



STATE OF ARIZONA
BOARD OF BEHAVIORAL HEALTH EXAMINERS
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DOUGLAS A. DUCEY
Governor

TOBI ZAVALA
Executive Director

April 16, 2019

Cara L. Love

Dear Ms. Love:

On April 5, 2019, the Arizona Board of Behavioral Health Examiners ("Board") reviewed your application for licensure as a licensed associate substance abuse counselor and determined that you are not eligible for licensure pursuant to A.R.S. § 32-3275(6). Specifically, the Board found that you engaged in conduct that had you been licensed would have constituted grounds for disciplinary action. The Board determined that the disciplinary action invoked the following violation that was based upon the conduct referenced thereafter:

1. A.R.S § 32-3251(16)(l) engaging in any conduct, practice or condition that impairs the ability of the licensee to safely and competently practice the licensee's profession.

This violation was based on the following findings:

1. In 09/18, Cara L. Love ("Applicant") submitted her LASAC application to the Board and disclosed the following:
 - a. 11/07, Applicant was arrested for minor driving with liquor in the body.
 - b. 04/08, Applicant was cited for underage consumption of alcohol.
 - c. 08/10, Applicant was placed under probation by her university for possession of marijuana while studying abroad in Mexico.
 - d. 06/14, Applicant was arrested for driving with a revoked license.
 - e. 08/16, Applicant was arrested for Extreme DUI.
2. The police report regarding Applicant's 08/16 Extreme DUI indicated the following:
 - a. On 08/11/16, at 2:14 a.m., Officer was dispatched to a vehicle collision.
 - b. Applicant had crashed into a wall.
 - c. After Applicant was out of the vehicle, Officer noted the moderate odor of intoxicants coming from Applicant.
 - d. Applicant was transported to the hospital.
 - e. Applicant's blood draw was completed at 4:06 a.m. by a nurse.
 - f. Applicant's blood alcohol content measured .234.
3. Aside from the aforementioned Extreme DUI, Applicant acknowledges driving under the influence on other occasions, while not being arrested.
4. In 04/18, Applicant acknowledged drinking and driving to her therapist.
5. When asked by Board staff if Applicant has driven under the influence of drugs or alcohol since 04/18, Applicant responded, "Not that I remember or recall."

6. Applicant's treatment records with her therapist include entries throughout 2016 to 2018 regarding Applicant's alcohol use as follows:
 - a. 03/16/18:
 - Applicant reported a history of drug use and being in both inpatient and outpatient treatment during her last 2 years of high school.
 - Applicant does drink alcohol, sometimes an entire bottle of wine, which concerns her.
 - b. 08/17/16:
 - Applicant reported bring in a car accident last week in which she totaled her car and broke 3 ribs.
 - She woke up in the hospital.
 - She processed feeling angry with herself for making a bad decision to drive while blacked out.
 - c. 02/27/17:
 - She had 4 alcoholic drinks with a girlfriend, and her boyfriend threatened to move out, calling Applicant an alcoholic.
 - Applicant's mother says Applicant binge drinks and wants her to go to AA.
 - d. 06/21/17:
 - "[Applicant] reported continuing to drink, wanting to not drink. Explored her fear of loneliness that drives her drinking."
 - e. 08/03/17:
 - Applicant reports 3 weeks sober and feeling good about it.
 - f. 04/02/18
 - Resumed therapy after an 8-month break.
 - "She reported pattern of [boyfriend's] increased anger and her withdrawal, culminating in her realizing the relationship was over, then drinking several glasses of wine, then driving home drunk. Explore the part of herself that risked everything."
 - g. 10/17/18:
 - "She reported drinking two glasses of wine/night a few weeks ago, then she took a pill from a coworker that had marijuana oil on it. She had a 16-hour bad trip. She later found out it had 8x edible dosage."
 - h. 11/14/18:
 - Applicant reported the struggle with alcohol and learning that while others can be social with substance, she cannot.
7. In 07/17, Applicant completed court ordered DUI education and treatment where she completed a MAST examination, which included the following questions and responses:
 - a. Do you feel you are a normal drinker: Yes
 - b. Can you stop drinking without difficulty: Yes
 - c. Do any relatives or close friends worry or complain about your drinking: No
8. Applicant's responses to her MAST examination contradict the information contained in her treatment records, specifically where her records indicate the following:
 - a. Applicant reported continuing to drink, but not wanting to drink.
 - b. Applicant's boyfriend called her an alcoholic.
 - c. Applicant's mother says Applicant binge drinks and she wants her to go to AA.
9. Despite Applicant's inaccurate responses, her MAST score was indicative of a problem drinker or alcoholic.
10. In response to questions from Board staff, Applicant indicated the following:
 - a. On occasion, Applicant allows herself to drink one to two glasses of wine.
 - b. When Applicant was an adolescent, she was told by her parents that she had a drinking problem.
 - c. "I have believed in the past I had a drinking problem, specifically binge drinking. In my

- young age, I believe that I had a hard time controlling myself.”
- d. Applicant does not have a sobriety date.

Per A.R.S. §41.1092.03.B, you may request a Formal Hearing by notifying the agency in writing within thirty-five (35) days from the date of this letter. If you do request a Formal Hearing, you also have the right, pursuant to A.R.S. §41-1092.06, to request a settlement conference. If you do not request a Formal Hearing by the close of business on May 21, 2019, your file will be closed without further recourse to appeal and the licensure denial will be reported to the federal data banks that record this information. If you desire licensure at a later date, you must submit a new application and fee.

PLEASE BE FURTHER ADVISED that, pursuant to the Board's licensure statute, as of July 1, 2004, only persons holding licenses to practice substance abuse counseling may do so unless they are exempt from licensure, pursuant to A.R.S. § 32-3271.

If you have any questions, I can be reached at (602) 542-1617.

Sincerely,

A handwritten signature in black ink, appearing to read "Tobi Zavala". The signature is fluid and cursive, with a long horizontal stroke at the end.

Tobi Zavala
Executive Director

cc: Applicant's attorney