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**GUNNISON**

**ADOLESCENT DRUG COURT**

Participant Handbook

July, 2012

[Adapted from the 18<sup>th</sup> Judicial District Recovery Court Handbook]

## **DEAR ADOLESCENT DRUG COURT PARTICIPANT:**

Welcome to the 7th Judicial District Adolescent Drug Court Program. This Handbook is designed to provide you with the information you need to be successful in the program. It will serve as a valuable resource during your involvement with the program. Please read through the handbook carefully.

The mission of the Adolescent Drug Court Program is “to reduce juvenile crime and substance abuse by diverting adolescents to a court-managed treatment program which holds them accountable and emphasizes personal responsibility.”

The Adolescent Drug Court (ADC) program is a voluntary program that takes approximately 9 months to complete. As a participant in the ADC, you are expected to comply with the following:

- 1) Any instructions given to you by the Judge in Court
- 2) The Terms and Conditions of your probation
- 3) The Adolescent Drug Court Contract you signed
- 4) The rules outlined in this handbook
- 5) Submit drug tests on a regular basis
- 6) The individualized case plan developed by your Treatment Team and Probation Officer
- 7) Useful Public Service ordered by the Judge
- 8) Participation in a form of continued education

We are committed to your recovery. That means that we will reinforce your strengths and positive changes, support you during difficult times and sanction behaviors that interfere with your recovery.

We are excited to partner with you in this journey. Please let us know how we can better serve you and other participants. The Adolescent Drug Court will only get better with your feedback.

*Welcome to Adolescent Drug Court and Good Luck!*

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# CONGRATULATIONS!

Entering the Adolescent Drug Court Program is a monumental first step in recognizing you have been abusing substances and you are ready to make a change.

**There is hope!** You are not alone. The ADC Team is here to support you. We will provide you with tools that will help you make the necessary changes to be active in recovery. We will connect you with resources to help you along your journey. You will move forward, one minute, one hour and one day at a time. **Your future is waiting!**

You will face many challenges in the coming months. The journey you are beginning has the potential to change your life. Your commitment to staying clean and sober will help you succeed in accomplishing your dreams. Good Luck!

The Adolescent Drug Court will provide you with the following tools that will be used to help you be successful. As you progress through treatment, you will become more familiar with these tools and how to use them to your advantage as you move toward a drug-free and alcohol-free lifestyle.

- Incentives and sanctions
- Accountability through court reviews
- Assignments
- Drug Testing
- Meetings with your treatment provider
- Daily sober living activities and/or support groups

### *Placing value in these things will help combat addiction\*:*

- ✓ **ACHIEVEMENT** —accomplishing constructive and socially valued goals, such as participating in athletics, being involved in your community, getting an education, succeeding at work, or providing for your family
- ✓ **CONSCIOUSNESS** —being alert, awake, and aware of your surroundings; using your mind to make sense out of your life and experience
- ✓ **ACTIVITY** —being energetic in daily life and engaged in the world around you
- ✓ **HEALTH** —eating well, exercising, getting health care, and choosing an overall healthy lifestyle
- ✓ **RESPONSIBILITY** —fulfilling your commitments, as well as your obligations to the court
- ✓ **SELF-RESPECT** —caring for and about yourself and, by extension, all people
- ✓ **COMMUNITY** —being involved in the communities of which you are part (your town, school, work organization, religious group, neighborhood, political party) and contributing to the welfare of these groups—and the larger world

\* Obtained from: [http://www.peele.net/7tools/7tools\\_chapter1.html](http://www.peele.net/7tools/7tools_chapter1.html))

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# TEAM MEMBERS

*Judge J. Steven Patrick*

*Deputy District Attorney*

*Adolescent Drug Court Coordinator*

*Probation Officer*

*Addiction Counselor*

*Gunnison Police Department, Gunnison County Sherriff's Office*

*Gunnison School District Counselor*

*Gunnison County Juvenile Services*

*Department of Health and Human Services*

**The Judge:** Judge Patrick makes all final decisions about your participation and progress in the program. These decisions will be based on information provided by other team members in meetings held before every court appearance.

**Deputy District Attorney:** Representative for the people of the 7th Judicial District.

**Adolescent Drug Court Coordinator:** Works with the Judge, probation officers, and treatment providers in overseeing the program's operations. The coordinator also works with other community agencies (such as housing programs and medical providers) to ensure clients have the resources they need to be successful in the program.

**Probation Officer:** Your probation officer is your primary contact person, and is also the primary source of information to the ADC team regarding your compliance and progress in the program.

**Addiction Counselor:** Participants will receive individualized drug and alcohol treatment. The private treatment provider provides the court with timely information regarding participant progress.

**Police Department and Sheriff's Department:** Will assist the court in ensuring compliance with the program and community safety.

**Gunnison School District Counselor:** Represents the Gunnison school district, provides knowledge about academic programs and information about the participant's performance if they are enrolled at the high school.

**Gunnison County Juvenile Services:** Represents Gunnison County, provides knowledge about available resources and programs.

**Department of Health and Human Services:** Case worker has experience in dealing with families and responding to emergency situations.

## ADOLESCENT DRUG COURT TEAM MEMBERS

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# HOW IT WORKS

Upon entering Adolescent Drug Court, you will meet with your Probation Officer to develop a case plan. Your case plan will set *attainable*, short-term goals with clearly defined action steps.

Contact with your PO and treatment provider is based on initial assessments and your personal case plan. Each treatment phase has its own treatment goals and skill sets you will be responsible for achieving. Your progress through the phases is based on your behavior and the recommendations of your PO and your treatment provider.

The ADC team manages the individual drug court plan for each participant. The Team staffs cases prior to the drug court session and reviews each adolescent's progress with information from Team members.

Criminal charges received after admission into Drug Court will result in suspension from the program until a disposition is reached. If new charges are picked up, the participant may result in dismissal from the program.

## ADOLESCENT DRUG COURT PROGRAM RULES

As a participant, you will be required to abide by the rules outlined in the participant contract, including but not limited to the following:

- ❖ You must abstain from the use of all mind altering substances, illegal drugs and alcohol
- ❖ You may not possess any mind altering substances, illegal drugs, alcohol or any paraphernalia
- ❖ You must submit to random alcohol and drug testing
- ❖ Attend all treatment sessions as scheduled on time
- ❖ Personal needs must be scheduled around Adolescent Drug Court requirements, which include but are not limited to Court reviews, treatment, probation appointments and drug testing
- ❖ Complete Useful Public Service hours as required by the Court
- ❖ You must inform your treating physicians you are participating in a program and may not take narcotic or addictive medications or drugs
- ❖ You may not possess any weapons while in the Adolescent Drug Court program
- ❖ Keep the ADC Team informed of your current address and phone number at all times
- ❖ You must dress appropriately for Court reviews and treatment sessions
- ❖ Cell phones must be turned OFF before entering the Courtroom or treatment session (no silent ring, no vibrate mode)
- ❖ If you fail to comply with any of the phase requirements, you may be regressed back to an earlier phase
- ❖ Participants shall submit to a search of their residence, person, locker or vehicle at the request of their probation officer or other law enforcement officials.
- ❖ Abide by all other rules and regulations imposed by the Adolescent Drug Court

## COURT HEARINGS

While in the ADC, participants will attend court twice a month. Respondents, their parents or guardians, are required to attend court the first session of the month. At each session, the participant and/or the respondents will meet with the ADC team to discuss their progress in the program.

Participants are expected to attend court appearances; a warrant for your arrest will be issued if you fail to appear.

### ***When in the Courtroom:***

- ✓ Be appropriate in dress and behavior
- ✓ Arrive early
- ✓ Turn OFF your phone (not on silent, not on vibrate)
- ✓ Stand when you speak to the Judge
- ✓ Listen carefully to what the judge says; what he says is a court order
- ✓ Stay for the whole time with the other participants

## **GROUP SESSIONS: HOW TO MAKE THE MOST OF THEM**

- Attend every group session on time
- Be honest with yourself and others
- Listen carefully and respectfully to the counselor and the other clients
- Be supportive of other clients. If you disagree with someone, be polite when you speak to him or her. Do not attack people personally.
- Do not talk about other clients' personal information outside group. Clients must be able to trust one another if they are to feel comfortable sharing their thoughts.
- Participate in group discussions; Ask questions when you do not understand something
- Allow time for the other clients to participate; Do not dominate the conversations.
- After the session is over, think about what you learned and try to apply it to your recovery.
- Work on homework assignments that the counselor gives you.

## **FAMILY PARTICIPATION**

***The participant's family plays the biggest role in affecting change in their life.*** There are ways in which they are expected to help the adolescent on their path to recovery while they are in the ADC program:

- The PO will conduct home visits to make sure the adolescent lives there and to make sure they are following the program's rules
- Respondents will come to court for the first session so that the ADC team can update them on the adolescent's progress
- Respondent will attend an initial meeting for the adolescent with the counselor.
- The family will participate in counseling if it will benefit the adolescent's growth
- Adolescent will be required to bring the \$5.00 co-pay to group sessions weekly
- In all cases, confidentiality will be observed and boundaries maintained with the following exceptions:
  - If the adolescent verbalizes suicidal or homicidal intent
  - If the adolescent engages in such high risk behaviors that place them at significant risk of harm.

## **WHAT FINANCIAL OBLIGATIONS DOES A PARTICIPANT'S FAMILY HAVE?**

Probation pays the majority of the fees for the program. Adolescents are expected to work part time jobs to help defray the costs of the program as they are expected to pay \$5.00 each time they attend a session at the Center for Mental Health. The initial intake fee costs \$100.00 at the Center for Mental Health, and each probationer is responsible for paying for their drug tests.

Alternative sources of funding are always being explored!

## CONTINUING EDUCATION

Participants are required to either be enrolled in school full time or employed a minimum of 30 hours per week. It is also acceptable if they work 30 hours per week on their Useful Public Service. There are a variety of acceptable education programs; the PO will work with the family to determine what is the most appropriate. The adolescent is required to diligently attempt to get C's or better while they are in school, and they will provide the PO with access to their grades.

The PO will also perform school visits to ensure that the adolescent is in attendance and talk with teachers about performance and behavior.

Unexcused school absences or excessive excused absences or tardiness will be sanctioned.

## TRAVEL

- Speak personally with your probation officer before you travel out of town. In some instances, it may be necessary to get permission from the Court.
- If you are permitted to leave the state, you need to obtain a travel permit from your probation officer.
- Expect to take alcohol and drug screens while you are away. You will need to find a collection site before you leave for your trip. Travel is never an excuse to miss drug screens.
- Remember, permission to leave may be rescinded (taken away) at any time based upon your compliance with the program.

## CONFIDENTIALITY

***Protecting your privacy is very important to us.*** The Health Insurance Portability and Accountability Act of 1996 ("HIPAA"), 45 C.F.R. Parts 160 & 164 require that your identity and privacy be protected. In response to these regulations, Adolescent Drug Court has developed policies and procedures to guard your privacy. You will be asked to sign a Release of Information for the sole purpose of hearings and reports concerning your specific Adolescent Drug Court case.



## DRUG SCREENS

Since achieving and maintaining sobriety is one of the main goals of the Adolescent Drug Court program, you will be tested randomly throughout the entire Adolescent Drug Court Program. Drug testing is generally done using urine screens, and breathalyzers. Other mechanisms used to monitor sobriety may include SCRAM, Antabuse, hair follicle tests, or other procedures approved by the court. Participants are responsible for the costs of testing, unless other arrangements have been made with your probation officer or treatment provider.

### **REMEMBER:**

- **You are responsible for what enters your body.** All mind-altering substances are prohibited in ADC; this includes alcohol and legal substances used for that purpose.
- Testing will be done on a random basis. The number of tests per week may vary and depend on the phase you are in.
- You will be observed to ensure freedom from errors.
- Methods of testing are determined by the Adolescent Drug Court Team and are not negotiable.
- Missed, dilute, altered or refused screens will be considered positive and subject to sanction. *Urine samples with creatinine levels below 20 mg/dl (dilute) or above 400 mg/dl will be considered invalid and subject to sanction*
- Any detectable level of alcohol, drug or mood altering substance is considered a positive test.
- If you have a positive test in any ADC phase and you have **not been honest** about your drug, alcohol or other substance use before testing positive, the Judge will apply an immediate sanction.
- If for some reason you miss a drug screen or you are unable to submit a UA during business hours, *you should inform your probation officer immediately and submit as soon as possible.* A missed screen will result in a court imposed consequence.
- The Probation Officer or treatment provider may request a drug screen at any time, even if the phone line did not tell you to test. Refusal to submit a drug screen will result in a sanction.
- Do not take any medication (including over the counter medications) without first talking with your Probation Officer. If you have a change in medication, notify your Probation Officer immediately. Never take someone else's medication.
- Do not alter your hair color in any way without permission of the ADC team.
- Do not eat poppy seeds while in the program.
- Lack of money to pay for a drug screen does not excuse you from submitting. If you cannot pay you must still physically report to the testing facility. Contact your Probation Officer upon your arrival at the facility.
- If there is any doubt about drug screen results, you may be required to get a GCMS confirmation. Additionally, you may be required to obtain a hair test, or an ETG.
- Do not attempt to dilute your sample. Do not attempt to tamper or alter your sample. Do not attempt to substitute your sample. These are dishonest actions that defy the purpose of Adolescent Drug Court. These acts will have grave consequences and may result in expulsion from the program.
- Positive alcohol/drug screens, drug use, and/or missed screens will result in sanctions, increased treatment, and/or increased monitoring.

## **THE FOLLOWING EXCUSES WILL NOT BE ACCEPTED**

"I didn't use, I was just around it."

"I took some medication."

"I didn't smoke, it was a shotgun."

"Someone must have put something in my drink."

"It must be something in my sports drink."

"I took an herbal supplement."

"I drank a lot of water."

"I ate a poppy seed muffin."

"Someone put something in my food."

"I didn't know it was a weed lollipop."

## **PRESCRIPTION DRUG USE**

***The use of medical marijuana is prohibited in the Adolescent Drug Court. Applying for a medical marijuana license is prohibited while enrolled in the Adolescent Drug Court.***

You are expected to inform treating physicians that you are recovering from substance dependence and that taking addictive or habit forming medications could be detrimental to your recovery.

If it is determined that you need of an addictive or habit forming substance, then you should make every effort to obtain a non-narcotic prescription, if one is available.

If you are prescribed addictive or habit forming medication, then you are required to inform (leave a message if they are not available) your treatment provider and Probation Officer. The ADC team will then decide if the medication is appropriate.

You will sign a release of information to allow the ADC team to exchange information with the prescribing physician. The ADC team will verify that everything you reported is accurate, including that you informed that prescribing doctor that you are recovering from substance dependence.

Participants are expected to notify the Probation Officer of any changes in medications.

Participants with a history of abusing addictive or habit forming medications will be subject to additional requirements.

***Failure to follow the above protocol will result in a sanction and a possible increase in treatment.***

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# INCENTIVES AND SANCTIONS

**Incentives** are rewards for positive behavior

**Sanctions** are the imposition of a consequence for negative behavior

## INCENTIVES

Frequent Court reviews afford the Adolescent Drug Court Team the opportunity to respond quickly to your behaviors, whether positive or negative. When you demonstrate compliance and progress in treatment, you will be awarded incentives.

***Incentives used by the Court may include:***

- 👉 Recognition from the Court
- 👉 Prize drawing
- 👉 Gift certificates and gift cards
- 👉 Promotion to the next phase
- 👉 Reduced supervision (PO meetings, later curfew, etc.)

## SANCTIONS

If you continue to use illegal substances or violate program rules, you will be subject to sanctions. Sanctions will be imposed every time a non-compliant behavior occurs. The sanctions imposed will increase in severity for serious violations as well as repeated violations. Sanctions will be imposed for the entire period you are involved in the Adolescent Drug Court program.

***Sanctions used by the Court may include but are not limited to:***

- 👉 Community service
- 👉 Increased or daily reporting
- 👉 Weekender work crews
- 👉 Electronic Home Monitoring (EHM)
- 👉 SCRAM
- 👉 Increased substance testing
- 👉 Time in detention
- 👉 Phase regression

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# PHASE GUIDELINES

## PHASE ONE: ORIENTATION AND STABILIZATION

### ***Duration –Minimum of one month***

*Phase One: The starting point of your involvement with the Adolescent Drug Court. It is during this period you will make initial contact with your Probation Officer, treatment provider and monitoring agency.*

You will be required to:

- Attend all scheduled Court appearances
- Meet with your probation officer at least once a week.
- Attend drug/alcohol evaluation and intake appointment(s) and any scheduled treatment appointments
- Complete case plan
- Submit to drug screens (UA, BA, etc.) as directed
- Engage in positive activities/supports
- Enroll and begin in a Cognitive Behavioral Therapy (CBT) program (example: Moral Reconciliation Therapy, or MRT)

To advance to Phase Two, you will have completed the following (check off when completed):

- Minimum of two weeks of sobriety
- Minimum of one month in phase one
- Attend at least one peer support group
- Complete goals outlined in Case Plan
- Active participation in treatment
- Attend one session of CBT
- UPS hours are current

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## PHASE TWO: SOBER LIVING SKILLS

### ***Duration –Minimum two months***

*You have proven to yourself and Adolescent Drug Court that you can be successful in the choices you make. Now, you must stabilize your life! Have you struggled with maintaining a job, caring for yourself and/or your family? Focusing on sober living skills will empower you in recovery by teaching healthy life skills that can support your ongoing progress. During Phase Two you must have a safe place to live with other sober individuals, and develop a schedule.*

You will be required to:

- Attend all scheduled Court appearances
- Meet with your probation officer at least once a week
- Submit to drug screens (UA, BA, etc.) as directed
- Attend all treatment appointments identified in your treatment plan
- Complete case plan
- Be enrolled in continuing education, employed or other approved plan

To advance to Phase Three, you will have completed the following (check off when completed):

- Minimum of two months of sobriety
- At least two months in Phase Two
- Two weeks prior to transition to Phase Three, must be without violation
- I have obtained employment or other approved plan (education, voc rehab, etc.)
- Active in treatment
- Active in peer support group or pro-social activity
- Complete goals from case plan

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# PHASE THREE: RELAPSE PREVENTION

## ***Duration –Minimum of three months***

*Graduation to Phase Three is an accomplishment and triumph. The power and control you have proven has earned you this great accomplishment. The road to recovery is usually long and hard. Take a minute and look at the progress you have made so far. Way to go! As you continue through the program, you may encounter slips, trips, and lapses. In this phase, you will learn how to reach out for help when you fall, use this as a learning opportunity, and keep going.*

You will be required to:

- Attend all scheduled Court appearances
- Meet with probation officer at least once every two weeks
- Submit to drug screens (UA, BA, etc.) as directed
- Attend all treatment appointments identified in your treatment plan
- Begin working on a Relapse Prevention Plan
- Active in peer support group or pro-social activity
- Enrolled in continuing education, employed or other approved plan
- Complete Case Plan

To advance to Phase Four, you will have completed the following (check off when completed):

- Minimum of at least two months sober
- At least three months in Phase Three
- Have a sponsor or a mentor (must be approved)
- Active in treatment and peer support group/pro-social activity
- Three weeks prior to transition to phase four, must be without any violation
- Must be employed or other approved plan
- Complete Relapse Prevention Plan (must be approved)
- Complete goals from case plan

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# PHASE FOUR: MAINTENANCE

## ***Duration –minimum of three months***

*CONGRATULATIONS! You made it to the final phase of the Adolescent Drug Court. You should be proud of your accomplishments thus far. Upon completion of this phase, you will be eligible for graduation.*

You will be required to:

- Attend all scheduled Court appearance
- Meet with your probation officer at least once every two weeks
- Submit to drug screens (UA, BA, etc.) as directed
- Attend all weekly treatment appointments identified in your treatment plan
- Active in peer support group/pro-social activity and sponsor/mentor
- Enrolled in continuing education, employed or other approved plan
- Begin working on your transition plan

## GRADUATION

**Graduation from the Adolescent Drug Court program is recognized as a very important event. Your loved ones will be invited to join you at a special ceremony as the ADC Team congratulates you for successfully completing all the phases of the program and achieving your goal to reclaim a drug-free life.**

In order to be eligible for graduation, the following criteria must be met:

- At least five months of sobriety
- Minimum of three months in phase four
- The four weeks prior to graduation must be without any violation
- Complete the transition plan
- Active in peer support group/pro-social activity and sponsor/mentor
- Enrolled in continuing education, employed or other approved plan
- All restitution, fines and fees must be paid in full or as approved by the court
- Prepare a verbal statement to be given at the graduation ceremony
- Complete goals from case plan

***The ADC will hold a celebration when you successfully graduate!***

## CONTINUING CARE AND MENTORSHIP

The Adolescent Drug Court Team strongly encourages those who successfully complete the program remain involved in support groups and other activities that will assist them in their ongoing recovery efforts. Graduates are also encouraged to maintain their connection with the Adolescent Drug Court Team by attending Adolescent Drug Court, continuing mentorship, and attending graduation ceremonies.

Possible mentor activities including speaking to groups, meeting with other Adolescent Drug Court participants who are struggling, and helping participants connect with a community support group. If you are interested in becoming a mentor, please speak with your probation officer.

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# SUSPENSION AND NEGATIVE DISCHARGE

## SUSPENSION

A participant who is charged with committing a violent felony, use of a weapon or sale of drugs while participating in ADC will be suspended from participation in the program. A participant found not guilty of the charges resumes the program at a level determined by the team. Participants are subject to all rules of probation if they are suspended and will still meet with their Probation Officer.

## TERMINATION

Termination from the Adolescent Drug Court program is at the discretion the ADC Team. Upon termination, your case will return to regular criminal court on a probation revocation. Dismissal from Adolescent Drug Court program may occur for various reasons including, but not limited to:

- ✘ Participant has new misdemeanor or felony law violations
- ✘ DUI, DUID and DWAI are taken very seriously
- ✘ Participant is caught tampering, altering or substituting a drug screen
- ✘ Participant is absent from the Adolescent Drug Court Program (Court, Treatment, PO meeting, etc).
- ✘ Participant absconds from home or other placement
- ✘ Participant is deemed to be a danger to the community or cannot be maintained with the community
- ✘ Participant fails to move through the program at a reasonable rate