

# Impaired Driving and Mental Health

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## Agenda

### The Impaired Driving Problem

- *Statistics*

### DWI and Mental Health

- *Prevalence*
- *Real Life Scenarios*

### How to Help

- *Screening and Assessment*
- *Community Resources*



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# Impaired Driving Statistics

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## Facts About Impaired Driving



In 2021, an estimated **89,457** DWI arrests were made in Texas. In 2022, the number dropped to **83,361**. In 2024, it rose to **85,858** (DPS, n.d.).

In 2024, there was an average **21K** arrests per quarter, and about **6.6K** were recidivists. This leads to an average recidivism rate of **31%** for the state (DPS, 2024).

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# Facts About Impaired Driving

In 2021, an estimated **3,895 fatal injury and suspected serious injuries were** DUI related.

If we include minor injuries the number rises to **8,584**. In 2022, those numbers were slightly higher reaching an estimated **8,596**. (TxDOT, n.d.)



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# Polysubstance Impaired Driving: Dangers

- **Alcohol impaired drivers are 16 times more likely to be involved in a crash.**
- **Drivers who use alcohol and marijuana combined are 25 times more likely to be involved in a crash.**

*(Hultgren et al., 2021)*



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# Impaired Driving as a Symptom of a Larger Problem

## Substance Use Disorders:

- First-Time DWI: **79.5%–96.6%** had alcohol use disorders
- Repeat DWI: **93.9%–97.4%** had alcohol use disorders
- Drug Use Disorders: **31.6%–50.6%**

(Edson et al., 2020, Keating et al., 2019; Brown et al., 2011; Lapham et al., 2011)



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# Facts About Impaired Driving

## Mental Health Problems:

- First-Time DWI: Avg. **3.7** lifetime disorders; **40.6%** psychiatric diagnosis
- Repeat DWI: Avg. **6.3** lifetime disorders; **7.2%** self-harm

(Edson et al., 2020, Keating et al., 2019; Brown et al., 2011; Lapham et al., 2011)



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# Common Diagnosis with DWI Offenders



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## What is a Mental Health Disorder?

**Pattern of emotions, behaviors, and/or thoughts inappropriate to the situation that lead to distress and/or impairment in life.**

### **Types of symptoms:**

- **Cognitive:** *having trouble remembering or concentrating*
- **Physical:** *fatigue, tense muscles, upset stomach*
- **Emotional:** *feeling sad, panicky*
- **Behavioral:** *aggression, odd or erratic behaviors*



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# What is a Substance Use Disorder (SUD)?

## Problematic pattern of use that impairs functioning.

- Factors involved in the diagnosis of an SUD
  - *2 or more within 1 year:*
    - Failure to meet obligations
    - Physically hazardous use
    - Relationship problems
    - Continued use despite problems in life
    - Physical tolerance or withdrawal
    - Using more than you meant to
    - Not being able to cut down or stop
    - Reducing other activities because of use
    - Strong cravings



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# Common Diagnosis with DWI Offenders

## Anxiety

- Generalized Anxiety Disorder (GAD)
- Obsessive-Compulsive Disorder (OCD)
- Panic Attacks (PA)
- Phobias
- Social Anxiety Disorder (SAD)

## Post Traumatic Stress Disorder (PTSD)

## Depression

## Bipolar

## Attention-Deficit/Hyperactivity Disorder (ADHD)



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## Mental Health and Impaired Driving

Anxiety Disorders:

First-Time DWI: **13.8%–26.5%**; Repeat: **73.7%**

Mood Disorders (e.g., MDD):

First-Time DWI: **19.0%–22.6%**; Repeat: **50.0%**

Impulse-Control Disorders:

First-Time DWI: **11.5%–22.1%**; Repeat: **67.3%**

Suicidal Thoughts & Behaviors:

Repeat DWI : **24.2%** ideation, **9.2%** attempts

(Edson et al., 2020, Keating et al., 2019; Brown et al., 2011; Lapham et al., 2011)



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## Identifying the Problem



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# Mental Illness or Substance Use Disorder?

Source: [Code Blue Cam](#)



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# Mental Illness or Substance Use Disorder?



## Schizophrenic Episode or Drugs?

- Disorganized or incoherent speech
- Bizarre or paranoid beliefs (delusions)
- Responding to unseen stimuli (hallucinations)
- Flat or inappropriate emotional responses
- Appears disconnected from reality



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# Mental Illness or Substance Use Disorder?

## Schizophrenic Episode

Source: [Beyond the Verdict- Clip 1](#)

[Clip 2](#)

- Disorganized or incoherent speech
- Bizarre or paranoid beliefs (delusions)
- Responding to unseen stimuli (hallucinations)
- Flat or inappropriate emotional responses
- Appears disconnected from reality



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# Mental Illness or Substance Use Disorder?

## Manic Episode (Often linked to Bipolar Disorder)

Source: [University of Nottingham](#)

Key signs to watch for:

- Rapid speech: Talking very fast, jumping between topics
- Inflated self-esteem: Grandiose statements like "I'm ...." "You are..."
- Decreased need for sleep: May report not sleeping for days but feeling "great"
- Distractibility: Easily sidetracked, difficulty focusing
- Risky or impulsive behavior: May admit to reckless driving, spending sprees



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# Mental Illness or Substance Use Disorder?

## PTSD Symptoms

Source: [Code Blue Cam](#)

Key signs to watch for:

- **Hypervigilance:** Appears extremely alert or jumpy
- **Avoidance or dissociation:** Seems emotionally numb or detached
- **Flashbacks or intrusive thoughts:** May describe vivid memories or trauma-related thoughts
- **Irritability or aggression:** Easily agitated, especially when discussing past events



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# Mental Illness or Substance Use Disorder?

## Suicide Risk Indicators

Source: [Code Blue Cam – Clip 1](#) [Clip 2](#)

- Talking about suicide or expressing a desire to die
- Seeking access to lethal means (e.g., asking about firearms, stockpiling pills)
- Expressing hopelessness, feeling trapped, or having no reason to live
- Extreme mood swings or agitation
- Increased substance use
- Reckless or risky behavior without regard for consequences



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# How to Help



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## Screening and Assessment

### Computerized Assessment and Referral System (CARS)

**[Grid Screen 2]**  
(Please indicate how many times you have engaged in the following behaviors or had the following experiences in your lifetime.)

|   | Never<br>(0)          | Once<br>(1)           | Twice<br>(2)          | Three<br>times<br>(3) | Four<br>times<br>(4)  | Five<br>times<br>(5)  | More<br>than 5<br>times<br>(6) | If more than<br>5, How<br>many times? |
|---|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|--------------------------------|---------------------------------------|
| <b>D12c.</b> Driven while intoxicated or impaired with passengers in the car. | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/>          | ___                                   |
| <b>D12f.</b> Driven while intoxicated or impaired with minors in the car.     | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/>          | ___                                   |

**[Grid Screen 3]**  
(Please indicate how many times you have engaged in the following behaviors or had the following experiences in your lifetime.)

|  | Never<br>(0)          | Once<br>(1)           | Twice<br>(2)          | Three<br>times<br>(3) | Four<br>times<br>(4)  | Five<br>times<br>(5)  | More<br>than 5<br>times<br>(6) | If more than<br>5, How<br>many times? |
|--|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|--------------------------------|---------------------------------------|
| <b>D13a.</b> Been pulled over for driving under the influence.                         | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/>          | ___                                   |
| <b>D13b.</b> Been asked to take a breathalyzer test after being pulled over for DUI.   | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/>          | ___                                   |
| <b>D13c.</b> Taken a breathalyzer test after being pulled over for DUI.                | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/>          | ___                                   |
| <b>D13d.</b> Been arrested for driving under the influence (even if not found guilty). | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/>          | ___                                   |
| <b>D13e.</b> Been convicted of driving under the influence.                            | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/>          | ___                                   |

**[Grid Screen 4]**  
(Please indicate how many times you have engaged in the following behaviors or had the following experiences in your lifetime.)

|  | Never<br>(0)          | Once<br>(1)           | Twice<br>(2)          | Three<br>times<br>(3) | Four<br>times<br>(4)  | Five<br>times<br>(5)  | More<br>than 5<br>times<br>(6) | If more than<br>5, How<br>many times? |
|--|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|--------------------------------|---------------------------------------|
| <b>D14f.</b> Gotten into an accident while driving after drinking any alcohol.                                 | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/>          | ___                                   |
| <b>D14g.</b> Gotten into an accident while driving intoxicated or under the influence of an illicit substance. | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/>          | ___                                   |
| <b>D14h.</b> Attempted to avoid a sobriety checkpoint.   | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/>          | ___                                   |



**[GRID SCREEN 4]**  
During your attack(s), did you experience any of the problems listed below?

|  | Yes                   | No                    | If Yes<br>Did you<br>experience<br>this during<br>the past 12<br>months? |
|--|-----------------------|-----------------------|--|
| <b>S413a.</b> Did your heart pound or race?  | <input type="radio"/> | <input type="radio"/> | <input type="checkbox"/>   |
| <b>S413b.</b> Were you short of breath?  | <input type="radio"/> | <input type="radio"/> | <input type="checkbox"/>   |
| <b>S413c.</b> Did you have nausea or discomfort in your stomach?   | <input type="radio"/> | <input type="radio"/> | <input type="checkbox"/>   |
| <b>S413d.</b> Did you feel dizzy or faint?   | <input type="radio"/> | <input type="radio"/> | <input type="checkbox"/>   |
| <b>S413e.</b> Did you sweat?   | <input type="radio"/> | <input type="radio"/> | <input type="checkbox"/>   |
| <b>S413f.</b> Did you tremble or shake?  | <input type="radio"/> | <input type="radio"/> | <input type="checkbox"/>   |
| <b>S413g.</b> Did you feel like you were choking?  | <input type="radio"/> | <input type="radio"/> | <input type="checkbox"/>   |
| <b>S413h.</b> Did you have pain or discomfort in your chest?   | <input type="radio"/> | <input type="radio"/> | <input type="checkbox"/>   |
| <b>S413i.</b> Were you afraid that you might lose control of yourself or go crazy?                       | <input type="radio"/> | <input type="radio"/> | <input type="checkbox"/>   |
| <b>S413m.</b> Did you feel that you were "not really there", like you were watching a movie of yourself? | <input type="radio"/> | <input type="radio"/> | <input type="checkbox"/>   |
| <b>S413n.</b> Were you afraid that you might die?  | <input type="radio"/> | <input type="radio"/> | <input type="checkbox"/>   |
| <b>S413o.</b> Did you have heat sensations or chills?  | <input type="radio"/> | <input type="radio"/> | <input type="checkbox"/>   |
| <b>S413p.</b> Did you have numbness or tingling sensations?  | <input type="radio"/> | <input type="radio"/> | <input type="checkbox"/>   |



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# How to Discuss the Screening/Assessment Results

## 1) Open Ended Questions

- Instead of "Did you see what your results indicate?"
- Ask: "Tell me what you think about your results?"

## 2) Pay close attention to "sound bites"

## 3) Follow-up with an open-ended question

- Keep asking open ended-questions until you got enough information.

## 4) Minimal encouragers

- "uh-huh," "yes," "I see," or "okay", "I hear you"

## 5) Summarize and action steps



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# Potential Partnerships



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# Referrals Resources Handout



## Impaired Driving and Mental Health

### Crisis Units Information

Crisis lines can be used by anyone. These lines and services are meant to be used by individuals who are at risk of suicide, harm to self and others.

#### National Suicide Prevention Lifeline

Call or text 9-8-8.

Chat [lifeline.org](#)

- 24/7, free, and confidential support for anyone in distress or in crisis.

#### Veterans Crisis Line

1-800-273-TALK (8255) and press 1, or text 838255

- 24/7 confidential crisis support for veterans and their loved ones
- You do not have to be enrolled in VA benefits or health care to reach out

#### Crisis Text Line

Text the word "NOM" to 741-741

- This will connect you with a free and trained Crisis Counselor for free 24/7 support

#### Texas MH/MC Crisis Line

- The Texas Health and Human Services department has each Local Mental Health Authority (LMHA) in the state along with their crisis number and the counties they each serve
- Crisis services are available 24/7

#### Texas Youth Helpline

Call or text 1-800-989-4884

Chat on website

- Free 24/7, confidential services to youth and families in crisis who need help with finding a counselor, safe shelter, legal information, official school referral information, or simply someone to talk with
- Phone, text, or chat services are available with

#### Hope for Texas

Call 972-525-8181, Chat on website

- "Connecting Texans to information and resources for mental health and addiction"
- By getting in touch with someone on a crisis line, a trained crisis counselor can assess the caller's level of danger to self or others - this determines whether immediate on-the-scene help is needed. Counselors can assist in de-escalating a crisis on the phone as well.
- Mental Crisis Units respond on-site (within 1-2 hours) to mental health emergencies and are available 24/7. Fast-to-see crisis assessments, crisis intervention services, crisis follow-ups and release prevention services are offered.



## Impaired Driving and Mental Health

### SELF-HELP TOOLS AND RESOURCES



#### Peer-Led Options and Community Support

#### Support

An anonymous, peer-to-peer support network with 24/7 chat available - match up with someone to talk to in less than a minute.

#### Recovery Selfies

A peer-to-peer group where anyone can discuss issues related to addiction and trauma. Anyone can get trained and facilitate one of these groups.

#### Self Recovery (Addiction Treatment)

Private, online, research-based, and on-demand addiction recovery program that can be used as an alternative to Alcoholics Anonymous (AA) programs.

#### CDC Check Your Drinking Tool

Make a plan to drink less and make healthier choices by checking your drinking habits with this 5-10 minutes alcohol screening tool.

#### Texas Suicide Prevention Collaborative

Find resources (in English and Spanish) about suicide and suicide prevention. Specific topics include Veterans and the Military, People with Physical Health problems &or Disabilities, Youth and Young Adults, LGBTQ+, Hispanics and Latinos, Black and African Americans, Tribal Communities, Substance Use Disorders and Addictions, and more.

#### Travis Resources

Connected with a community offering support and guidance to prevent suicides and help individuals experiencing mental health conditions. Join the movement, start a chapter, join a community discussion board or support group, and self-evaluate your mental health through a quick assessment.

#### Trauma Focused CBT Web

The Medical University of South Carolina offers a \$55 course for Trauma-Focused Cognitive Behavioral Therapy. It's a self-paced, online course for mental health professionals learning CBT with a focus on trauma.

#### Helpline.org

Helpline.org is a great tool for anyone wanting to know general information on mental health topics.

#### Wrong Side of the Road - Responsibility.org

This interactive initiative allows individuals to see and feel the impact behind real-life stories from real people who share their DUI experiences.



## Impaired Driving and Mental Health

### MENTAL HEALTH-RELATED VIDEOS AND CHANNELS



#### Generalized Anxiety Disorder (GAD)



#### Panic Attacks



#### Learning Brain vs Survival Brain



#### What Happened to You?

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# Thank You!

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