

Let's make this
the last time.



Image courtesy Queensland Police Service

YOU MUST BE
BELOW
0.05

Contact Details

For more information, including enrolment,
referral and costs, please contact:
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A program of the Centre for Accident Research
and Road Safety – Queensland (CARRS-Q),
in collaboration with a departmental team
including Magistrates, Queensland Corrective
Services, Queensland Department of Transport
and Main Roads, TAFE and Queensland Police.



www.carrsq.qut.edu.au

**UNDER
THE LIMIT**

DRINK DRIVING REHABILITATION PROGRAM

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UNDER THE LIMIT

DRINK DRIVING REHABILITATION PROGRAM

Under the Limit is an 11 week drink driving prevention and rehabilitation program. It may be offered to drink driving offenders in association with a probation order through the Queensland Magistrates Courts at the time of sentencing. The award-winning program aims to rehabilitate drink driving offenders, and reduce alcohol-related crashes and trauma.

Under the Limit is developed and managed by the Centre for Accident Research and Road Safety – Queensland (CARRS-Q) at the Queensland University of Technology. Delivery of the program is overseen by an interdisciplinary team from government departments including Magistrates, Queensland Corrective Services, Queensland Department of Transport and Main Roads, TAFE and Queensland Police.

Under the Limit facilitators are people from the general community who have been trained to deliver the program.

They are there to help participants learn about ways to avoid drink driving in the future and classes usually are small groups of 8 -12 people.

If placed on a Probation Order requiring the completion of this program, Probation and Parole Officers (PPO) will inform participants of their options regarding dates, times, and locations of available programs in their area. Participants have to attend one session a week, over 11 weeks. Each session lasts 1½ hours. Sessions are run from local venues in the community.

Program Conditions

In order to successfully complete the program, each participant needs to:

- Pay required program fees;
- Attend all sessions and on time;
- Participate in all program activities including the completion of a weekly drink tracker;
- Attend sessions with no alcohol in their system (BAC=0.00) and;
- Attend sessions not under the influence of an illegal drug.

Participants will learn about

- Costs of drink driving – for themselves and others;
- How alcohol affects reaction time and increases the risk of a crash;
- Knowing about standard drinks and how many participants can have before driving;
- Options and strategies to avoid drink driving;
- How Alcohol Ignition Locks work;
- Pros and Cons (Gains and Losses) from drinking alcohol;
- How stress can make people drink more than they should and;
- How to handle the 'shout' and avoid drink driving.

Is it effective?

Under the Limit was developed in 1993, and became a Queensland-wide program in 1998. Over the course of the program more than 8,800 people have been referred to the **Under the Limit** program. Evaluations of the program indicate **Under the Limit** is an effective program for reducing the incidence of repeat drink driving, particularly for repeat and high range drink driving offenders. Completion of the program for this group reduced repeat offence rates by 55%.

For participants who don't complete the program, this number reduces to just 20%, illustrating the importance of attending each session, for the full 11 weeks.

How to enrol

Under the Limit is available to drink driving offenders convicted under Queensland legislation at the time of sentencing in association with a probation order.

The magistrate may offer an offender the opportunity to undertake **Under the Limit** and a period of licence disqualification, in association with a reduced or waived fine. Those charged with a drink driving offence should speak to their legal representative about whether **Under the Limit** might be an available sentencing option.

Under the Limit is also available to individuals outside the Court system for self-referral.