

# Participant Handbook

North East Central Judicial District Drug Court



# Welcome!

Please note that your first responsibility is to read this handbook carefully. This handbook is designed to provide you with the necessary tools and information you need to be successful in this program. This program is especially designed for persons whose major problems stem from substance use disorder.

## PROGRAM DESCRIPTION

The North East Central Judicial District Drug Court is a court-supervised treatment-oriented program targeting participants whose major problems stem from substance use disorders. Drug Court is a voluntary program, which includes regular court appearances before a Drug Court Judge. Participants must also attend treatment, submit to random drug testing and maintain regular attendance at community support meetings. Participants may receive assistance in obtaining education, housing, vocational training, and job placement services. The program length, determined by the participant's progress, shall be no less than 12 months. Successful completion and "graduation" from the Drug Court Program may result in modification of probation conditions, early termination of probation, and/or dismissal of criminal charges.

## YOUR GOALS

It is the goal of this program to reduce, deter, and ultimately eliminate repeat criminal offenses related to substance use disorder. The objectives are to have you graduate with the following characteristics:

1. Sober and working recovery;
2. Employed;
3. In stable housing;
4. Able to manage financial responsibilities
5. Restitution and fines paid.
6. Develop a non-criminal pattern of living.

## **COSTS RELATED TO THE PROGRAM**

You may be required to pay all or partial costs for participation in Drug Court as set by the treatment provider after consideration of your financial circumstances.

## **COURT RELATED FINANCIAL OBLIGATIONS**

Any Drug Court participant with court related financial obligations, i.e., child support, restitution, crime victim's fund, public defender fees, will make court approved payments on a regular schedule and provide staff with documentation of payments. If you cannot make payment, discuss your situation with staff before the due date of payment and, if possible, other arrangements will be made.

## **GENERAL COURT RULES**

**1. Reside in the Grand Forks metro area.** Participants will be actively involved in treatment, meetings, community service work, court attendance and reporting to their supervision officer. Therefore, each participant shall reside in the Fargo/West Fargo metro area throughout the entire term of supervision unless the Drug Court team grants other permissions.

**2. Attend all drug court ordered programming.** This includes probation meetings, individual and group counseling, educational sessions, and other treatment as directed. Missed programming will result in a sanction.

**3. Be accountable for all activity.** Participants are responsible for recording all appointments and significant events such as work, family appointments, and community recovery events.

**4. Be on time.** If a participant is late for appointments or treatment, he/she may not be allowed to participate and will be considered non-compliant. Participants must communicate in advance if there is a possibility that they may be late.

**5. Do not make threats toward other participants or staff or act in a violent manner.** Violent or inappropriate behavior will not be tolerated and will be reported to the court. This behavior will result in a sanction and/or termination.

**6. Attend all scheduled Drug Court sessions.** Participants must attend all court sessions as directed by the Judge or PO. Participants must dress appropriately for court. Clothing bearing drug or alcohol related themes are considered inappropriate.

7. **Submit to urinalysis/breath/sweat/saliva test as requested.** Participants will be tested throughout the entire program. Participants will be tested frequently and randomly. Adulterated urine, which may include diluting, tampering or falsifying, will result in a review for termination from the program. The goal of the Drug Court is to help the individuals achieve abstinence from intoxicants.

8. **Always tell the truth.** Overcoming substance use disorder is not easy. This will take the participants' best efforts. Always remember that the end result is to assist in maintaining a clean and sober life. Dishonesty involved in any violation will result in a harsher sanction.

## TREATMENT

Following an overall assessment, the treatment team will develop a plan that will act as a guide for the initial treatment phase. The plan will be maintained by the treatment provider and will be updated as the individual progresses through the program.

Counseling: Substance use counseling may include individual, group, and/or family formats. As part of the treatment plan participants must engage in all recommended programming. Attendance at programming is mandatory and will be reported to the judge as part of the progress report. Permission must be obtained to be excused from a programming session. Failure to obtain permission to miss treatment may result in sanctions.

Community Support Meetings: Attendance is required at two community support meetings each week. Proof of attendance may be requested by the probation officer and/or treatment provider.

Sponsor: An individual must obtain a community support group sponsor. A sponsor must have at least one year of sobriety, approval of treatment provider, and have the ability to assist the participant on a personal level with sobriety, personal problems and working a program of recovery.

## PROGRAM PHASES

Phase I: Stabilization and Engagement (Minimum 60 Days).

In Phase I, risk and treatment needs are assessed in preparation for the development of treatment and case plans. The participant is expected to begin a structured daily routine consisting of the attendance at treatment and other services and supervision appointments. The participant begins random and frequent drug testing screens. A

failure to progress out of phase I within 60 days shall be viewed as an urgent matter requiring the assessment of a participant's willingness and ability to complete the program. The minimum requirements for successful completion of Phase I:

**Minimum Requirements:**

1. Reviewing and signing the Terms and Conditions of Probation as well as the participant handbook.
2. Documented individual and group counseling sessions as directed by treatment providers.
3. Two approved community support meetings per week, which are supportive of substance use disorder recovery.
4. Two or more random screens weekly for presence of prohibited substances.
5. Meet with treatment and probation staff as scheduled
6. Obtain/maintain Drug Court Team approved employment, training, education or structured weekly activity.
7. Follow all recommendations of Drug Court team
8. Attend one Drug Court Session per week.
9. Comply with orders of the Judge, Terms and Conditions of Probation.
10. Maintain a curfew as imposed by Drug Court Team
11. Approval of the Drug Court team for movement to Phase II

Phase II: Focus (Minimum of 4 months)

Phase II includes the continuation of active treatment, employment services, educational programs, mental health services, and other services as deemed appropriate. Sixty days of consecutive abstinence is required for advancement to phase III. Sanctions will increase for continued non-compliance.

**Minimum Requirements:**

1. Attend one Drug Court session per week.
2. Provide a minimum of two prohibited substance tests per week.
3. Report to the assigned probation officer as instructed.
4. Two approved community support meetings per week, which are supportive of substance use disorder recovery.
5. Attend and participate in all assigned group, family, and/or individual counseling sessions.
6. Meet financial obligations: i.e. court costs, restitution, child support, etc., as decided by the Drug Court Team.
7. Maintain Drug Court Team approved housing.

8. Maintain Drug Court Team approved employment, training, education or structured weekly activity.
9. Obtain and/or maintain a community support sponsor.
10. Maintain a curfew as imposed by the drug court team.
11. Have 60 continuous days of sobriety.
12. Approval of the Drug Court team for movement to Phase II.

### Phase III: Elicit Change (Minimum of 3 months)

Phase III is 3 months of active treatment. Participants are required to maintain employment and/or schooling. They begin developing support systems for their continued recovery from substance use and crime through community resources. Substance Use Disorder treatment is completed, and relapse prevention therapy begins based on assessment. To complete Phase III, participants must have 60 days of consecutive sobriety and develop and submit a Relapse Prevention plan to the Drug Court Team for approval.

#### Minimum Requirements:

1. Attend one Drug Court session every two weeks.
2. Provide a minimum of two prohibited substance tests per week.
3. Report to the assigned probation officer as instructed.
4. Attend two approved community support meetings, which are supportive of substance use disorder recovery per week.
5. Attend and participate in all assigned group, family, and/or individual counseling sessions.
6. Meet financial obligations: i.e. court costs, restitution, child support, etc., as decided on by the Drug Court Team.
7. Maintain Drug Court Team approved housing.
8. Maintain Drug Court Team approved employment, training, education or structured weekly activity.
9. Obtain and/or maintain a community support sponsor.
10. Have 60 continuous days of sobriety.
11. Approval of the Drug Court team for movement to Phase II.

### Phase IV: Planning for a Successful Life (Minimum of 3 months)

Phase IV is 3 months of continuing care. Participants must actively work their relapse prevention plans. A minimum of 90 days of consecutive sobriety, continued employment and or schooling, and a written essay are required to graduate from the Program.

#### Minimum Requirements:

1. Attend one Drug Court session every 3 weeks.
2. Provide a minimum of one prohibited substance tests per week.

3. Report to the assigned probation officer as instructed.
4. Attend two approved community support meetings, which are supportive of substance use recovery per week
5. Attend and participate in all assigned group, family, and/or individual counseling sessions.
6. Meet financial obligations: i.e. court costs, restitution, child support, etc., as decided on by the Drug Court Team.
7. Maintain Drug Court Team approved stable housing.
8. Maintain Drug Court Team approved employment, training, education or structured weekly activity.
9. Obtain and/or maintain a self-help group sponsor.
10. Have 90 continuous days of sobriety.
11. To complete a written essay/exit interview and have an established plan for ongoing sobriety.
12. Approval of drug court team for graduation.

### **INCARCERATION**

You may be required to serve time in custody while participating in Drug Court. Jail time may be used as a sanction for various infractions of the rules and administered by the Drug Court Judge.

### **EMPLOYMENT**

You will be required to obtain and maintain full-time employment throughout your involvement in the program. Participants will be permitted to change jobs while in the program; however, staff must be notified and approve the change before it takes place.

Consideration will be given for going to school. You will still be expected to obtain part-time employment if going to school to achieve a 40-hour work week. The 40-hour work week shall consist only of job searching, actual work hours, and school hours. Other programming such as treatment, community support meetings, or meeting with your probation officer are not part of the 40-hour work week expectation.

### **VOCATIONAL/JOB TRAINING COMPONENT**

Participants with less than a high school degree or GED and those who are unemployed or underemployed will be expected to work on developing their skills. Areas in which the staff may be able to provide you with assistance include:

- Assessment of current skills
- Aptitude and interest testing
- Development of a personal action plan
- Life skills seminars
- Adult education referrals

## **SCREENING FOR PROHIBITED SUBSTANCES**

Screening is a major component of the Drug Court program to determine presence of prohibited substances and to monitor participants' progress. Testing for the presence of prohibited substances is conducted on a frequent and random basis.

Upon evaluation, a full screen for prohibited substances may be conducted. The presence of prohibited substances will be handled in a manner consistent with program guidelines.

Failure or refusal to provide a sample for screening, or providing an altered or diluted sample, may be treated in a manner similar as a positive screen.

### **Prohibited Substances**

The list below provides examples of substances and medications that are prohibited in Drug Court, unless prescribed by a physician and approved by the Drug Court Team. This is not a complete list. For further clarification of any medication not listed, contact your probation officer.

Aside from illegal drugs and alcohol (in any form) you are prohibited from using certain prescription drugs and are required to have all prescriptions or over the counter drugs approved prior to purchasing or ingesting anything.

Any and all "designer drugs" that can be purchased legally or illegally are strictly prohibited. Any and all "smoking mixtures" (other than products specifically designated to contain only tobacco- for Adults only) are strictly prohibited. Any and all products sold or marketed under false pretenses with the warning "not for human consumption" are strictly prohibited.



Examples of Prohibited Substances/ Medication Classifications	Examples of Prohibited Substances For medications, the brand name is in ( ) if the generic name is also listed. Many OTC Medications are also listed.
Alcohol (In Any Form)	Alcoholic beverages including those representing themselves as “alcohol free,” all medications and products containing alcohol (cough syrups/liquid-caps such as Nyquil and Robitussin, vanilla extract, food additives), and energy drinks containing alcohol.
Amphetamine Methamphetamine	Adderall, Adipost, Benzedrine, Dexedrine, Dexatrim, Didrex, Phentermine (Adipex), Preludin, Ritalin, Speed, Vyvanse, White, All medications containing Pseudoephedrine (Alka-Seltzer Cold, Claritin-D, Comtrex Acute, Contac Cold Maximum, Dayquil/Nyquil, Dristan Maximum, Kolephrin, Maxiflu, Robitussin, Sinarest, Sudafed, Tavist Allergy, Tylenol Cold or Allergy- <b><i>There are non-pseudoephedrine “D” versions available in almost all of these</i></b> )
Barbiturate	Allobarbitol, Barbitol, Butalbital (Fiorinal), Phenobarbital (Luminal)
Benzodiazepine	Alprazolam (Xanax, Niravam), Clonazepam (Klonopin), Chlordiazepoxide (Librium), Diazepam (Valium), Flunirazepam (Rohypnol), Lorazepam (Ativan), Oxaprozin (Daypro), Oxazepam (Serax)
Cocaine	
Dextromethorphan “DM”	Cold medications such as Alka Seltzer Cold, Coricidin, Dayquil, Dimetapp, Nyquil, Robitussin, Sudafed, Triaminic, Tylenol Cold, Vicks 44. <b><i>There are non-dextromethorphan “DM” versions available of almost al of these..</i></b>
Hallucinogens	Dimethyltryptamine (DMT), Ecstasy, Ketamine, LSD, Mushrooms, PCP, Tryptamine,
Miscellaneous Substances	Appetite Suppressants -most are prohibited, Caffeine Pills, Meperidine (Demerol), Inhalants, Kratom, Propoxyphene (Darvocet, Darvon), Steroids, Soma, All Synthetic Substances, Xyrem, (GHB) <b>This list includes anything labeled “Not for Human Consumption”,</b> Poppy Seeds
Opiate	Codeine (Cough meds, Tylenol 3), Heroin, Hydrocodone (Lortab, Loracet, Norco, Vicodin, Vicoprofen), Hydromorphone (Dilaudid), Morphine, Fentanyl(Actiq, Duragesic),
Oxycodone	Oxycodone (OxyContin, Percodan, Percocet, Roxicet, Roxicodone)
THC	Marijuana and all products containing THC.
CBD	Cannabidiol and derivatives

## DISCHARGE

The Drug Court Judge may terminate you from the program. For example, you may be terminated from the program if:

- You have exhibited violent behavior or threats of violence toward self or others, or displayed inappropriate, disruptive behavior, or fail to cooperate with programming;
- You have refused to satisfactorily participate in program requirements;
- You have violated program rules;
- You are involved in new criminal activity; or
- You abscond from the program.

## GRADUATION

Graduation comes at successful completion of the program. In addition to meeting program requirements, you should be able to show how the Drug Court has positively influenced your life. Before graduation, you must complete a written essay/exit interview. Graduates will be honored and receive certificates at a special graduation ceremony. At the ceremony, you may invite friends, family, and others you would like to have there. Graduation is the culmination of the program but marks the beginning of new opportunities and a new lifestyle for yourself and those around you. Graduation from the Drug Court Program may result in modification of probation conditions, early termination of probation, and/or dismissal of criminal charges.

## PROGRAM EVALUATION

During the course of the Drug Court Program, information will be gathered on all participants that will be used to analyze the program and make changes to enhance the program. All information protected by 42 C.F.R. Part 2 will not be released, unless you sign a release of information. In the interest of evaluating the program, you will be asked to participate in follow-up surveys. Participation in the follow-up surveys is voluntary. Please consider participating to help improve the program.

## IMPORTANT PHONE NUMBERS

Treatment Provider: \_\_\_\_\_

Probation Officer: Work: \_\_\_\_\_ Cell: \_\_\_\_\_

Other: \_\_\_\_\_

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## MEETINGS-DAYS-TIMES-DATES

TREATMENT: \_\_\_\_\_

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DRUG COURT: \_\_\_\_\_

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Community Support Meetings: \_\_\_\_\_

OTHER: \_\_\_\_\_

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**Drug Court Info:**

- **Drug Court is always Monday at 4pm**
- **Treatment Non-Covid: Monday 5:30-8pm, Tuesday 5:00-7:30pm, Thursday 4:30-7:00pm. Aftercare is Wednesday 5:00-7:00**