can take a clear full-face image of the driver.

It will be assumed that you are the driver of the vehicle unless the image is clearly of someone else. This includes when a failed or refused BAC reading is recorded.

5. To have your alcohol interlock condition removed, all of your most recent months of driving must be free of alcohol and with no attempts to tamper with the interlock.

6. If a failed reading or violation is recorded, you'll need to collect at least another five violation-free months.

### Failed BAC readings and violations

A 'violation' will be recorded if you:

- blow a reading of .02 or more,
- fail to take to take a breath test when the interlock requests one, or
- tamper with the interlock.

### **Some tips on avoiding violations:**

If you fail an initial test to start the vehicle, you have 60 minutes to re-test. A violation will be recorded if you fail or fail to take the re-test.

If you fail the breath test while driving, or fail to take a breath test while driving, you have 15 minutes to re-test successfully. If you don't re-test or fail the re-test, this is a violation.

If your vehicle's battery is disconnected for 20 minutes or more, this may be recorded as a violation.

Don't leave your car running and unattended, because the alcohol interlock might request a test and you may not notice. This will be recorded as a 'refused breath test'. If you don't pass a re-test within 15 minutes, this is a violation.

If you've arrived at your destination and the interlock requests a breath test right before you turn the vehicle off, you must take the test before switching the vehicle off. If you turn off the vehicle, this will be recorded as a refused breath test with no re-test within 20 minutes. This is a violation.

The alcohol interlock camera will take an image of all failed and refused breath tests. This will be displayed in AIMS. If another driver is responsible for the violation you can contest the violation in Alcohol Interlock Management System (AIMS). This information will be reviewed by VicRoads when your application for removal of the alcohol interlock condition is being assessed.

Never use your alcohol interlock as a personal breathalyser to check if you can drive. Failed breath tests will result in violations.

Some food and drinks can contain trace amounts of alcohol, so it's recommended that you only drink water in the 15 minutes before using the interlock. Take note if your interlock supplier warns you about any specific foods or drinks.

### **Applying to have the alcohol interlock removed**

Removal of your alcohol interlock condition is not automatic; you need to apply for it.

You can use the Alcohol Interlock Management System (AIMS) to apply for removal of your interlock.

### **If you need further information or support, please contact:**

Call 1300 723 790 Victorian Alcohol Interlock Program (VAIP)

Email [alcoholinterlocks@roads.vic.gov.au](mailto:alcoholinterlocks@roads.vic.gov.au)

Web [www.vicroads.vic.gov.au/licences/demerit-points-and-offences/drink-driving-offences/changes-to-the-alcohol-interlock-program](http://www.vicroads.vic.gov.au/licences/demerit-points-and-offences/drink-driving-offences/changes-to-the-alcohol-interlock-program)

**Also note**, if you have an alcohol interlock fitted to your vehicle you will be required to complete Stage 2 of the Behaviour Change Program; Pre-Interlock Removal Program before being eligible to have the interlock removed. You will be able to participate in the Pre-Interlock Removal Program in the last month of the VicRoads Alcohol Interlock Program based on your performance of complying with the interlock requirements.



## Notes