



TPI meeting XI: 2016 - Brussels

The Interlock Monitoring Program



TRAFFIC
PSYCHOLOGY
INTERNATIONAL

[Alcohol]

Importance of alcohol en Drugs problem in accidentology, 2nd killer

Recidivism rate is high %

Next to traditional punishments, also Alternative behavioural measures:

They are part of the execution of penalties. They consist in a training that should be followed and has a fixed content and structured plan.

Aim: realise changes in the knowledge attitude and behaviour of the offender.

Supreme: IIP = best practice in avoiding unsafe Road behaviour



1. Interlock Monitoring Program



Effect of an Interlock is twofold

- Preventive: 40-95% less recidivism (Marques, *et al*, 2001)
- Corrective (=rehabilitation):
 - Changing underlying factors in the behaviour of offender
 - Effect on recidivism also after removal of Interlock

Components of the program



Introductory discussion and Training



- Within 14 days after contact with participant
- Goal is to inform regarding their obligations
- Aim: concrete training of participants:
 - build-up and break-down of alcohol breathalyzer
 - risks and consequences of driving under the influence of alco, health risks
 - Discuss about the infraction in order to gain insight

Individual Counselling

COUNTER	DATE	TIME	DAY	EVENT_DESCRIPTION	EVENT_BAC	ADD_DATA
1092	2009-05-15	12:13:27	fre	Vehicle Activity Detected		
1093	2009-05-15	12:21:55	fre	Retest Requested		6 minute(s)
1094	2009-05-15	12:21:56	fre	Breath Test Ready		
1095	2009-05-15	12:22:17	fre	Breath Test Started		
1096	2009-05-15	12:22:25	fre	Retest Passed	0,000	mg/L
1097	2009-05-15	12:33:26	fre	Ignition Off		
1098	2009-05-15	12:33:26	fre	Engine Off		
1099	2009-05-15	12:33:26	fre	Engine Run Time		00:21:03
1100	2009-05-15	12:33:26	fre	Free Start Timer On		3 minute(s)
1101	2009-05-15	12:36:26	fre	Free Start Timer Expired		
1102	2009-05-15	12:36:26	fre	Starter Relay Opened		
1103	2009-05-15	12:36:26	fre	HS Power Switched Off		
1104	2009-05-15	12:44:36	fre	Ignition On		
1105	2009-05-15	12:44:36	fre	HS Power Switched On		
1106	2009-05-15	12:44:53	fre	Breath Test Ready		
1107	2009-05-15	12:44:58	fre	Breath Test Started		
1108	2009-05-15	12:45:07	fre	Initial Test Passed	0,000	mg/L
1109	2009-05-15	12:45:07	fre	Starter Relay Closed		
1110	2009-05-15	12:45:07	fre	Free Start Timer On		3 minute(s)



- Evaluation participation in program: Run through downloaded information and define risk situations, triggers and misperceptions
- Evaluation of individual change plan of risk situations (after training)

Training

Goal:

- Groups 6 months after start of program
- Build-up of relapse prevention: update strategies after removal of appliance to keep alcohol and driving apart

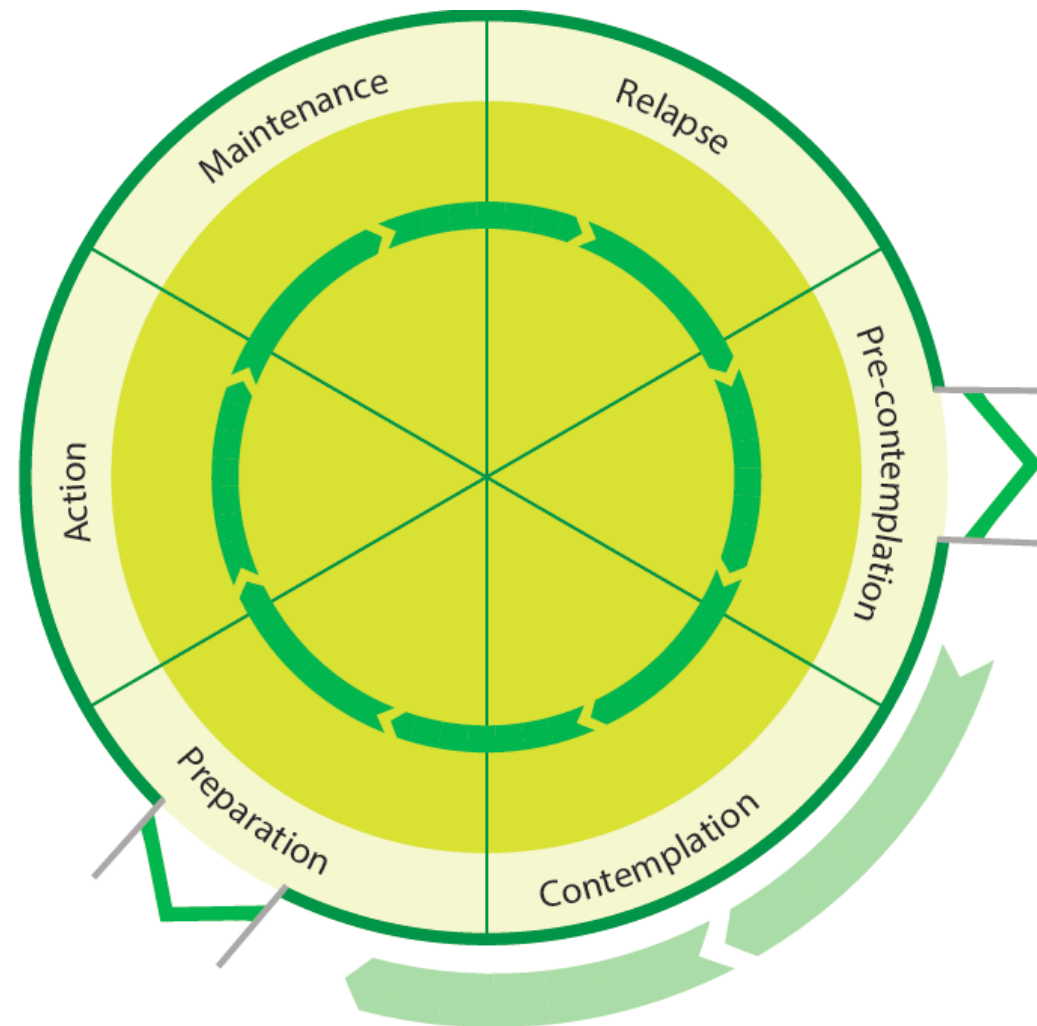


Introduction and experience
using appliance

Behavioural change and
inventory of risk behaviour

Dealing with risk situations
based on an individual change
plan

Model of change Prochaska and Diclemente



Concluding meeting



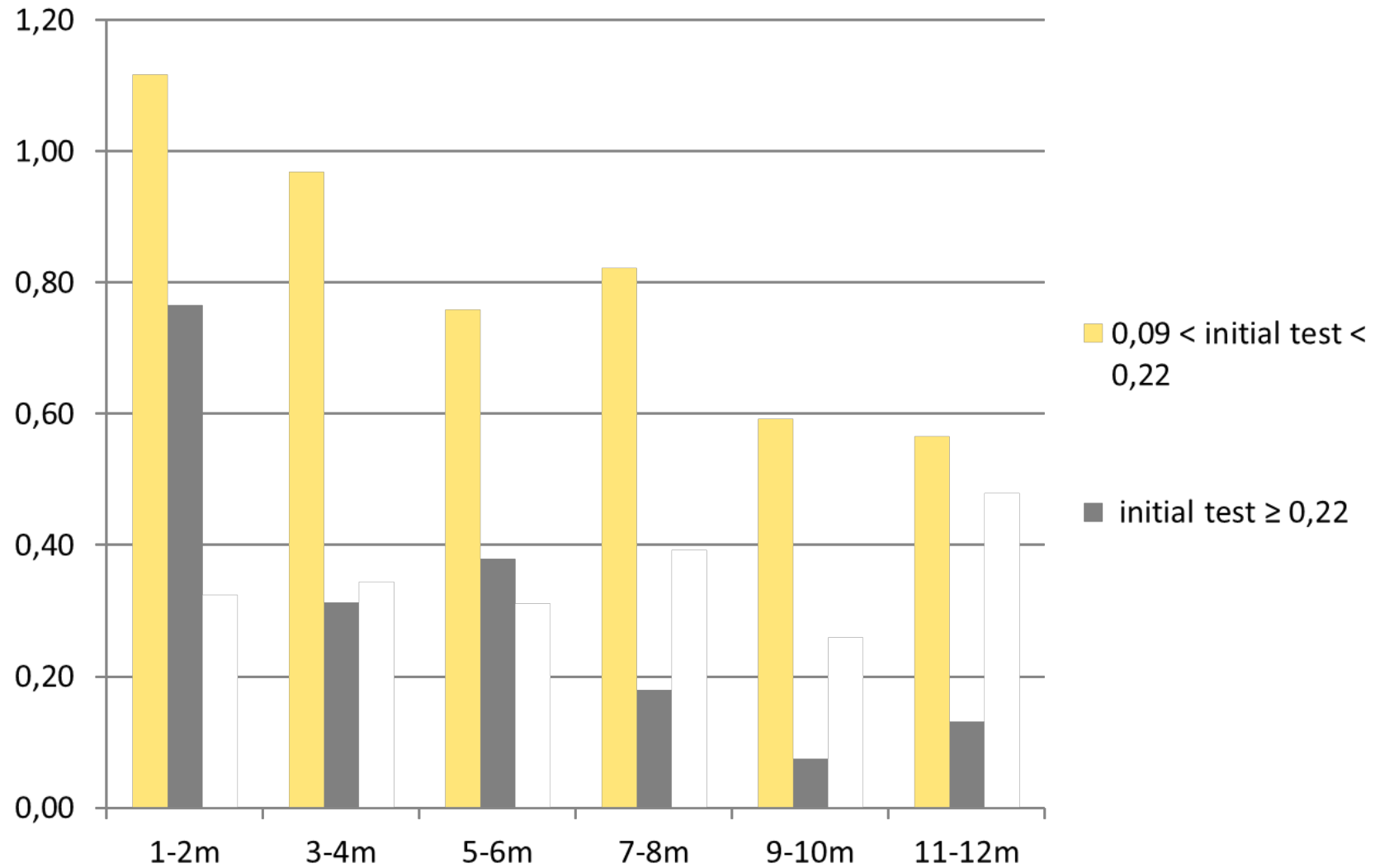
- At the end of the monitoring program
- Goal:
 - global evaluation of participation in program
 - last evaluation of individual change plan of risk situations
- BRSI grants service centre permission to remove device

Participation in program

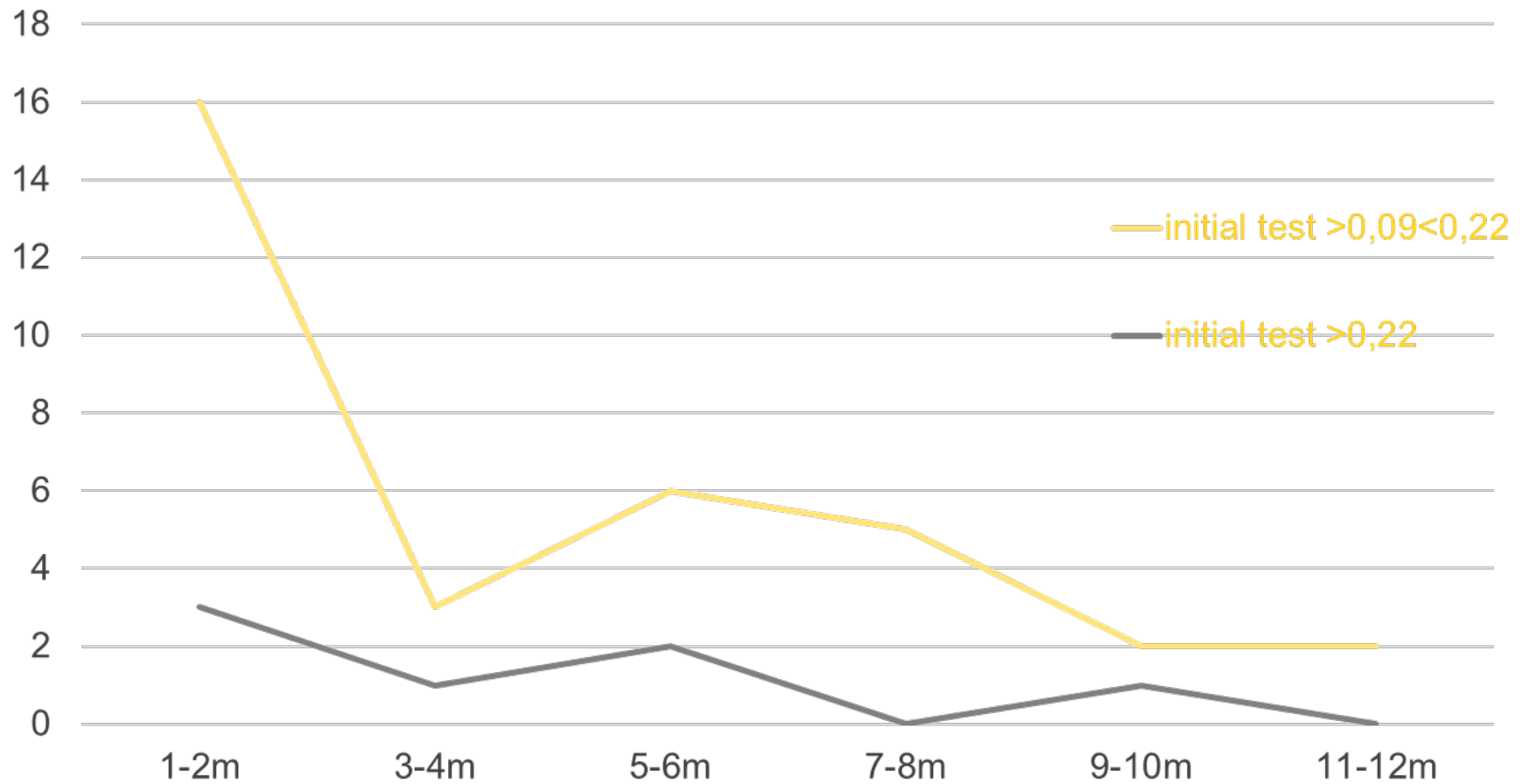
- No technical problems
- Other substances can also read positive on breathalyzer?
- Practical problems: Lease cars, professional drivers, Motorbike
- Integrate with other punishments

- Procedure
 - Late start
 - No premature ending
 - Termination

Average number of violations (total)



CASE continued violations at end of term



3. Suggestions and Conclusions

Suggestions and conclusions

- Duration of the program should be adaptable in function of the results.
- Program should consist of different gradual phases, stepped care approach
- Importance of monitoring program (without program offenders recidive after removal of device)
- Quality of program: monitoring by traffic psychologist (eg BE: legislative requirements)