



Massachusetts Impaired Driver Program

bestlife
Emotional Health & Wellness

MHA is licensed by the Massachusetts Department of Public Health's Bureau of Substance Addiction Services to provide the Massachusetts Impaired Driver Program, a 38-hour program offered to individuals referred by the Court or RMV.

The program, conducted via our TeleWell virtual platform, provides an educational experience related to the use of alcohol and other drugs and their effect on driving. The goal is to influence behavioral change, thereby lowering the risk for future DUI and other offenses. Additionally, through our BestLife Emotional Health and Wellness Center, MHA supports the overall mental wellness and behavioral health needs of youth and adults.

How the Program Works

Individuals enrolled in the Mass Impaired Driving Program complete an initial assessment during the first meeting with their clinician. Once approved, the individual is scheduled to attend 16 group sessions, each two hours long. Group sessions address the consequences of substance use, explore the dangers of drinking and/or using drugs and driving, learn about the impact of driving under the influence on others (including victims), and identify ways to modify substance use habits.

Following the eighth group meeting, each individual attends a mid-point interview. After successful completion of all 16 group sessions, each individual attends an exit interview. Individuals are also expected to attend four hours of community-based self-help group meetings.





Special Programming

For individuals under age 21, BestLife assesses the participant’s developmental status, including social, emotional, and cognitive functioning, to determine whether the participant is able to participate in programming designed for adults. If programming for adults is not deemed appropriate, BestLife provides alternative programming that addresses concerns pertinent to youth.

BestLife may also provide special programming to accommodate:

- Individuals who do not speak English
- Individuals who suffer from mental health disorders that limit their ability to participate in BestLife’s group programming
- Employment, military, school, and/or childcare schedules that prevent individuals from participating in regularly scheduled sessions

Out of state OUI/DUI offense requirement(s) are reviewed case by case by the Clinic Director.

Second/Multiple Offender Aftercare Treatment

Counseling services for individuals who experience additional offenses place significant emphasis on the consequences of alcohol and/or drug use while driving. This program provides a combination of both group and individual treatment for a time period of 52 weeks. In addition to looking at the various impact that substance use has on one’s overall functioning across numerous life domains, other areas of counseling will focus on recovery wellness plans and relapse prevention planning, aimed at reducing the recidivism rates for re-offending while driving under the influence of alcohol and/or other drugs.



Payment

Fees related to the Impaired Driver Program for first time offenders are the responsibility of the individual, unless declared indigent by the Court. Official notification of indigent status must be provided to BestLife.

Fees related to the Second/Multiple Offense Aftercare Treatment may be covered by health insurance.

Call 844-MHA-WELL

To enroll in the Mass Impaired Driving Program, to make a referral, or to learn more about BestLife clinical services, Recovery Coaching, and Recovery Support Navigation, call **844-MHA-WELL** or visit us online at www.mhainc.org.

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MHA
Respect • Integrity • Compassion

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