

# Drink Driver Program

## Participant Handbook

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

Mobile: \_\_\_\_\_

May 2018

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## Program Overview

*The VicRoads Drink Driver Program aims to help you avoid drink driving in the future.*

*The Program involves:*

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

*The Program runs over two sessions, and participants are asked to complete a drinking diary between sessions.*

*Session One is about understanding why people use alcohol and why you drink drive.*

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

*To complete the Program and receive your Certificate of Completion you must participate in discussions and activities as well as complete exercises in this handbook.*

## This or That activity

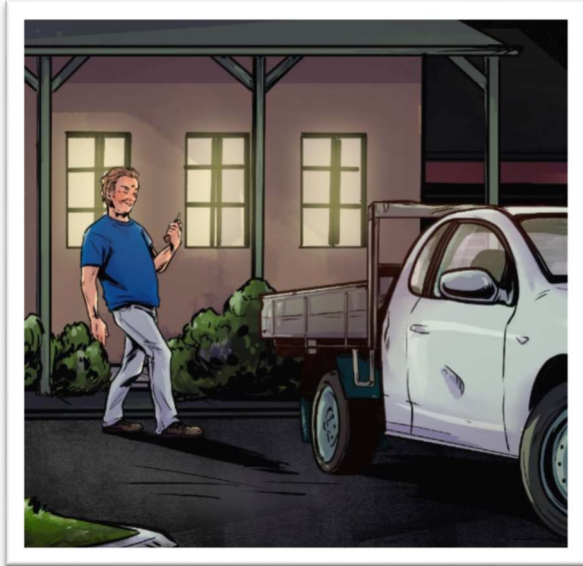
*Working on your own, tick which one of each pair you prefer in the list below.*

- |                          |         |           |                          |          |
|--------------------------|---------|-----------|--------------------------|----------|
| <input type="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.*

## Dave's story

### Dave's Story.



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

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

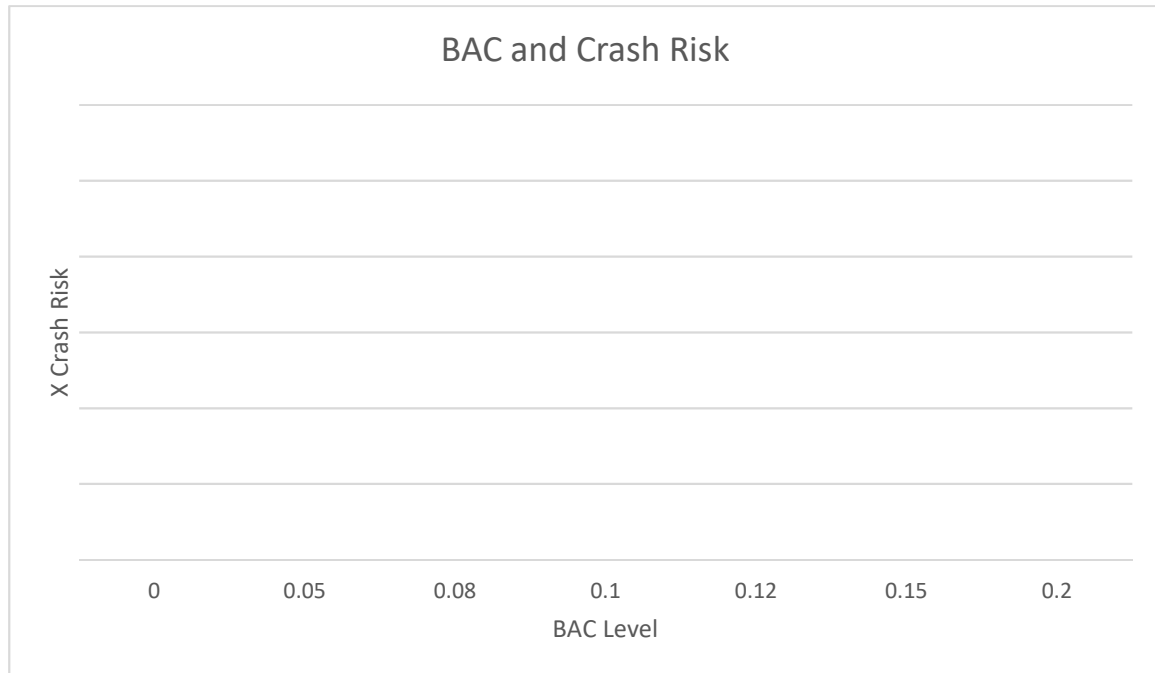
### Self-comparison

Please rate how much "like you" Dave's Story is

Not at all like me	A little bit like me	Quite like me	A lot like me

## BAC Level and crash risk

The chart below shows BAC levels across the bottom. For each of the BAC levels, mark on the chart what you think the crash risk is for each BAC level.



Source: National Highway Traffic Safety Administration, traffic safety facts, drug and alcohol crash risk February 2015

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

## Aaron and Kris's stories



### Aaron's story:

He wanted to help mates or friends.

### Self-comparison

Please rate how much "like you" Aaron's Story is

Not at all like me	A little bit like me	Quite like me	A lot like me



### Kris's story:

He felt obligated and even a bit pressured

### Self-comparison

Please rate how much "like you" Kris's Story is

Not at all like me	A little bit like me	Quite like me	A lot like me

## Refusal Skills

Think of a situation where it might be difficult to say “no” if asked to drive when you may be over the limit

.....  
.....

What are three things you could realistically say or do?

1.....

2.....

3.....

What are the pros and cons of each?

	Pros	Cons
<b>1</b>		
<b>2</b>		
<b>3</b>		

How did this feel?

.....  
.....  
.....  
.....



## Greg and Allison's stories



*Greg's story:*

He knew there were risks but tried to limit them

### Self-comparison

Please rate how much "like you" Greg's Story is

Not at all like me	A little bit like me	Quite like me	A lot like me



*Allison's story:*

She knew there were risks but ignored them

### Self-comparison

Please rate how much "like you" Allison's Story is

Not at all like me	A little bit like me	Quite like me	A lot like me

## Jim and Luke's stories



### *Jim's story:*

He wouldn't normally drink drive but was extremely emotional

### Self-Comparison

Please rate how much "like you" Jim's Story is

Not at all like me	A little bit like me	Quite like me	A lot like me



### *Luke's story:*

He didn't intend to drive but was very intoxicated

### Self-comparison

Please rate how much "like you" Luke's Story is

Not at all like me	A little bit like me	Quite like me	A lot like me

## Things I can do

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

.....

.....

.....

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

.....

.....

.....

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

.....

.....

.....

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

.....

.....

.....

## 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	
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	
<b>TOTAL</b>						

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

# Standard Drink Measures

### NUMBER OF STANDARD DRINKS – BEER

								
<b>1.1</b> 285ml Full Strength 4.8% Alc. Vol	<b>0.8</b> 285ml Mid Strength 3.5% Alc. Vol	<b>0.6</b> 285ml Low Strength 2.7% Alc. Vol	<b>1.6</b> 425ml Full Strength 4.8% Alc. Vol	<b>1.2</b> 425ml Mid Strength 3.5% Alc. Vol	<b>0.9</b> 425ml Low Strength 2.7% Alc. Vol	<b>1.4</b> 375ml Full Strength 4.8% Alc. Vol	<b>1</b> 375ml Mid Strength 3.5% Alc. Vol	<b>0.8</b> 375ml Low Strength 2.7% Alc. Vol
								
<b>1.4</b> 375ml Full Strength 4.8% Alc. Vol	<b>1</b> 375ml Mid Strength 3.5% Alc. Vol	<b>0.8</b> 375ml Low Strength 2.7% Alc. Vol	<b>34</b> 24 x 375ml Full Strength 4.8% Alc. Vol			<b>24</b> 24 x 375ml Mid Strength 3.5% Alc. Vol		<b>19</b> 24 x 375ml Low Strength 2.7% Alc. Vol

These are only an approximate number of standard drinks. Always read the container for the exact number of standard drinks.

### NUMBER OF STANDARD DRINKS – WINE

						
<b>1.5</b> 150ml Average Restaurant Serving of Red Wine 13% Alc. Vol	<b>1</b> 100ml Standard Serve of Red Wine 13% Alc. Vol	<b>0.8</b> 60ml Standard Serve of Port 17.5% Alc. Vol	<b>1.4</b> 150ml Average Restaurant Serving of White Wine 11.5% Alc. Vol	<b>0.9</b> 100ml Standard Serve of White Wine 11.5% Alc. Vol	<b>1.4</b> 150ml Average Restaurant Serve of Champagne 12% Alc. Vol	<b>7.1</b> 750ml Bottle of Champagne 12% Alc. Vol
						
<b>7.7</b> 750ml Bottle of Red Wine 13% Alc. Vol	<b>41</b> 4 Litres Cask Red Wine 13% Alc. Vol	<b>21</b> 2 Litres Cask Red Wine 13% Alc. Vol	<b>6.8</b> 750ml Bottle of White Wine 11.5% Alc. Vol	<b>36</b> 4 Litres Cask White Wine 11.5% Alc. Vol	<b>18</b> 2 Litres Cask White Wine 11.5% Alc. Vol	<b>28</b> 2 Litres Cask of Port 17.5% Alc. Vol

These are only an approximate number of standard drinks. Always read the container for the exact number of standard drinks.



These are only an approximate number of standard drinks. Always read the container for the exact number of standard drinks.

\* Ready-to-Drink

**Source: Australian Government – Department of Health**

<http://www.alcohol.gov.au/internet/alcohol/publishing.nsf/Content/standard>

**Note: A standard drink contains 10 grams of pure alcohol**

## Safe Drinking Guidelines

The safe drinking guidelines are developed by the National Health and Medical Research Council.



**Easy does it**  
Alcohol health guidelines

 No more than two standard drinks\* on any day reduces the lifetime risk of harm from either alcohol-related disease or injury.

 No more than four standard drinks on a single occasion reduces the risk of alcohol-related injury arising from that occasion.

 For children under 18 years, not drinking alcohol is the safest option.

*\*Standard drink: 1 midday full-strength beer/  
100ml wine/30ml spirits*

SOURCE: NHMRC

Safe Drinking Guidelines also recommend at least one alcohol free day each week

## Values activity

*What value cards did you choose?*

.....  
.....  
.....

*Why did you choose this value?*

.....  
.....  
.....

*Is your behaviour currently in line with the value?*

.....  
.....  
.....

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

.....  
.....  
.....



## Effects of my drink driving

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



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

*List all the benefits of not drink driving for:*



## 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 drinking alcohol?

Activity	Not about drinking	A bit about drinking	All about drinking
1.			
2.			
3.			

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

1. ....
2. ....
3. ....

## To feel better

Thinking about when you drink alcohol, how often does it occur when you are feeling certain ways?

**Mark in the table how often you drink alcohol when you are experiencing these feelings.....**

I use alcohol when I am feeling....	Often	Not often
Depressed		
Angry		
Anxious (fearful)		
Stressed		
Other ..... lonely/bored		

*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 2-3 things you could do or at least try to do to help you relax without using alcohol or drugs?

1. ....
2. ....
3. ....

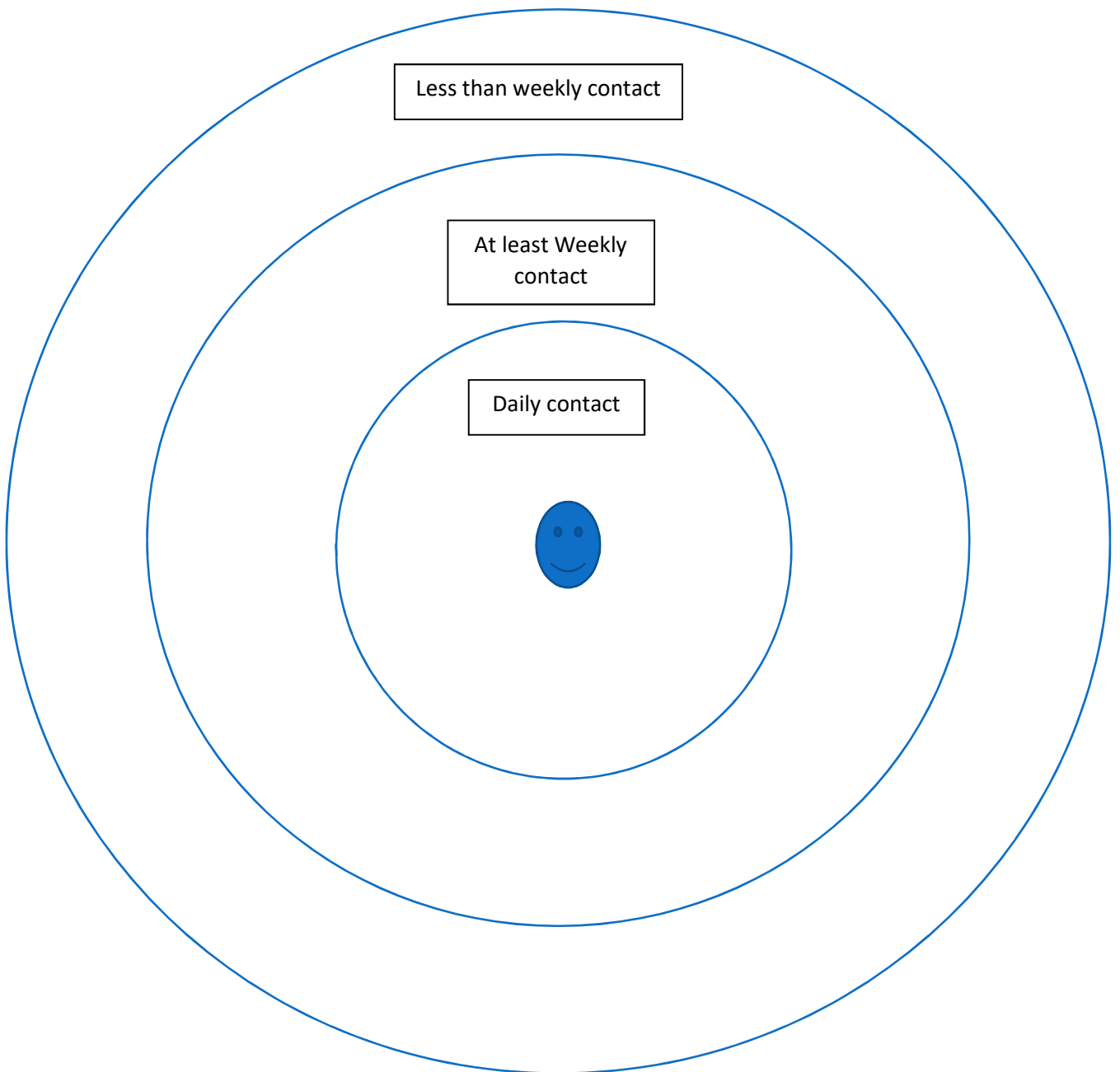
## Out of habit

What people, places, times, activities often involve alcohol for you?

**Record for each category....**

<i>Places where I usually drink?</i>	
<i>People I usually drink with?</i>	
<i>Times when I usually drink?</i>	
<i>Activities I do that are paired with alcohol?</i>	

**What are three connections I can make to further help me to not drink and drive?**

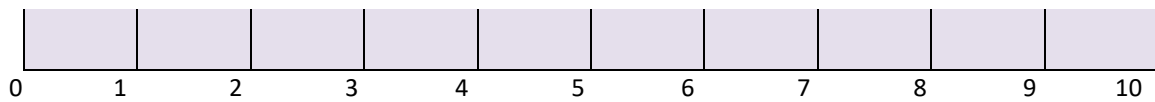


## Action Plan

	Goal: To not drink drive again
<b>1</b>	One thing that I learnt about my drink driving? ..... ..... ..... .....
<b>2</b>	Apart from not losing my licence again, what is one benefit for me if I do not drink drive again ..... ..... ..... .....
<b>3</b>	One benefit for my family/close friends if I do not drink drive again ..... ..... ..... .....
<b>4</b>	One thing I can do to make sure I don't drink drive again ..... ..... ..... .....
<b>5</b>	One person I can rely on to support me to not drink drive again ..... ..... ..... .....

## Thinking about change

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



There is nothing  
wrong with drink  
driving

Drink driving is  
never okay under  
any circumstances



## The Alcohol Interlock Program rules summarised

### Some basic 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, and it'll take pictures when you blow into the device. 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,
- refuse 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 refuse the re-test.
- If you fail the breath test while driving, or refuse a breath test while driving, you have 10 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 10 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 10 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 AIMS or ask for it to be reviewed by your accredited assessment agency in your IRCR, while preparing for your ICRO court hearing.
- Never use your alcohol interlock as a personal breathalyser to check if you can drive. Failed breath tests can 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.

If you're a VicRoads managed participant, you can use AIMS to contest a violation and apply for removal of your interlock.

If you're a court managed participant, you'll need to organise an Interlock Condition Removal Order (ICRO) hearing at your local Magistrates' Court.

Refer to the 'Getting your licence back' brochure if you're not sure whether you're VicRoads or court managed.

\* The 'learning month' doesn't apply to you if you've moved to Victoria with an existing 'I' condition from interstate.

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

- [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)
- VAIP Support Centre 1300 723 790
- Email address: [alcoholinterlocks@roads.vic.gov.au](mailto:alcoholinterlocks@roads.vic.gov.au)

## Important Information

### What to do next....

- Complete all the requirements to get licensed
  - <https://www.magistratescourt.vic.gov.au/traffic-offences/drivers-licence-eligibility-order-guide>
  - [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 drinking if needed
  - [Directline.org.au](http://Directline.org.au)
  - 1800 888 236
- Consider whether you need some professional support help to 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

