You can easily replace the High Sierra IOAudioFamily.kext file with the same kext from El Capitan, which will allow Direct Mode in A+.

1. During boot hold down Command + R (continue holding down the recovery mode key combination) until you boot to recovery mode.
2. Once in recovery mode launch the terminal.
3. Type this command into the terminal: "csrutil disable" (don't use the quotes) then hit "enter". When prompted enter your password and then "enter" again. The above command disables SIP, which is a requirement for modifying or replacing protected kext files.
4. Reboot to normal OSX High Sierra Desktop
5. Download the "Kext Wizard" application and install it. (Scroll to the bottom of the page for the following link and download the application:)
Download Kext Wizard
6. Launch the Kext Wizard and drop the following El Capitan Version of IOAudioFamily.kext into the Kext Wizard "installation" window. (Make sure you choose a "target disk" in the Kext Wizard installation window that matches your boot disk).

You can download a copy of the El Capitan kext here and just save it to your desktop and then drop it into the kext wizard. Install the kext and reboot. The "Direct Mode" should now be visible and available in the A+ preferences>audio system pane. El Capitan kext

download: https://www.dropbox.com/s/v21384kygrywvfh/IOAudioFamily.kext.zip?dl=0