

SNOHOMISH COUNTY SUPERIOR COURT



PARTICIPANT HANDBOOK

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WELCOME TO FAMILY DRUG TREATMENT COURT (FDTC)

The **Family Drug Treatment Court** is a program designed to provide you with the opportunity to address your substance abuse as you work through dependency issues with your child(ren).

To reach this goal, FDTC will refer you to a Chemical Dependency treatment program (and community based support groups) and then monitor your progress while you attend court.

The total length of the program is about 12 to 18 months though each participant works through the program at their own pace. We hope that by working together, we can help you break the cycle of addiction and build a better life for yourself and your children.

This program requires that you complete Chemical Dependency treatment, remain clean and sober and fulfill other requirements set forth by the FDTC Team.

THE BENEFITS OF FDTC

- ✓ You will be linked to an appropriate treatment program, and your progress in treatment will be regularly reported to the FDTC Team.
- ✓ You will be linked to health care, educational and vocational training and other services.
- ✓ You will receive ongoing support and assistance in staying connected to your children while they are placed out of the home.
- ✓ You will receive ongoing support if you have problems getting or staying clean and sober.
- ✓ You will have the support of other parents in the FDTC program who are dealing with many of the same challenges you're facing with recovery and involvement with the child welfare system.

ELIGIBILITY REQUIREMENTS

Parents are eligible for FDTC when a child protection case is filed in Snohomish County and the petition contains an allegation of child maltreatment resulting from parental substance abuse. Potential participant information is presented to the drug court team at staffing and the team approves admissions to the program. There are some criteria that make parents generally ineligible to participate in the program. However, the team will review each case individually. There is no eligibility criteria based upon the child's characteristics. Case eligibility and ineligibility criteria are outlined below:

1. CASE ELIGIBLE TO PARTICIPATE IN FDTC

- Parent is a resident of Snohomish County.
- Parent consents to transfer to drug court.
- Parent agrees to voluntarily participate in the FDTC program.
- Parent is able to secure transportation to access services and to meet program requirements.
- Abuse/Neglect petition is filed alleging substance abuse.
- Parent has the cognitive ability to participate in the program.

2. CASE INELIGIBLE TO PARTICIPATE IN FDTC

- Parent is deemed a violent offender as defined by federal law or regulation.
- Parent has committed sexual abuse of a child.
- Substance Abuse is not the diagnosed primary cause of deficiency
- Parent's intellectual functioning leaves him/her ineligible for alcohol and drug treatment.
- Parent is a convicted drug dealer (subject to team review).
- Parent with a history of a prior termination of parental rights action will be considered on a case by case basis.
- Parent has committed any physical abuse of a child (subject to team review).
- Parent has had a diagnosis of serious mental illness with long-term history of noncompliance with treatment.
- Parents who have previously participated in FDTC will be considered on a case-by-case basis.
- Parent is experiencing severe and/or terminal medical issues which would prevent full participation in the program (subject to team review).
- Child is in foster care/out-of-home placement at the time of the permanency planning hearing in the underlying dependency case (subject to team review).

GETTING STARTED – THE FIRST WEEK OF FDTC

While having to face the truth of your addiction to chemicals and the need to begin treatment, you will now have to deal with the additional challenges of compliance to DCFS and our program.

If at any point you are confused about what to do next, or if you feel overwhelmed or discouraged, just talk to any FDTC Team Member for guidance.

Your primary weekly contact will be with your DCFS Social Worker and your treatment counselor. There is more information about the FDTC Team Members and their individual roles attached to this handbook.

Once you have passed your FDTC Interview and signed your Opt-In paperwork, you will likely ask "Now what do I do?" We've included a quick list (see next page) of the things you'll need to remember to do during your first week.

To Do List for Your 1st Week in FDTC:

<u>For Treatment</u>	If you are in treatment or set to start - <i>proceed as planned</i> . If you are not sure about how you are supposed to proceed, call (425) 493-5317 on Tuesday for further instructions. If you leave a voicemail message, PLEASE leave an accurate contact number so treatment can call you back.
<u>12 Step Meetings</u> (done every week)	<i>Attend at least 3 12-step meetings (AA, CA, NA, etc).</i> <i>Please turn in your meeting verification slip (slips & schedules located in the back of this handbook) by next Thursday at 12noon to the FDTC Treatment Liaison.</i> Slips may either be delivered in person to their home office or they can be faxed to (425) 493-5329 from any EMI location.
<u>For DCFS</u> (done every week)	<i>Please call your DCFS Social Worker by 12:00pm on Thursday of next week to "check-in".</i> Contact information is attached to this document.
<u>Court</u> (done every week)	<i>Attend court every Friday afternoon at 3:00 p.m.</i>

PROGRAM RULES AND EXPECTATIONS

Although each “Phase” in Family Drug Treatment Court has specific things you need to do for completion, there are general ***program rules & expectations*** you need to follow regardless of what “Phase” you’re in. Here’s a list of these rules:

- ✓ You must abstain from use of all non-prescribed mood or mind-altering chemicals (including alcohol).
- ✓ You must reside in Snohomish County while participating in FDTC.
- ✓ You must be prepared to take a UA test (through the color line) 7 days a week – 365 days a year.
- ✓ When taking UAs, you cannot deliberately consume large amounts of liquid to dilute your urine or add anything to the urine afterwards to try and change the test results. Please also note that participants who report being diagnosed with a condition called “Paruresis” (commonly known as “Shy Bladder Syndrome”) may be ineligible for Family Drug Court participation due to the impact of this condition on UA specimen collection procedures.
- ✓ You must attend court as scheduled. If an emergency occurs and you cannot attend court (medical, accident, family, etc.) please call the Coordinator as soon as possible and leave a message stating why you will not be present in court. If you fail to appear in court and fail to call the Coordinator a warrant will be issued for your arrest.
- ✓ You must attend treatment as scheduled each week & complete all requirements set forth by your treatment counselor.
- ✓ You are required to attend **3 - 12-step meetings each week*** and turn in your verification slips to your treatment counselor (in person or by fax) **by 12 noon on the Thursday before court.** **(Please note you cannot “stack” meetings on the same day – each meeting on your verification slip must be attended on a different day).*
- ✓ You must complete the “Medication Form” for any & all prescription medicines. Be aware of over the counter medicines that are prohibited in the FDTC program.
- ✓ If you change your address or phone number, you must complete a “Change of Address Form” and submit it within 24 hours to the FDTC Coordinator and your social worker.
- ✓ You cannot associate with known drug users, dealers, manufacturers or deliverers, and you cannot go to drug houses, bars or taverns.
- ✓ If you are planning on leaving the area for more than 24 hours you must complete a “Trip Request Form” and submit it to the FDTC Coordinator 2 weeks prior to your planned trip. Permission to leave the area for extended periods of time is subject to the approval of the FDTC Team.
- ✓ You must contact a member of the FDTC Team immediately if you have relapsed. Your success in Family Drug Treatment Court requires you to be **honest** about any continued use or relapse.

REVIEW HEARING/COURT APPEARANCE

You are required to attend regularly scheduled court review hearings at which the Judge reviews your progress toward recovery. Your treatment counselor will complete a status report in conjunction with each scheduled court date. You are expected to arrive promptly and be appropriately dressed (see Rules & Responsibilities) for court. Participants are expected to remain until the end of the court session each week.

If you do not appear in court, and have not made prior arrangements with the court or do not have a verifiable emergency, a Bench Warrant will be issued for your arrest. If you are picked up on the bench warrant you will remain in custody until the next court hearing.

Frequency of court appearances will decrease as you progress successfully through the program.

RULES AND RESPONSIBILITIES

COURTROOM RULES

Participants have a responsibility to dress and appear in the court and at the treatment center according to standards of propriety, safety and health and according to the following guidelines:

1. Turn off all pagers, cell phones and Blue Tooth devices **BEFORE** entering the courtroom.
2. Use of the Internet and texting are not allowed in the courtroom. You cannot engage in any outside communications while in court.
3. Participants will be fully attired at all times.
4. Tank tops, muscle shirts, halters, undershirts (outer garments) are **not** acceptable.
5. Participants must wear shirts at all times. No bare midriffs, plunging necklines, or see-through fabric for men or women.
6. Loose fitting slacks, skirts, shorts and jeans are acceptable. Pants must be worn **at** the waist, not around the hips. Shorts and skirts (including those with slits) must be no more than five inches above the knee.
7. Appropriate footwear must be worn, i.e. no flip flops.
8. No clothing displaying alcoholic beverages, drugs, nude pictures, obscenities or other words or images that may be offensive to other participants or staff will be allowed.

9. No hats, caps, bandanas, sweatbands or other non-religious headgear will be permitted at any time. **No** sunglasses will be allowed to be worn in the courtroom.
10. You are not to leave the courtroom once court has started. Take care of any personal needs (bathroom, phone calls, smoking etc.) before entering the courtroom.
11. Do not bring infants and/or small children to court if there is any chance that they may be disruptive. **DO NOT** bring children to court if there is any chance that you may be sanctioned to go to jail that day. Having children there will not delay or impact your sanction. If no immediate arrangements can be made for their care CPS may be called.
12. Pay attention and respond to your turn at the podium then walk quickly to the bench.
13. Do not use the courtroom for socializing. Side talking is disrespectful and distracting.
14. No gum, food or drink except water is allowed in the court room.
15. No profanity or disrespectful language.
16. The Judge should always be addressed as “Judge” or “Your Honor”. Stand at the podium when addressing the Judge.

DRUG TESTING

You are required to provide urine samples on a regular basis to monitor your progress. At times, you may also be required to submit to other recognized drug/alcohol monitoring techniques. Urinalysis results and results of other monitoring techniques will be documented and made available to the court. Any positive urine screens, tampered or diluted samples, or refusal to provide a sample can be grounds for sanctions.

Do not ingest the following:

1. Any controlled substances (absent a valid prescription); or alcohol in any form like beer, wine or hard liquor. (Be Aware that alcohol can be in medicines like Nyquil, or in cooking products like Bar-B-Que sauces, or in beverages like Near Beer)
2. Poppy seeds in **any** form (muffins, bagels, bread, salad dressing, etc.).
3. “Natural” or herbal remedies or supplements (e-ola, Mah huang).
4. Over the counter or prescription medicines without prior approval of your treatment provider.
5. Medications from Canada not sold over the counter in USA (222’s etc).

Read labels and ask questions before you put a substance in your body. Claiming that you did not know what was in something **will not** be accepted as an excuse. If you receive a positive UA because you used one of the above and failed to follow the directions of the FDTC Team, you will receive a sanction. Be aware of what you are putting into your body.

You will be sanctioned for any positive urinalysis test result unless medically excused. A failure to appear on time or to provide a measureable urine sample will be treated the same as a positive test. An out of range sample (low creatinine, out of range temperature, PH or specific gravity, etc.) will be treated the same as a positive test. Any adulterated sample will be treated the same as a positive test.

If you have questions, ask your treatment counselor first

PRESCRIPTION MEDICATIONS

Participants in FDTC are expected to be drug free, including the use of mind or mood-altering, potentially addictive, prescription medications. Participants with chronic pain requiring repeated use of prescription pain medication (opiate, narcotic or benzodiazepine medications) are not good candidates for the program. If you choose to participate in FDTC you will be required to discontinue all addictive medications.

Clients who have opted into FDTC and have an acute pain episode must have the FDTC Medication Form completed by their doctor before they take any pain medication. The form must include the doctor's name, any medication given at time of services, medication prescribed, amount prescribed (including refills), reason for prescription, duration of treatment, and acknowledgement by the physician that you revealed that you are a substance abuser and the physician feels this is the best course of treatment. This form, with copies of the prescriptions, must be provided to your treatment counselor immediately.

PHASES OF PARTICIPATION

The FDTC program is divided into four "Phases". The FDTC Team will closely monitor your progress in each Phase as you work to become clean and sober and work toward permanency for your child(ren).

General criteria include participant's sobriety, progress in treatment and their dependency case, healthy interaction with their children, compliance with court orders and team recommendations.

PHASE 1: INTENSIVE

Goals of Phase 1

- Substance Abuse Assessment
- Participation in community-based treatment
- Detoxification and abstinence
- Assessment and referrals for additional services
- Assessment of children's needs
- Develop dependency-case treatment plan

PHASE 2: KEEPING PACE

Goals of Phase 2

- Continued abstinence
- Follow continuing treatment plan
- Begin other services as determined by assessments and the drug court team
- Develop educational and vocational goals
- Develop parenting skills
- Improve interaction with children
- Seek stable housing
- Obtain a sponsor and verify weekly contact

PHASE 3 – TRANSITION

Goals of Phase 3

- Continued Abstinence
- Follow continuing treatment plan
- Develop relapse prevention plan with treatment provider and present it to the team
- Educational or vocational training or employment
- Demonstrate parenting skills
- Stable housing
- Healthy interaction with children
- Develop aftercare plan

PHASE 4 – AFTERCARE

Goals of Phase 4

- Continued abstinence
- Follow continuing treatment plan
- Follow relapse prevention plan including safety plan for children
- Maintain educational or vocational training and/or employment
- Maintain stable housing
- Continue to demonstrate stable parenting skills
- Continued healthy interaction with children

ACHIEVEMENTS AND INCENTIVES

What is an Incentive?

As you successfully progress in FDTTC you will periodically receive incentives. The purpose of an incentive is to give you a tangible, positive acknowledgment from the FDTTC Team that you are doing well in the program. Incentives can be applause in the courtroom, verbal acknowledgment from the Judge, a decrease in required court appearances and/or UA frequency, gift cards to local retailers or sobriety gifts.

Are the Incentives the same for everyone?

There are several possible incentives that can be granted for each particular achievement or milestone. Since every case is a little bit different, the FDTTC Team decides which incentive is most appropriate for each case.

SANCTIONS

Just as it is important to recognize progress, it is also important to respond quickly to problems or shortfalls you may have in treatment participation. By imposing sanctions if you are not in compliance with program rules & expectations, the FDTTC hopes to help you learn that there will be swift consequences for your actions. The objectives, however, are not only to remind you that you need to comply fully, but to help you stay engaged in the program and encourage you to continue working through the recovery process.

What is a sanction?

A sanction is a response to a failure to meet FDTTC requirements. The seriousness of the failure determines the severity of the sanction imposed. Also as failures to meet program requirements accumulate, the sanctions become harsher.

Some examples of sanctions in FDTTC include: reprimand from the Judge, increased court appearances, increased drug testing, demotion from a Phase, community service hours, Department of Corrections work crew, essay writing, jail, increased time in a treatment phase or termination from the program.

How many Sanctions can I get before being terminated from the Family Drug Court? This is on an individual basis. There is some room for behavioral mistakes and adjustments. However, you will not get unlimited opportunities to change your behavior and succeed in FDTTC. When you run out of opportunities, you risk being terminated from the program.

GRADUATION

After you have fulfilled all the FDTC Graduation Requirements (see below), you will graduate the program.

Graduations are very special in FDTC and are celebrated by the awarding of completion certificates by the Judge and by having family & friends present in court to vocalize their congratulations.

GRADUATION REQUIREMENTS

- ✓ Abstinence throughout Phase Four
- ✓ Successful discharge from a substance abuse treatment program
- ✓ Documented participation in an aftercare program
- ✓ Attain stable housing
- ✓ Resolve any outstanding warrants
- ✓ Maintain support system, relapse prevention plan, and safety plan for the children
- ✓ Appropriate permanency plan for children
- ✓ Drug Court team recommendation

CONCLUSION

The Family Drug Treatment Court Program has been developed to help you be a better parent and to live a clean and sober life.

The Judge and the FDTC Team are here to assist and guide you, but the final responsibility is yours. We care about our participants, but you are the one who has to make it! If you have any additional questions or concerns about this FDTC, talk to us.

Finally, do not forget your family and those who are close to you! Make them a part of what you are trying to accomplish, and let them share in your success.

GOOD LUCK TO YOU!

