

Interlock Enhancement Counseling (IEC)

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Interlock Enhancement Counseling (IEC) is a new intervention for DWI clients who have alcohol ignition interlocks on their vehicles. It is evidence based and combines Cognitive Behavioral Treatment with Motivational Interviewing/Motivational Enhancement. Development was funded from the Persistent Drunk Driving Fund (PDD), the Center for Impaired Driving Research and Evaluation (CIDRE) and the Center for Change (CFC). It is not meant to replace treatment, but to complement it.

The primary goals of IEC are to reduce the number of failed starts due to alcohol ingestion (failed starts, particularly a pattern of such, and those occurring in the morning are solid predictors of recidivism), reduce and eliminate driving non-interlock equipped vehicles and prevent DWI recidivism once the interlock is removed. Prior research in the area indicates that these goals may be met with this approach as well as reducing the quantity and frequency of alcohol use.

The program is 10 hours in length over 5 months. There are four two-hour group sessions, and four 30-minute individual sessions. The program begins with an individual session (separate intake may be needed) and is followed by a group the same month. Staggering is done in order to see how the client does regarding interlock behavior in months with only one session compared to months with two.

Month	1	2	3	4	5
Individual	X	X	X		X
Group	X	X	X	X	

The program may be used in conjunction with Education and Treatment. For Level I, Level II Education, and Track A clients, IEC means 10 additional hours of care. For Tracks B-D, IEC may be counted toward the additional therapy hours required, if clinically appropriate. The IEC program may only begin when an interlock is installed on every vehicle available to the client.

A major component of the program is the discussion of the individuals own performance on the interlock and the therapeutic process of changing the drinking and driving behavior while using an interlock as well as when the device is removed.

Mandated clients from the Division of Motor Vehicles (DMV) and Probation will be the primary source of referrals, but you may have voluntary clients. IEC is primarily designed for adult drivers.

IEC materials include a Provider's Guide and a Participant's Workbook. A disc is available to providers so that the workbook can be reproduced for clients.

Qualifications for providing IEC are: an addiction counselor 2 or 3 certification, LAC, and/or a clinical masters degree (or higher),; one year experience providing DWI treatment with a state approved curriculum; completion of an approved Motivational Interviewing training; and, successful completion of a one day IEC training.

Questions may be addressed to either:

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