

# COLUMBIA COUNTY FAMILIES RESTORED PROGRAM (mothers)



## PARTICIPANT HANDBOOK

Name: \_\_\_\_\_

### 10 Key Components of Drug Courts

- #1 Drug Courts integrate alcohol & drug treatment services with justice system case processing.
- #2 Using a non-adversarial approach, prosecution and defense counsel promote public safety while protecting participants' rights.
- #3 Eligible participants are identified early.
- #4 Drug courts provide access to a continuum of alcohol & drug treatment services.
- #5 Abstinence is monitored by frequent alcohol & drug testing.
- #6 A coordinated strategy governs drug court responses to participants' compliance.
- #7 Judicial interaction with each drug court participant is essential
- #8 Monitoring & evaluation measures the achievement of program goals and its effectiveness
- #9 Continuing interdisciplinary education promotes effective drug court planning, implementation and operations
- #10 Forging partnerships among drug courts, public agencies and community organizations generates local support and enhances drug court effectiveness.



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# Welcome to the Families Restored Program

Welcome to the **Families Restored Program**. If you are reading this handbook it means that you have been accepted or are being considered for acceptance into families restored program based upon a detailed review of your history of drug/alcohol use. It also means that we are confident that family's restored program will help you to learn how to make successful choices free of the influence of drugs or alcohol.

As a participant in the families restored program you will work frequently or have regular contact with members of the **treatment court team** which includes; the Judge, the Trial Court Administrator, Treatment Court Coordinator, Columbia Community Mental Health, and you're Defense Attorney. Members of the family dependency treatment court Team want to see you succeed in this program and are willing to help you maintain sobriety by supporting you wholeheartedly in your efforts.

This handbook has been created to provide guidance to families restored participants throughout the program. The handbook will be a great resource for you, as a participant in the program. It has been designed to answer your questions, summarize what is expected of you as a participant in the program and to provide an overall summary of the Program.

## Families Restored Program Overview

The **Families Restored Program** is a five-phase intervention/treatment program for parents who struggle with staying clean and sober and have had their children removed from their homes by DHS. It is a collaborative effort between the Circuit Court, Columbia Community Mental Health, Columbia County Community

Corrections and the Department of Human Services. By working together as a team, they seek to provide a variety of programs and consistent supervision geared toward supporting and helping you maintain a drug-free life.

The **Families Restored Program** involves frequent court appearances, random drug testing, supervision, groups, individual counseling and accountability. The court awards incentives for compliant behavior and imposes sanctions for negative behavior. Participants whom the treatment court team determine have been doing well, either in treatment, the community or their personal life are eligible for incentives which may include movie tickets, gift certificates, T-shirts or other clothing, or a variety of other incentives to be determined by the **treatment court team**, based upon need and level of accomplishment. Participants who do not comply with the rules may be given sanctions including moving back to the previous phase of dependency court. There may also be a variety of other sanctions determined by the family dependency treatment court team. In some cases clients may even be terminated from the program.

All of the staff working with the **Families Restored Program** will assist you to make sure you understand what is expected of you and will help in any way that they can to make sure that you are able to succeed.

## **Families Restored Team Members**

The Families Restored Program Judge will make all decisions regarding your participation in the program with input from the treatment court team. In addition to the Judge, the treatment court team consists of members from Columbia Community Mental Health, Department of Human Services, and volunteers who work together to create a safe and supportive environment for you to succeed in the Families Restored Program. Prior to court hearings, the team members familiarize themselves with your progress so that they may discuss that progress with you during the hearing.

## **Progress Reports**

Before your court hearing, the team will review your activity during the week. The progress report will discuss your drug testing results, attendance, participation and cooperation in the treatment program, employment or other requirements that may have been imposed. The Judge may ask questions about your progress and discuss any problems you may be having. If you are doing well you may be rewarded with reduced program requirements or, at times, other incentives like movie tickets, gift cards or clothing. If your progress reports show that you are not doing well, the Judge will discuss this with you and determine future action, which could include a sanction in order to help you remember your goals in the program. Sanctions can be anything from increased program requirements to moving back to the previous phase of the program.

## **Court Hearings**

As a participant in the Families Restored Program, you will be required to appear at weekly court hearings. Failure to appear will result in sanctions being issued. If you have questions about your court appearances you may contact the Treatment Court Coordinator, Treatment provider or your attorney. The phases of the Families Restored Program are listed on the next page.

# Phases of the Families Restored Program

The Families Restored Program is a 12-month program divided into five phases. A participant must successfully complete each phase before transitioning to the next.

<b>PHASE ONE</b>	
<b>Key Concept:</b>	Recovery and Responsibility to Self
<b>Length of phase:</b>	A minimum of 8 weeks
<b>Requirements:</b>	<ul style="list-style-type: none"> <li>• Weekly court appearances</li> <li>• Participate in recommended treatment and work on treatment goals</li> <li>• Participate in all day treatment groups</li> <li>• Submit to all random UA's</li> <li>• Engage in a minimum of 4 community support groups per week</li> <li>• Completed a weekly to do list</li> <li>• Obtain a sponsor</li> <li>• Attend a budgeting appointment with the courts</li> <li>• File application to advance to phase 2</li> <li>• Have at least 30 days of sobriety to advance to next phase</li> <li>• Curfew is 9:00pm for phase 1</li> </ul>
<b>PHASE TWO</b>	
<b>Key Concept:</b>	Maintenance of Recovery and Responsibility to Others
<b>Length of phase:</b>	A minimum of 6 weeks
<b>Requirements:</b>	<ul style="list-style-type: none"> <li>• Weekly court appearances</li> <li>• Participate in recommended treatment and work on treatment goals</li> <li>• Participate in all day treatment groups</li> <li>• Submit to all random UA's</li> <li>• Engage in a minimum of 4 community support groups per week</li> <li>• Completed a weekly to do list</li> <li>• Working on the 12 steps</li> <li>• File application to advance to phase 3</li> <li>• Have at least 60 days of sobriety to advance to next phase</li> </ul>

	<ul style="list-style-type: none"> <li>• Curfew is 10:00pm for phase 2</li> </ul>
<b>PHASE THREE</b>	
<b>Key Concept:</b>	Employment, Education, Life...
<b>Length of phase:</b>	A minimum of 4 weeks
<b>Requirements:</b>	<ul style="list-style-type: none"> <li>• Weekly court appearances</li> <li>• Participate in recommended treatment and work on treatment goals</li> <li>• Participate in all day treatment groups</li> <li>• Submit to all random UA's</li> <li>• Engage in a minimum of 4 community support groups per week</li> <li>• Completed a weekly to do list</li> <li>• Working on the 12 steps</li> <li>• File application to advance to phase 4</li> <li>• Have at least 90 days of sobriety to advance to next phase</li> <li>• Curfew is 11:00pm for phase 3</li> </ul>
<b>PHASE FOUR</b>	
<b>Key Concept:</b>	Reinforce a clean, sober and legal lifestyle
<b>Length of phase:</b>	A minimum of 4 weeks
<b>Requirements:</b>	<ul style="list-style-type: none"> <li>• Weekly court appearances</li> <li>• Participate in recommended treatment and work on treatment goals</li> <li>• Participate in all day treatment groups</li> <li>• Submit to all random UA's</li> <li>• Engage in a minimum of 4 community support groups per week</li> <li>• Completed a weekly to do list</li> <li>• Working on the 12 steps</li> <li>• File application to advance to phase 5</li> <li>• Have at least 120 days of sobriety to advance to next phase</li> <li>• Curfew is 12:00am for phase 4</li> </ul>
<b>Phase 5 continuing care/after care</b>	
<b>Length of phase:</b>	A minimum of six months

<b>Requirements:</b>	<ul style="list-style-type: none"> <li>• Weekly court appearances</li> <li>• Participate in recommended treatment and work on treatment goals</li> <li>• Submit to all random UA's</li> <li>• Engage in a minimum of 3 community support groups per week</li> <li>• Completed a weekly to do list</li> <li>• Working on the 12 steps</li> <li>• Have at least 180 days of sobriety to advance to next phase</li> <li>• No curfew during phase 5</li> </ul>
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## Confidentiality

State licensing requires that your identity and privacy be protected. In response to these regulations, The Families Restored Program and its team members and partners have developed policies and procedures that guard your privacy. You will be asked to sign **Consent for Disclosure of Confidential Substance Abuse Information**. This disclosure of information is for the sole purpose of hearings and reports concerning your specific dependency court case. CCMH may require that you sign additional forms relative to your specific case within the treatment 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.

1. Totally abstain from the use of illegal drugs and alcohol.
2. Inform your doctor that you are a recovering addict and **may not** take narcotic or addictive medications or drugs.
3. Attend court sessions and treatment sessions as scheduled, submit to random alcohol and drug testing, remain clean and sober and law abiding.
4. Do not associate with people who use or possess drugs.
5. Do not possess any weapons while in the dependency treatment court program.



6. Keep the treatment court team informed of your current address and phone number at all times.
7. Dress appropriately for court and treatment sessions.

## **Sick Leave**

A participant who is absent due to an illness or injury may be absent for no more than two days without providing a written doctor's note to the program coordinator and treatment provider. A participant who has a scheduled doctor's or dentist appointment must provide proof to the program coordinator and treatment provider that the participant did in fact attend the scheduled appointment. The participant will always provide copies of any medication prescribed by a doctor or dentist to the program coordinator and treatment provider. If a participant is continuously ill and the program feels that the two day rule is being taken advantage of the program can ask the participant to provide a doctor's note at any time.

## **Possible Incentives**

Upon the recommendation of the treatment court team, participants may be given rewards or incentives for compliant behavior. Common incentives:

- Praise by the Court/Judge
- Gift Certificates
- Clothing
- Sobriety Tokens
- Promotion to Next Phase
- Certificates of Graduation
- Increased Supervised visits
- Early return of your child

# **Sanctions**

**\*Sanctions/Incentives are determined on a case by case basis by the treatment court**

Sanctions can be imposed for failing to comply with academic or behavioral requirements. Academic compliance is considered doing well in treatment. Behavioral compliance is how a participant acts inside and outside of treatment. A participant may progress in treatment but if a participant's actions or attitude outside of treatment does not meet the program requirements the participant may not progress within the program. Incarceration would not be used any sooner than the 3<sup>rd</sup> violation within the program.

## **Possible Sanctions**

Verbal Reprimand by Judge

Written essays

Day Reporting

Community Service work

Work crew

Increased UA's

Additional time in current phase

Return to prior phase

Curfew restrictions

Incarceration

See attached list of additional possible sanctions

# Termination from Program

Arrests or a violation of any aspect of your treatment plan may result in you being terminated from the Dependency treatment court program. Other violations, which could result in termination, include the following:

- Missing and/or positive drug tests;
- Altered drug test;
- Demonstrating a lack of program response by failing to cooperate with the coordinator or treatment program;
- Violence or threat of violence directed at treatment staff, other participants of the program or other clients of the treatment providers.

## Chemical Testing

1. You will be drug tested **randomly** throughout your entire treatment court program. You will be observed to ensure freedom from errors.
2. If you **miss a test, or have a diluted UA** it will count as a positive (dirty) test.
3. If you have a **positive test** in any treatment court phase, the Judge, based on recommendations from the coordinator or treatment staff, will apply immediate sanctions.
4. Creatin levels will also be monitored for possible dilution.
5. It is your responsibility to know what foods and beverages can result in a positive UA.

# **Aftercare Phase**

In order to provide you with a continuing support system and to ensure that you can maintain your valuable sobriety, you will be expected to participate in a **continuing care/aftercare phase**. Please take advantage of this opportunity to prove to the treatment court team that you are ready to start your new life as a productive, member of society.

# **Graduation**

Upon your **successful completion** of the aftercare phase of the treatment court program and satisfaction of all other court requirements including continued sobriety, you will graduate from family dependency treatment court program. Graduation from the Families Restored Program is recognized as a very important event. Your family and friends will be invited to join you at a special ceremony as treatment court team congratulates you for successfully completing Phases I – V of the program and achieving your goal to establish a drug-free life.

# **Our Goal**

The goal of the Families Restored Program is to help participants achieve and sustain a healthy life free of dependence on mind altering substances, to increase self-understanding and expand practical skills of participants through community participation, relationships, life skills coaching and parenting classes. To support healing, expand parenting skills, create and or identify appropriate supports to assure successful reunification, shorten the length of time children spend in foster care, identify the needs of participants who suffer from neurobehavioral dysfunction and to successfully bring services to clients in a day treatment setting.

# Minimum Expectations

- Daily attendance in drug and alcohol treatment groups
- Daily attendance in the Families Restored Program
- Complete the DHS certified options parenting course
- Completion of Life Skills Check List.
- Continued work and involvement in the DHS action agreement
- Working on meeting the DHS conditions of return
- Participants provide written safety plan and have it approved
- Obtaining a sponsor as soon as possible (currently in phase 2 but participants can obtain early or obtain a temporary sponsor.
- Complete MTC Job Skills course
- Continuously working on Education/Employment or some type of stable funding source.

# Families Restored Program

## Phone Numbers

- Columbia County Circuit Court 503-397-2327
- Columbia Community Mental Health 503-397-5211
- Ted E.Grove – Dependency Court Judge 503-397-5211 x 314
- Zoe Wilde – Trial Court Administrator 503-397-2327 x 315
- Julie Heuer – Coordinator 503-397-2327 x 334
- Lindsay Cable – Drug Court Counselor 503-397-5211 x 112
- Eliza Galaher-DHS Case Worker 503-366-8387
- Rock Pizzo – Defense Attorney 503-397-9004
- UA Testing Phone # 503-397-2327 x 331

Other:

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_____	_____
_____	_____

# Signature Page

By signing this page I am stating that I read through the Columbia County Families Restored Treatment Court Handbook and fully understand what is expected of me as a participant while in the family dependency treatment court program.

Signature of Participant: \_\_\_\_\_

Date: \_\_\_\_\_