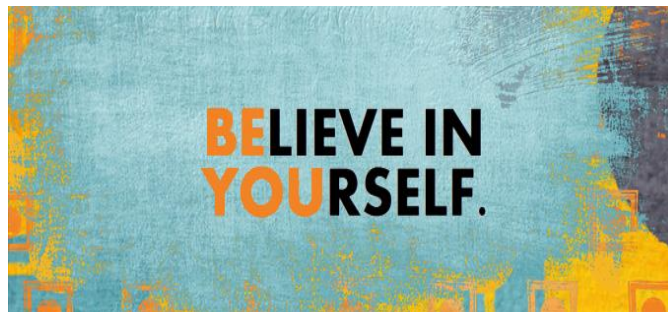




Northeast Central Judicial District



Veterans Treatment Court Participant Manual



Original Edition 04 01 22; Revision Four: 03/03/25

“Veteran Accountability Leading to Ongoing Recovery”

Northeast Central Judicial District Courthouse
Veterans Treatment Court
124 S 4th St
Grand Forks, North Dakota 58201

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This Book Belongs To:

NAME: _____

MENTOR'S NAME: _____ PHONE NUMBER: _____

Veterans Treatment Court Program Numbers:

VTC Coordinator	OFFICE	701-787-2760
Probation:	OFFICE/Cell	701-
Veterans Service Office:	OFFICE	701-
Treatment Provider or Providers (VA):	OFFICE	
Treatment Provider or Providers (Local):	OFFICE	
Mentor – if one assigned:	OFFICE	
Case Aide – if one assigned:	OFFICE	
Assistant State's Attorney	OFFICE	701-
VTC-Defense Counsel	OFFICE	701-
Meetings:	Date:	Time:
Treatment Provider:		
Support Groups or other groups:		

DO NOT LOSE THIS BOOK! You must bring it with you to *all* appointments with Veterans Treatment Court team members.

Court is MONDAYS, at 4:00 p.m., in Judge Hager's Courtroom located on the third floor of the Grand Forks County Courthouse, Room 302

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 specially designed for justice-involved veterans.

Welcome

As a participant of the Veterans Treatment Court (VTC), you will be expected to follow the instructions given to you by the judge and the VTC team. You will also be expected to follow all supervision and program expectations and complete the treatment plan developed by you and your treatment agency. To be successful, you must:

- ☐ **Show up**
- ☐ **Give it your best**
- ☐ **Be honest**

We encourage you to share this handbook with your family, significant other, and clean and sober friends, who are an important part of your recovery. Your family and friends are also welcome to attend your scheduled court sessions with you. We hope to see positive changes in your life as you progress through the VTC program. Our goal is to help you become a recovered, free member of your community.

If you have additional questions, please ask your attorney, probation officer, mentor, Veterans Justice Outreach Specialist (VJO), or the VTC coordinator for more details.

Our team is made up of both veterans and civilians and we all honor and appreciate your service to our country. We understand that your military service has shaped your life in many ways. Our team is here to help you regain focus on the positive lessons you learned from the military and work through challenges that your military experiences may have caused.

We hope to see positive changes in your life as you progress through the Veterans Treatment Court program. Our goal is to help you through your recovery journey.

Mission Statement

The mission of the Northeast Central Judicial District's Veterans Treatment Court is to promote recovery, stability, and accountability for veterans involved in the justice system through supervision and service-oriented mentorship; therefore improving public safety and civic contribution to the citizens and State of North Dakota.

Veterans Treatment Court Coordination Act - 2019

Veterans Treatment Courts are a successful program aimed at helping veterans charged with non-violent crimes receive help and benefits to which veterans are entitled

Program Description

VTC is designed to allow veterans who are justice-involved and who are at high risk/high need, or deemed at risk based on LSI-R score or AUDIT score or both, or someone whose scores are deemed at risk at the discretion of the court to improve the quality of their life.

By choosing to participate in this program, you have shown that you are ready to do the work to make positive changes toward recovery and law-abiding life. Change is difficult, and you are sure to face many challenges in the coming months. However, you will continue moving forward one step at a time. We will be here to provide support and assistance on your path. Our program emphasizes courage, commitment, integrity, devotion, and honor, and we hope you find these values meaningful as well.

Goals and Objectives

The goals of the VTC are to help you:

- ☐ Achieve long-term sobriety and lasting recovery, which is the process of change through which participants address their individual treatment needs, whether substance use, mental health, or trauma, to avoid contact with the criminal justice system to improve their health, wellness, and live self-directed lives
- ☐ And to reduce, deter, and ultimately eliminate repeat criminal offenses

The objective is to have you graduate with the following characteristics:

- ☐ Maintaining recovery and sobriety
- ☐ Employed
- ☐ In stable housing
- ☐ Able to manage financial responsibilities
- ☐ Restitution and fines paid
- ☐ Develop a non-criminal pattern of living

Progress Reports

VTC participants will be required to appear in court weekly unless the court is canceled by the presiding judge, or if a holiday falls on the designated court day. At each appearance, the judge will be given a progress report prepared by their probation officer regarding the participant's appointments attended, drug/alcohol use history, assessment/evaluation results, treatment history/status, drug test results, and personal activities (living arrangement, employment status, education status, and family status).

The judge may ask questions about or discuss the participant's progress. Excellent reports mean that the participant may progress through the program more quickly. Failure to comply with any of the requirements may delay phase advancement or graduation.

Journal entries should reflect the recovery journey, how you felt in the moment during an event, and how addressing those feelings helps in recovery. These entries can be related to how you're progressing through the goals you've established for each phase.

Learning essays/assignments can be assigned for topics associated with time management, "thinking" type assignments such as identifying risk factors for symptoms, and development of better problem-solving skills, or can be associated with one or more of the steps noted within each phase. These essays can also be associated with developing healthy boundaries, asking for help, communicating, development of a budget, or other topics associated with recovery capital.

The goal of the VTC is to help participants achieve long-term sobriety and lasting recovery, which is the process of change through which participants address their individual treatment needs, whether substance use, mental health, or trauma, to avoid contact with the criminal justice system to improve their health, wellness and live self-directed lives.

Failure to Appear

Failure to appear in court on the date and time you are scheduled may result in a warrant being issued for your arrest. If you cannot appear in court on your scheduled review date, you must notify your probation officer before missing your scheduled review date. If you have an emergency, you must notify your probation officer as soon as possible to avoid a sanction. You can also call the VTC coordinator (701-787-2760) if you are unable to reach your probation officer.

Termination from the Program

Non-compliance with program requirements could result in a participant's termination from the Veterans Treatment Court (VTC) **as noted on their signed client contract**. If the decision is made to terminate a participant, the participant has the right to consult with the defense counsel and appeal the decision. Non-compliance violations that could result in termination include:

- ☐ Repeated contact with law enforcement
- ☐ Charged with new criminal charges/arrests
- ☐ Continued positive UAs
- ☐ Repeatedly missing drug tests
- ☐ Repeatedly missing treatment and/or supervision appointments
- ☐ Repeatedly breaking the program expectations or other conditions of the participant's criminal judgment
- ☐ Violence or threats of violence directed at other participants, treatment VTC team members, members of the community, victims, or other VTC team members
- ☐ Have exhibited violent behavior or threats of violence toward self or others, or displayed inappropriate, disruptive behavior, or failed to cooperate with programming
- ☐ Have refused to satisfactorily participate in program requirements
- ☐ Have violated program expectations
- ☐ Leave or take off from the program to evade the legal process
- ☐ If terminated and on probation, a participant's probation may be revoked and re-sentenced

Participants who have been terminated from VTC for non-compliance, and are arrested on new charges may apply for re-admission to VTC. However, re-admission is determined on a case-by-case basis, and there is no guarantee of re-admission. The VTC team will consider the participant's previous actions while in VTC and will consider the recommendations of the State Attorney's Office.

Withdrawal or Discharge from the Program

If you decide that the VTC is not the right program for you, you can withdraw your application any time before entry of the plea, and your case then will proceed to regular court hearings until resolved. Withdrawing from the program after you are sentenced to VTC may be considered a violation of probation and subject you to revocation and re-sentencing.

Participants can face possible discharge from VTC will receive a due process hearing. Discharge can be the result of you:

- ☐ posing a serious and imminent risk to public safety that cannot be prevented by the VTCs best efforts,
- ☐ being unwilling or repeatedly refusing or neglecting to receive treatment or other services that are minimally required for someone to achieve rehabilitative goals and avoid recidivism

Defense counsel clarifies in advance in writing with you and other team members what consequences may result from voluntary withdrawal from the program and ensures that you understand the potential ramifications of your decision.

Who is part of the VTC team?

Northeast Central Judicial District Court Judge:

- ☐ Is the formal leader of the VTC program and presides over the VTC docket committing him or herself to the program, mission, and goals and works as a full partner to ensure their success
- ☐ Makes all final decisions about court participation and progression in the program
- ☐ Will provide incentives, sanctions, and service adjustments in response to progress made and set-backs in the program by the participant
- ☐ The other VTC team members will provide the judge with information to help inform these rewards and sanctions
- ☐ Meets with the VTC team regularly to get updates on all the participants, including at staffing meetings directly before court appearances
- ☐ Does not order, deny, or alter treatment conditions independently of expert clinical advice
- ☐ Employs effective communication strategies to develop a working alliance with participants
- ☐ Takes sufficient time and attention to gauge each participant's performance in the court – applauding successes, intervening on the participant's behavior – impressing upon them the importance of treatment, administering appropriate consequences, and communicating convincingly that staff recognize and value their efforts
- ☐ Holds participants accountable for their actions or issuing warnings or sanctions or service adjustments when called for
- ☐ Ensures due process and judicial ethics are employed throughout the participant's time in the court.

- ☐ Focuses on strengths-based approaches, promotes cultural awareness training and cultural competency among the entire team
- ☐ When able, act as a spokesperson for the VTC at various community events and ensure dissemination of information about the VTC
- ☐ Mediates in the development and maintenance of resources and improves interagency linkages
- ☐ Is aware of the impact that substance abuse has on the court system, the lives of offenders, their families, and the community at large through a review of the court's impact on the client population by requesting and reviewing the process and outcome evaluations, data collection and shares positive information and addresses negative information resulting for those reviews

VTC Coordinator/Evaluator:

- ☐ Acts as the main contact person for the program, and works closely with the judge, probation officer, and treatment providers in overseeing the program's day-to-day operations
- ☐ Is contacted with questions the veteran could have about the VTC program
- ☐ Keeps track of court performance information and participant outcomes
- ☐ Assists the judge and other team members in educating stakeholders about the services provided by, benefits of, and challenges faced by the court
- ☐ Ensures timely updates of all MOUs, policies, and procedures including all manuals and brochures related to the court
- ☐ Maintains:
 - Weekly agenda to court team during court status meetings and staffing
 - Creates file on each court participant and updates the file regularly (weekly court staffing report)
 - Tracking spreadsheet for each participant of court attendance, incentives, sanctions, and service adjustments
 - All forms associated with a participant's involvement with the court such as a client's request for admission to VTC, the application, the client contract, ROIs, phase applications, request for graduation, and exit interview.
- ☐ Communicates with and maintains ongoing relationships with partner agencies and other community service organizations providing direct care services, and identifies and rectifies barriers to referrals, service delivery, and lawful and ethical sharing of appropriate and pertinent information
- ☐ Ensure confidentiality requirements are maintained
- ☐ May assist in soliciting resources such as tangible incentives for participants
- ☐ Represents the court to the community and stakeholders along with the other team members including the press, legislative and policy-maker sessions, and other forums
- ☐ Promotes training for court team members by forwarding training webinars and publications related to cultural competency and awareness, recovery capital/management, treatment plans, addiction recovery, unbiased language, and

other training deemed relevant to the ongoing recovery and success of the court's clients

- ☐ Participates in ongoing education related to addiction, alcoholism, and pharmacology generally
- ☐ Maintain data collection
- ☐ Questions directed toward the criminal case are directed to the veteran's defense attorney
- ☐ Attends staffing and court

Assistant State's Attorney (ASA):

- ☐ Represents the State of North Dakota
- ☐ Assists in confirming eligibility - candidates meet lawful, safe, and evidence-based criteria
- ☐ Engages in a non-adversarial way with the defense attorney to support the veteran's success in the program while also ensuring public safety, including advocating for sanctions, consequences, and termination from VTC if appropriate
- ☐ Ensure informed consent, safeguard due process, advance equal protection, advocate for public interests, assist in drafting memorandums of understanding with treatment providers, and file motions or other legal documents in order to remove non-compliant participants
- ☐ Encourages success by encouraging participants to pursue recovery goals, expressing optimism for their success, and communicating concern for their welfare
- ☐ If a VTC participant contests a sanction or termination from the program, the ASA represents the State in a hearing to determine whether the sanction should be applied or the participant should be terminated
- ☐ Attends staffing and court
- ☐ Attends trainings that are offered if able to do so
- ☐ When able, assist in identifying possible funding opportunities
- ☐ Assists in disseminating information regarding VTC

VTC Defense Attorney:

- ☐ Will represent (or co-represent) the participant before and during their participation in the VTC program. In the case of joint representation, the defense attorney who serves on the team often handles the day-to-day issues that arise during treatment court participation; the participant's prior counsel may step in if the participant faces a potential jail sanction or discharge for non-completion of the program.
- ☐ Is the advocate for the participant to the rest of the VTC team and represents their legal interests, including in any contested hearing regarding the application of a sanction or termination from the program.

- ☐ Should always be present when decisions are being made about rewards, service adjustments, sanctions, and other actions from the court, states attorney, or probation officer
- ☐ Safeguards due process, protects confidentiality, protects use immunity, supports appropriate provisions of treatment and other rehabilitative services, and advances equal protection
- ☐ All orientation forms are to be signed in the presence of the participant's defense attorney or VTC defense attorney and discuss legal options with the participant in an unbiased manner
- ☐ Works with participant regarding their right to vote
- ☐ Attends staffing and court
- ☐ When able, assist in identifying possible funding opportunities and disseminate information about VTC
- ☐ Attends trainings that are offered if able to do so

Probation Officer (PO)/Community Supervision:

- ☐ Provides the participant with case management and supervision, and makes ongoing referrals that are consistent with the participant's case plan while they are in the VTC program
- ☐ Updates the rest of the VTC team on the participant's compliance with UAs, community supervision, non-VA-based treatment (e.g. domestic violence counseling, parenting classes, etc.), and important life events and notifies the team about relapse triggers and behaviors
- ☐ When applicable, the PO will be the liaison between the participant and any victim(s)
- ☐ Executes an initial LSI-R and follow-up six months later, ensures assessments are ongoing, and shares the outcome with the team
- ☐ Develops a working alliance with participants
- ☐ Will regularly be in contact with the participant via phone, email, and home visits to assess the participant's recovery environment
- ☐ When the participant meets with the PO, both of them will go over additional guidelines and develop a case management plan
- ☐ Encourages success, delivers copious praise and other incentives for their achievements
- ☐ Monitor compliance when the participant is required to do community service, or has a curfew or home detention
- ☐ Is the point of contact for requesting modifications to supervision conditions, such as travel permits and no-contact orders
- ☐ Advocates for prompt incentives, service adjustments, and when warranted – sanctions
- ☐ Attends trainings that are offered if able to do so
- ☐ When able, disseminate information about VTC
- ☐ Provides progress reports before staffing, attends staffing and court

VTC Mentor Coordinator:

- ☐ Recruit potential mentors from various organizations which includes the Vet Center, local colleges, and Military Services Organizations ensuring a diverse composition of members, screen candidates, and select individuals to become mentors
- ☐ Ensures that recruited mentors exhibit qualities such as active listening, are empathetic, encouraging, and supportive, and are tolerant and respectful of individual differences
- ☐ Supervise, and coordinate mentors with participants within the VTC
- ☐ Responsible for training selected candidates in skills to facilitate a mentoring session and skills specific to the VTC program, this includes educating team members and others about military cultural competence
- ☐ Responsible for individual and group supervision as well as scheduling mentors to be present during the court proceedings when requested by the presiding judge
- ☐ Coordinate all activities with the judge and court coordinator including developing and updating the resource manual that includes community resources for veteran mentors
- ☐ Works with the court coordinator to create files on court participants and record meetings between mentor and participant and periodically reviews those files
- ☐ Works with the court coordinator in developing, maintaining, and updating the mentor's manual
- ☐ When able, assist in identifying possible funding opportunities and disseminate information about VTC
- ☐ Provides mentor input during staffing
- ☐ Attends staffing and court

Volunteer Mentors:

- ☐ Be a veteran of one of the branches of the United States military: Army, Marines, Navy, Air Force, Coast Guard, Reserve/Guard, or Space Force Submit a valid DD214/NGB22, or DD215; or equivalent from another nation and may also be an active duty military member
- ☐ Act as a coach, a guide, a role model, an advocate, and support for the individual(s) being worked with
- ☐ Does not attend pre-court staffing sessions but attends court sessions when requested or if desire to attend
- ☐ Maintains confidentiality; however, disclosure of the information is allowed if the participant has explicitly consented to the disclosure or, in limited circumstances, if the disclosure is necessary to prevent an immediate and serious safety threat to the participant or others – these types of disclosures should be made to the treatment professional who will alert the team
- ☐ Is to encourage, guide, and support the mentee as they progress through the court process:
 - Listening to the concerns of the participant and making general suggestions
 - Assisting the participant in determining what their needs are

- Acting as a support for the participant at a time when they may feel alone in a way that only another veteran can understand
- ❑ Assist with interactions with the Veteran's Administration system
- ❑ Work with and be supportive of the other veteran mentors
- ❑ Be dependable, consistent, accountable, responsive, timely, do follow-up, and be organized
- ❑ Commit to program participation for (at least) six months and adhere to the policies and procedures set forth for the VTC program
- ❑ At a minimum, have recommended contact with your participant is as follows:
 - Weekly via phone, ZOOM, (or other computer platforms) or if preferred face-to-face.
 - Exception: if weekly contact is not feasible due to cell/internet reception, geography, schedules, or ongoing appointments, work out a schedule that accommodates both.
 - Face-to-face contact is recommended at least once every two weeks with the same exception as noted above.
 - If circumstances or schedules conflict with those arranged days/times, be open to rescheduling.
- ❑ Complete required training procedures and participate in additional training as encouraged to do so
- ❑ Attends team meetings as determined by the mentor coordinator
- ❑ Set boundaries so that there are no questions related to the mentor-mentee relationship. Such as:
 - Transportation to/from appointments or court
 - Be situationally aware
 - If providing transportation, keep your safety in mind and the consequences that could arise should you be pulled over by law enforcement
 - Phone calls – for instance, set a time for when you will not be available to call
 - Safety concerns
 - Respect
 - Privacy
 - Clear expectations between you and your mentee
 - Explain the difference between your role as a mentor and the role of a peer support specialist (persons who have the same lived experiences as a veteran and as a justice-involved veteran)
 - That If they divulge they are going to hurt themselves or others you are required to report it, but be willing to guide them to help

Department of Veterans Affairs (VA) Veteran Justice Outreach Specialist (VJO):

- ❑ Conducts outreach with justice-involved veterans to connect them with VA healthcare, treatment, housing, and primary care
- ❑ Facilitate eligibility determination for services through the VA
- ❑ Provides assessments, referrals to the program and updates the court on the veteran's attendance and progress at treatment

- ☐ Identifies services for both substance abuse and mental health offered by the local VA Medical Center and other nearby VA medical centers
- ☐ Will also report urinalysis results to the court while the veteran is in treatment for a mental health or substance use disorder at the VA
- ☐ Attends trainings that are offered if able to do so
- ☐ Attends staffing and court when able to accommodate

Veterans Service Officers (VSO)/Grand Forks or Nelson County or approved county:

For veterans who have been discharged under a Bad Conduct Discharge or Dishonorable Discharge, these participants will need to reach out to the Veteran's Service Office for a review of their paperwork/ discharge.

- ☐ Can help prepare and file federal disability claims with the VA
- ☐ Can help file new claims, reopen old claims, and appeal VA decisions, as applicable
- ☐ Can also connect the veteran with other available veterans' benefits and give information on community resources
- ☐ Assist with verifying veteran's status when requested
- ☐ Support the VTC program through public outreach
- ☐ Help build the mentor program
- ☐ Attends staffing and court when requested

Community Treatment and Service Providers:

- ☐ Each VTC participant will work with community treatment and/or service providers based on their needs and eligibility
- ☐ These agencies provide specific treatment or services based on the participant's needs. This can include but is not limited to domestic violence counseling, clean and sober housing, and parenting classes
- ☐ These treatment providers share treatment progress with the VTC team through the PO
- ☐ Recommends, and supports most therapeutic application of incentives, sanctions, and service adjustments and that these are given on a consistent and fair basis
- ☐ Attends staffing and court when requested or believes it is necessary to do so
- ☐ Attends trainings that are offered if able to do so
- ☐ When able, assist in identifying possible funding opportunities and disseminate information about VTC

Administrative Committee

The administrative committee will be comprised of the district (presiding) judge, ASA and defense attorneys, the Department of Correction's representative, the VA Veterans Justice Outreach officer (VJO), the Veterans Service Officer (VSO), VTC mentor coordinator, and VTC coordinator. This committee would convene in the event of policy changes, or when determined there is a need to hold a meeting of the committee.

Court Related Financial Obligations

Any VTC participant with court-related financial obligations (e.g. child support, restitution, crime victim's fund, and public defender fees) will make court-approved payments to the Clerk of Courts on a regular schedule and provide VTC team members with payment documentation. If they cannot make payment, they will need to discuss the situation with their attorney, or the Clerk of Courts, or their probation officer before the payment's due date and, if possible, other arrangements will be made.

General VTC Expectations

- ☐ All participants reside in Grand Forks or Nelson County, or reside in another county upon approval of the presiding judge, throughout the entire Veterans Treatment Court (VTC) program:
 - Unless permission for alternative living arrangements is granted by the VTC team
 - Be able to access services in Grand Forks, or those approved for access by the court,
- ☐ And attend court proceedings in the Grand Forks metropolitan area unless permitted to attend via ZOOM
- ☐ Participants will need to be actively involved in weekly court attendance, treatment, meetings, community service work, and reporting to their probation officer
- ☐ Attend all court-ordered programming requirements.
 - This includes probation meetings, individual and group counseling, educational sessions, and other treatment as directed.
 - Missed programming will result in a sanction
- ☐ Be accountable for all activities.
 - Participants are responsible for recording all appointments and significant events such as work, family appointments, and community recovery events
- ☐ Be on time.
 - If participants are late for appointments or treatment, they may not be allowed to participate and will be considered non-compliant.
 - Participants are required to communicate in advance if there is a possibility that they may be late
- ☐ Turn off all cell phones, remove hats upon entry into the court, and no food or beverages in the courtroom (unless provided by the court)
- ☐ Do not make threats, or behave violently, toward other participants or VTC team members.
 - 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
- ☐ All participants must:
 - Attend all scheduled VTC sessions.

- Attend all court sessions as directed by the judge or PO.
- Dress appropriately for court. Clothing bearing drug or alcohol-related themes is considered inappropriate.
- Remain in the courtroom for the duration of the court hearing unless the judge or other team members permit them to leave
- Be attentive and cooperative as the purpose of being in court is to gain and provide knowledge and support from their fellow participants.
 - Do not have side conversations; this is distracting and disrespectful to their fellow participants and the court.
- ❑ Rescheduling:
 - If participants miss any scheduled appointment, they are responsible for rescheduling it! They may not be contacted to reschedule. Failure to do so may result in a service adjustment or sanction or termination (see page 8)
- ❑ Always tell the truth.
 - Overcoming substance use disorder is not easy. This will take the participants' best efforts.
 - Dishonesty involved in any violation will result in a harsher sanction.
 - Always remember that the end result is to assist you in maintaining a clean and sober life.

Specified Expectations for Participants

The following expectations apply through **ALL** phases for all participants:

- ❑ Attend all court hearings
- ❑ The goal of the VTC is to help participants achieve abstinence from intoxicants
 - Drugs prescribed by a medical professional must be verified through written notification by the prescribing medical professional i.e. doctor, nurse practitioner, or physician assistant
 - Consumption and possession of alcohol, marijuana, or non-prescribed drugs could immediately result in termination from the program. Marijuana authorizations or prescriptions are not accepted in the VTC program unless the presiding judge has agreed to authorization
- ❑ Participants are not to possess or consume mood-altering chemicals or drugs not currently prescribed by a physician and that are beyond their expiration date or no longer refillable
 - “Possess” means to have on their person, in their home or vehicle, and includes constructive possession
 - Misuse of over-the-counter and prescription medications is prohibited
 - Prescription medications must be verified by the Veterans Treatment Court (VTC) coordinator and approved by the VTC team
 - This includes alcohol and any substance containing alcohol (including “non-alcoholic” beer, cough syrup, and mouthwash)

- ❑ Submit to urinalysis/breath/sweat/saliva test as ordered.
 - Participants will be tested throughout the entire program. Participants will be tested frequently and randomly.
 - Any abnormal drug test will be considered a positive and may be sanctioned.
 - Multiple positive missed, or abnormal tests could result in termination from the program.
 - Tampering which includes use of anyone else's urine, substituting urine, water loading, or attempting to chemically alter a drug test is grounds for termination
- ❑ A positive EtG/EtS test above the established threshold will constitute a positive test by either use or contact with a product that contains alcohol.
 - Any positive test is considered a violation of the VTC expectations and a sanction will be imposed by the VTC such as being held in phase until a negative test is submitted
- ❑ Participants refusing to submit to a drug/alcohol test will be considered positive and a sanction will be imposed
- ❑ Return ALL phone calls by VTC team members. After curfew hours they must return phone calls within 10 minutes or it will be a violation
- ❑ Participants have 60 minutes to produce a urinalysis drug test or it will be considered a violation. The testing official does not have to allow the one-hour expectation if:
 - Participant behavior is assaultive, confrontational, abusive, or they verbally indicate a refusal to produce a sample
 - There is medical documentation of the offender's inability to comply with a request for a urine sample; or
 - The tester can articulate another reason for not waiting one hour
- ❑ Signed releases of information (ROI) will be needed by the court
- ❑ Weekly journal entries are required within each phase.
 - Entries should reflect more than day-to-day activities
- ❑ Entries should be connected to your journey toward recovery such as reconnecting with family, or things that are helping you along the way
- ❑ Mentor contact:
 - At a minimum, it is recommended that there be contact every other week, but weekly contact is preferred, via phone, ZOOM, or other computer platforms, and face-to-face at least once every two weeks;
 - Exception: if this is not feasible due to geography, schedules, or ongoing appointments, work out a schedule that accommodates both of you.
 - If a scheduling conflict arises with those arranged days/times, contact your mentor to reschedule.
- ❑ Are required to have a picture I.D. and must be shown to law enforcement officers upon request
- ❑ Participants must report any changes of residence before moving or changing their telephone number
- ❑ Report changes in their work schedule or employment status immediately to the VTC coordinator

☐ **BE ON TIME!**

- Participants must contact the VTC coordinator if there is a possibility that they may be late for court or their scheduled appointments such as treatment
- ☐ Random home and work visits will be made *anytime* day or night, without prior notice
- ☐ Participants must supply information about their work schedule, school schedule, and any other appointments scheduled as requested
- ☐ When subject to a curfew, they must ask permission at their weekly court hearing for an extension to be approved
- ☐ VTC team members will be making contact with participant's significant others, family, employers, physicians, therapists, treatment facilities, and others
- ☐ Participants must obtain prior approval from the VTC team for in or out-of-state travel.
 - This form must be completed and submitted to your Veterans Treatment Court coordinator seven days before traveling within the state and two weeks before traveling out of state (except in emergencies)
- ☐ Remain law-abiding
- ☐ Inform their treating physicians that they have a substance use disorder and that they may not take narcotic or addictive medications or drugs
- ☐ Do not associate with people who use or possess drugs or alcohol
- ☐ Do not make threats, or behave violently, toward other participants or VTC team members
- ☐ Employment/education requirements
 - This may be accomplished by actively seeking or maintaining employment, attending school/job training, performing unpaid alternative community work assignments, raising children under the age of eight, or other activities approved by the VTC team
 - participants are expected to perform 40 hours of structured activity per week unless disability prohibits participation
- ☐ Abide by all other expectations and regulations imposed by the VTC team

Treatment and Compliance Management

All Veterans Treatment Court (VTC) participants will be involved in an evidence-based treatment approach that measures treatment effectiveness and outcomes. Case management is part of compliance; it is part of the force that holds together the court's various elements and is the framework around which the VTC process can credibly and effectively operate. This means linking the participant to relevant and effective services that are monitored, connected, and synchronized. Key performance indicators measure the number of days from entering treatment court to attending the first session and subsequent sessions involving the participants' progress in treatment, drug and alcohol testing, and the outcomes of those treatments and testing.

The following partners are the primary contacts for assisting in correlating the number of sessions of treatment received with outcomes:

Veteran Affairs:

Treatment options including substance abuse and/or mental health may be provided by the Fargo VA depending on eligibility and therapeutic need. If necessary the participant can be referred to the community for services. All participants are expected to comply with treatment recommendations while active in Veterans Treatment Court (VTC). All participants are required to meet with the Fargo VA Veterans Justice Outreach (VJO) Coordinator to complete a clinical needs assessment before starting VTC. The VJO Coordinator can assist with eligibility-related questions and appropriate referrals. Appropriate referrals may include substance abuse, mental health, medical, housing, employment, etc.

If the VTC participant is eligible and wants to seek substance abuse services through the Fargo VA they will be required to complete a Substance Abuse Treatment assessment with a member of the Substance Abuse Treatment Program (SATP) and follow the recommendations of that assessment. If the participant is eligible and wants to seek Mental Health services with the Fargo VA, they would complete a Mental Health assessment with a Mental Health provider and follow the recommendations of that assessment.

The Fargo VA cannot provide medical services to incarcerated veterans, except Veterans Justice Outreach services, or veterans seeking a Chemical Dependency evaluation for license reinstatement. If a recommendation is made by a Fargo VA staff member for a participant to engage in a service that meets the criteria for a community referral, this may be an option and can be discussed with the VTC team.

The VA also provides services through local community-based outpatient clinics (CBOC). The VA provides care to Veterans through community providers when the VA cannot provide the care needed. Care is based on specific eligibility requirements, availability of VA care, and the needs and circumstances of individuals.

Participants understand that by signing the ROI for the VA, they are agreeing to the VA releasing information related to drug/alcohol issues protected by CFR 42 and that the ROI's expiration date is six months after graduation.

Northeast/South Central/ Southeast Human Service Center:

Open access to all allows persons to enter services on the day they are ready to engage in services. Clients will be screened to determine that the Northeast/South Central/Southeast Human Service Center is the correct location for service delivery. If eligibility is met, the client will see a qualified professional for an integrated assessment.

All services will begin with an integrated assessment to determine diagnosis and function. Eligibility for services will be determined based on medical necessity and the level of care determined necessary for an individual to attain recovery.

An assessment at the beginning of the service delivery allows for the client's needs to be determined with one comprehensive evaluation to determine the psychological and emotional state and the current level of functioning including dual conditions of mental health and substance abuse.

If you do not meet service level criteria at a Northeast Human Service Center, you will be provided information about community partner agencies that can provide your desired service. If the priority level is not met, the triage staff will assist with recommendations to the community such as Spectra (<https://spectrahealth.org>) or Ideal Options (<https://idealooption.com>), for services related to other needs. Individuals will be given a list of all known applicable resources without regard to relationships between private practitioners and the agency. Assistance will be provided in scheduling an appointment with a community agency if you desire assistance.

If the participant is receiving care from a community provider such as Agassiz Associates, Ideal Options or others, the participant will sign an ROI allowing the VTC to receive information related to those treatments and their outcomes.

Attendance and Compliance

Attendance and treatment compliance are required. You are responsible for attending all scheduled appointments. Missed treatment sessions must be excused by your treatment agency and your probation officer. Your attendance and level of participation at counseling sessions will be reported to the VTC team as part of your progress reports. You must contact your treatment agency if you are unable to attend or will be late for a scheduled session. Unexcused misses could result in sanctions.

Confidentiality

All client records are protected by federal and state laws regarding confidentiality. These laws and regulations are designed to protect the privacy rights, of patients, and to attract people into treatment. The regulations restrict communications more tightly in many instances than, for example, either the doctor-patient or the attorney-client privilege (USC § 290dd-3 and ee-3 and 42 CFR Part 2 and 42 CFR §2.12 (e)).

The VTC cannot release written or verbal information without your written, signed consent. However, you cannot participate in VTC without a “Release of Information” which allows the VTC team to discuss your case and progress. Persons outside the VTC team will not be provided information about you or your progress. An ROI or approval by other court clients is required should you desire to have someone other than the VTC team, community partners, or mentors be able to observe court proceedings. There may be an additional emergency or legal circumstances that may require the release of information, such as:

- ☐ The disclosure is allowed by a court order or for an audit
- ☐ The disclosure is made to medical personnel due to a medical emergency
- ☐ The client commits or threatens to commit a crime
- ☐ The client is suspected of child abuse or elder abuse or
- ☐ The client is threatening suicide or homicide.

Anything participants say concerning their prior or current drug use while in the VTC Program cannot be used against them in the prosecution of this case. However, their statements and information about their treatment will be shared with the judge, their treatment agency, probation officer, court coordinator, the ASA, court staff, the VTC defense attorney, and anyone else on the VTC team. This information may be used to evaluate their current compliance with the program and to determine appropriate treatment and other services.

A general medical release form, or any consent form that does not contain all of the elements noted above and herein, is not acceptable.

Participant Rights

Participation in the VTC program is voluntary. Participants will be informed of changes in the program, expectations, and policies as early as possible. Their participation and feedback in the program are encouraged. Equal treatment and services will be delivered without regard to race, color, sex, sexual orientation, religion, national origin, ancestry, or physical disability.

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.

Drug and Alcohol Testing

Participants will be tested during all five (5) phases of the VTC program. As they progress through the program, testing could be required on a random, less frequent basis. The VTC team will have access to all drug test results including any failures to appear or produce. Any failure to appear, failure to produce a sample, or any result that indicates a sample was diluted or not consistent with a human specimen will be subject to the same sanctions as if the result were positive.

Participants may be tested a minimum of twice per week until the final phase of the program. The frequency of drug and alcohol testing shall not be reduced until other treatment and supervisory services have been reduced and relapse has not occurred. At the discretion of the VTC team, the testing frequency for participants identified as non-chemically dependent may be reduced at the discretion of the team.

Cannabinoids (a byproduct of marijuana) are lipid soluble and therefore may persist in a participant's body despite the cessation of use. Upon entry into the VTC, participants will be given a baseline cannabinoid urine test. VTC will consider the first 30 days of enrollment as a grace period. After 30 days, subsequent positive tests will be treated as evidence of new cannabis use and may be therapeutically responded to. Once a participant has produced two consecutive negative cannabinoid urine specimens, a subsequent cannabinoid positive test will be interpreted as new use, even if occurs less than 30 days from the baseline cannabinoid urine test.

Drug and alcohol testing scheduling and frequency will be determined mainly by the phase the participant is in. Probation agents and/or the VTC team may request drug testing frequency changes based on violations, assessments, and/or treatment recommendations. For participants who are not diagnosed with a substance use disorder, their testing frequency may be less frequent than participants diagnosed with a substance use disorder.

One goal of the VTC program is to help them achieve total abstinence from illicit or illegal drugs, however, a positive test will not automatically terminate them from the program. The VTC team will be reviewing this positive test in the context of their overall performance in the program.

Medications

As a part of your treatment, the Veterans Health Administration may make recommendations for medications. Talk with your medication prescriber if you have concerns about these medications. The VTC program is supportive of Medication-Assisted Treatment (MAT), such as synthetic opiate treatment plans and medications used to control alcoholism. You are only to take medications prescribed to you and any unauthorized use of medications will be addressed with the VTC team.

Support Group Meetings

Attendance will be required at support group meetings at the Vet Center, VA, SMART Recovery Groups, Mindfulness Group (VA), Veterans Center, or other locations of a participant's choice as approved by the VTC team such as group therapy, Northeast Human Service Center, and contracted support groups such as Mountainbrooke Recover Center. The number of times a participant must attend per week changes by the VTC team or treatment provider. The purpose of attendance at support group meetings is for the participant to develop a support network and create social bonds with others in recovery. Their probation officer, treatment provider, or VTC coordinator can assist them with locating meetings close to their work or residence. The participant's treatment provider may also provide several support groups at their facility each week. Proof of attendance may be requested by the probation officer and/or treatment provider.

Counseling

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.

Therapeutic Alliance and Clinical Stability

While the therapeutic alliance is part of building trust and cooperation between participants and treatment providers, it is also part of the relationship between the participants, the court staff, and the veteran mentors. This trusting and cooperative relationship is a factor in the effectiveness of therapy and court interactions and plays an essential role in the therapeutic process. This alliance enhances engagement between the participant and the court and assists in fostering a sense of safety and trust. The supportive environment of the court which helps participants to explore their thoughts, feelings and behaviors leading to positive outcomes. Key elements are: establishing rapport, having goals that are agreed upon and worked on as a team, and collaborative in the respect that by working together a strong treatment plan can be developed and implemented.

Clinical stability is when a participant no longer experiences clinical symptoms that are likely to interfere with their ability to attend sessions, benefit from interventions and avoid substance use, including withdrawal symptoms. Effectively, participants do not experience: persistent substance cravings, or the inability to feel pleasure, or impulsivity/stress reactivity, or acute mental health symptoms like depression or anxiety, or cognitive impairments.

Treatment and Recovery Management

Central to treatment is that participants collaborate with their treatment providers or clinical case managers in setting treatment plan goals and choosing from among the available treatment options and provider agencies including counseling either at the individual level or the group level. Part of this collaborative effort is the continuum of care to ensure participants receive treatment for substance use, mental health, trauma, and co-occurring disorders as well as other needed services. Care should be sufficient enough to meet participants' identified service needs, including inpatient, residential, intensive outpatient, outpatient and co-occurring disorder treatment, medication management, and recovery housing services.

Additionally, staff work to connect participants with recovery support services and recovery networks in their community to enhance and extend the benefits of professionally delivered services. This can include helping participants access needed services and resolve access barriers and pairing participants with a peer recovery specialist or veteran mentor to provide needed support and advice. These services are offered once the participant is motivated for and prepared to benefit from the interventions.

Recovery Capital

Recovery capital encapsulates resources (social, physical, human, and cultural) that are necessary to begin and maintain recovery. Recovery capital produces feelings of empowerment, and well-being, helps in establishing a quality of life, and increases connectedness. By developing sustained recovery capital resources, clients would be able to think beyond the "temporary" structure of the court so that participants understand they have created meaningful pathways of connectedness that add to the participants' lives.

Voting Rights

Participants should be aware that pleading guilty to a felony charge may result in the loss of certain civil rights like the right to serve on a jury, vote, hold elected office, and possess a firearm. For example, the State of North Dakota's Constitution North Dakota Century Code § 12.1-33-01(1) states a person convicted of a felony is disqualified to vote while incarcerated. There needs only to be a finding of guilt, not the imposition of a sentence. Voting when not qualified can result in a felony charge. Work with your attorney regarding reinstatement of your right to vote.

Employment

Unless their disability prohibits employment, participants may be required to obtain and maintain full-time employment throughout their involvement in the program. Participants will be permitted to change jobs while in the program; however, the VTC coordinator must be notified and the change approved by the VTC team before it takes place.

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

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 VTC coordinator/team 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

Fines/Fees/Program Fees

Participants are responsible for paying all restitution fines/fees assessed as required to be paid to the district court before graduation as well as program fees assessed by the treatment provider(s) if applicable. Participants should speak with their probation officer, or attorney if they are not able to meet the required payment schedule. All fees are to be paid to the Clerk of the District Court. If the participant is facing a financial burden with their fees, they should discuss this with their probation officer for further review by the VTC team and judge. Fees associated with probation are paid to the Probation Office.

Key Performance Indicators – Participants
Best Practice Standards, 2nd Ed., All Rise

Variable	KPI	Benchmark	Comments
Clinical and psychosocial stability	<p>Not experiencing symptoms that interfere with attending and benefiting from counseling; no persistent or severe cravings, withdrawal symptoms, lack of feeling pleasure, impulsivity/stress reactivity, acute mental health symptoms, or cognitive impairment;</p> <p>Psychosocial: has achieved secure housing, reliably attending appointments, no longer experiencing clinical symptoms that may interfere with the ability to attend or benefit from interventions, and has developed an effective therapeutic or working alliance.</p>	Indicated through reports received from treatment providers, mentors and interaction in the courtroom	
Treatment planning	<p>Plans of action have been collaborated on with provider(s) and probation that are supportive of levels of care</p> <p>Incorporates aspects of recovery capital</p> <p>Provides structure, support, and education</p> <p>Helps in achieving and sustaining psychosocial stability</p>	Assessment of what is and is not working in the treatment plan; changes implemented as required.	
Develop SMART goals - - proximal, distal, and goals that can be managed for each phase	<p>SMART goals are specific, measurable, achievable, realistic, and timely</p> <p>Proximal goals are goals that can be achieved in the short term and sustained for a reasonable period of time</p> <p>Distal goals are goals that are difficult to accomplish currently, but attainable in later phases like education or employment</p>	Each application for phase advancement will have goals developed that are appropriate for that phase.	

	Managed goals are goals that have been achieved and sustained for a reasonable time		
Keep a journal and complete learning (essay) assignments	Journal entries should reflect the recovery journey, how you felt in the moment during an event, how addressing those feelings helps in recovery, Learning assignments can be assigned for topics associated with time management, “thinking” type assignments such as identifying risk factors for symptoms, or development of better problem-solving skills	Show awareness of stresses in your life, and things that are important to the participant, and show efforts toward improving self and growth.	
Court status	Number of court days attended	1 meeting per week unless approved to attend less frequently	
Treatment sessions	Number of mental health, substance use, trauma, and complementary treatment sessions attended per month and per phase. Missed appointments are rescheduled Counseling sessions as determined by medical professional	Attend treatment sessions as scheduled including those via ZOOM/webinar.	
Medication provision	Percentage of participants receiving needed and desired medication for addiction treatment (MAT), psychiatric medication or other medications		
Community Supervision	Number of community supervision office sessions and field (home) visits completed per month and per phase.	≥ 4 office sessions per month during the first 2 phases and ≥ 1 per month thereafter; ≥ 2 field visits during the first two months Or as determined by the court and/or plea agreement/judgment and probation	

Drug and alcohol testing	<p>Number of point-in-time drug and alcohol tests (e.g. urine, saliva tests) administered per week and per phase.</p> <p>Number of days applying testing methods that lengthen the time window for detection (e.g., continuous alcohol monitoring devices, sweat patches).</p>	<p>Single-point testing ≥ 2 times per week for the first 3 phases, or as determined by the court and/or plea agreement/judgment and probation.</p> <p>Continuous monitoring for ≥ 90 consecutive days.</p>	
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**Best Practice Standards, 2nd Edition, All Rise.

Program Phases

Goals:

Within each program phase, participants establish goals to achieve within a particular phase and throughout the entirety of their time in Veterans Treatment Court (VTC). Achievable goals are related to proximal goals, distal goals, and managed goals which are specific, measurable, achievable, relevant, and time-bound (SMART) structured goals. Goals are realistic, desirable, tangible, and intangible (such as emotional well-being), and afford the opportunity for reward.

Proximal goals are goals that can be achieved in the short term and sustained for a reasonable period of time such as attending counseling sessions or delivering valid drug test specimens. Other goals related to proximal center on attendance and truthfulness.

Distal goals are goals that are difficult to accomplish currently such as succeeding at a job, earning a GED, or remaining abstinent from drugs or alcohol. Other distal goals are related to responding to treatment or having an attitudinal change (i.e. positive attitude) or developing good problem-solving skills. Distal goals are used as part of obtaining and maintaining early remission from substance use (defined as at least 90 days).

Managed goals are goals that have been achieved and sustained for a reasonable time. Goals in this area for example are attending scheduled group counseling sessions for several weeks and actively participating in group sessions.

Adjustments:

Supervision/service adjustments rather than sanctions are used to help participants meet these types of goals. Supervision can be increased when necessary to provide needed support, ensure that participants remain safe, and monitor their recovery obstacles helping them to develop better coping skills, testing and contact hours can be increased, home visits can be required, and a curfew could be implemented.

Adjustments can be made to treatment predicated on recommendations from qualified treatment professionals. These adjustments can include increasing the frequency of counseling sessions, implementation of harm reduction strategies, reporting daily to treatment, or an increase in home visits by supervision.

Service adjustments can include evidence-based health risk prevention if authorized, community service hours increased, learning assignments such as thought journaling and daily activity scheduled to help participants achieve distal goals, and extension in phase. These adjustments assist in psychosocial stability such as stable housing, reliable court attendance, and the development of therapeutic alliance.

Incentives:

Incentives for reaching proximal goals can range from verbal praise to certificates of achievement to drawing out of the crew canteen and are delivered for all accomplishments as reasonably possible. During the first two phases, these incentives can be awarded for

attendance at every appointment, truthfulness (especially concerning prior infractions), and participating productively in counseling sessions. Once achieved or managed, the frequency and magnitude of incentives may be reduced; though intermittent incentives continue to be delivered for the maintenance of important managed goals. Crew canteen, change in curfew, and decrease in drug testing are also incentives that can be delivered to participants showing progress. Other incentives that can be delivered during later phases are decreased drug testing, reduction in contact hours with probation or home visits, change in curfew status (if on curfew), and out-of-town travel (if approved).

Sanctions:

Though not typically implemented, sanctions can be placed for concrete and observable behaviors (not for subjective attitudinal traits), the participant receives clear advance notice of the behaviors that are expected of them and those behaviors that are prohibited such as violent behaviors. Jail sanctions are imposed only after verbal warnings and several low-and moderate-magnitude sanctions have been unsuccessful in deterring repeated infractions of proximal goals or when participants engage in behavior that endangers public safety (the judge finds clear and convincing evidence that jail custody is necessary to protect the participant from imminent and serious harm and the team has exhausted or ruled out all other less restrictive means to keep the person safe).

Phase Advancement:

Phase advancement occurs when participants have managed well-defined and achievable proximal goals that are necessary to accomplish the more distal goals. Focus is on providing structure, support, and education; assisting participants in achieving and sustaining psychosocial stability and assisting in resolving ongoing impediments to service provisions; assisting in ensuring that participants follow a safe and prosocial daily routine, learn and proactive prosocial decision-making skills and apply drug and alcohol avoidance strategies. Phase advancement assists in teaching participants preparatory skills (such as time management, job interviewing, and personal finance) needed to fulfill long-term adaptive life roles and help them to achieve early remission from their substance use or mental health disorder. Additionally, the focus assists with engaging the participant in recovery-support activities and assisting them to develop a workable continuing-care plan or symptom recurrence prevention plan to maintain their treatment gains after being discharged from the VTC.

Phase sobriety days may be stopped when a positive UA test, SCRAM or 24/7 missed check-in as is noted by their probation officer or designated individual within each phase of the program. The number of days “stopped” will be determined by the VTC team – seven, fourteen, twenty-one or thirty days of a “stop” on sobriety days and will be based on the number of infractions i.e. one positive or two positives or three positives and so on. A phase demotion, a repeat of a phase, or restarting of sobriety days from zero should not be utilized.

Phase Structures Focus On:

- ☐ Providing structure, support, and education for participants
- ☐ Help participants achieve and sustain psychosocial stability
- ☐ Resolve ongoing impediments to service provisions
- ☐ Ensuring that participants follow a safe and prosocial daily routine
- ☐ Teaching skills such as time management, personal finance
- ☐ Helping them develop recovery-supported activities they can be engaged in
- ☐ Assist in shifting participants from acute care to chronic-care approach to their recovery
- ☐ Help them learn to enhance their recovery readiness
- ☐ Use of in-treatment recovery support services to enhance the strength and stability of recovery initiation
- ☐ Use of post-treatment recovery support services to enhance the durability and quality of recovery maintenance

Phase requirements that remain constant throughout all phases:

- ☐ Attend court weekly or as ordered by the judge
- ☐ As part of recovery capital, work with VTC probation, counselor or medical professional, in the development of a wellness/treatment plan
- ☐ Show up for all appointments with medical professionals and others
- ☐ Actively participate in treatment
- ☐ Comply with treatment as part of recovery capital
- ☐ Submit to weekly drug tests unless the judge has authorized you to stop
- ☐ Comply with supervision and meet with the VTC probation officer (or the probation officer assigned to their case) as instructed or as ordered by the judge
- ☐ Comply with their signed weekly court order
- ☐ Create and keep a journal related to thoughts and feelings about recovery such as attending support meetings
- ☐ Complete learning assignments such as essays on healthy relationships, managing frustration, or developing respect
- ☐ No driving unless licensed
- ☐ Receive random home visits from the VTC probation officer or designated individual
- ☐ Obtain/maintain stable housing
- ☐ Remain law-abiding

Each phase will have specific requirements for that phase and requirements needed to advance to the next phase.

Phase I: Clinical Stabilization and Engagement (Minimum 14 Days)

The goal of Phase One is for participants to participate in the Veterans Treatment Court (VTC) program by showing up, being honest, following the program's expectations, and trying their best.

In Phase One, participants set the foundation of stability that will help them succeed in the program. This means working toward clinical stability, orientation to the court is completed, required assessments have been completed and there has been the creation of a person-centered treatment plan.

In Phase 1 participants will:

- ☐ Start developing an outline showing how they intend to work towards sobriety with the VTC probation officer
- ☐ As part of recovery capital, developing an environment where there is no drug, alcohol, or mood-altering substances in the home or their possession
- ☐ As part of recovery capital, are developing a housing plan, if applicable, with the VTC probation officer or designated individual
- ☐ As part of recovery capital, begin work on the application for a driver's license when eligible or address license reinstatement if applicable
- ☐ Complete learning assignment on Medical and Transportation Needs (see packet in the folder of your manual)
- ☐ Complete incentive worksheet in the forms area of this manual
- ☐ Personal statement on VTC application satisfies Phase One goals

Participants can advance to Phase 2 when:

- ☐ Are in Phase 1 for at least 14 days and/or exhibit clinical stability as determined by treatment providers
- ☐ Have at least 14 consecutive days from their program clean date immediately before they advance to Phase 2
- ☐ Have at least 14 days without a major violation immediately before they advance to Phase 2
- ☐ Have had an intake appointment with their treatment provider
- ☐ Have identified a primary care physician and scheduled an appointment if it is part of the treatment plan
- ☐ Have worked with the VTC probation officer or designated individual to develop a housing plan, if applicable
- ☐ Have read the entire VTC participant handbook
- ☐ Show honesty
- ☐ Completed the Application and goals for Phase 2 and turned in the application for review by the VTC coordinator
- ☐ The judge has approved their advancement to Phase 2

Phase 2: Psychosocial Stabilization and Commitment (Minimum of 30 days)

The goal of Phase Two is to challenge the participants to continue developing motivation, insight, and skills to continue in their recovery and avoid criminal behavior. Also, participants will be working toward stable housing, creating therapeutic alliances, and continuing progress with their clinical stability.

In Phase 2 participants will:

- ☐ Develop a budget and financial plan with the VTC probation officer to repay any restitution, court-ordered financial obligations, and probation fees
- ☐ Continuing as part of recovery capital, developing an environment where there are no drug, alcohol, or mood-altering substances in the home or their possession
- ☐ If applicable, develop a plan with the VTC probation officer to complete any court-ordered community service work and attend orientation meetings
- ☐ Identify at least two weekly pro-social activities or recovery support groups that they can attend in Phase 3
- ☐ Continue working on an application for a driver's license when eligible or address license reinstatement if applicable
- ☐ Have developed a treatment/wellness plan with the VTC probation officer, counselor, or treatment provider
- ☐ Complete the Recovery Capital Scale and Plan exercise (see forms area)

Participants can advance to Phase 3 when:

- ☐ Are in Phase 2 for at least 30 days and/or have exhibited clinical stability as determined by treatment providers
- ☐ Have at least 30 consecutive days from their program clean date immediately before they advance to Phase 3
- ☐ Have at least 30 days without a major VTC violation immediately before they advance to Phase 3
- ☐ As part of recovery capital, have developed a budget and financial plan with the VTC probation officer, including a plan to repay any restitution, court-ordered financial obligations, and probation fees
- ☐ As part of recovery capital, have developed a written plan (minimum one paragraph) with the VTC probation officer to complete any court-ordered community service work
- ☐ Have developed a written plan (minimum one paragraph) to fulfill the Phase 3 requirement of attending at least two weekly pro-social activities and/or recovery support groups
- ☐ Completed phase two's goals
- ☐ Have completed the Application and goals for Phase 3 and turned in the application for review by the court coordinator
- ☐ The judge has approved advancement to Phase 3

Phase 3: Commitment/Prosocial Habilitation (Minimum of 45 days)

The goal of Phase Three is for participants to concentrate on rebuilding positive social support and coping skills. Rebuilding those positive supports and coping skills includes working toward more prosocial activities such as becoming an active participant in a support group such as at a church or community group, participating as a volunteer for and at a community event, or attending service organizations (Vet Center, Disabled Vets, Love in Action, Vets in Park) or helping feed the homeless at an event sponsored by a local civic organization. Those skills related to a prosocial routine such as communicating with others in the support network, creating a therapeutic alliance with the assigned mentor or other VTC team member, or peer from within the VTC, and applying effort toward abstinence and recovery are being used effectively.

In Phase 3 participants will:

- ☐ Attend at least two weekly pro-social activities and/or recovery support groups
- ☐ Develop a wellness plan of action with the VTC probation officer
- ☐ Implement their financial plan to work on repaying any restitution, court-ordered financial obligations, and probation fees
- ☐ Have no drugs, alcohol, or mood-altering substances in the home, or in possession
- ☐ Complete an application for a driver's license when eligible or address license reinstatement if applicable
- ☐ Maintain employment, training, education, or structured weekly activity
- ☐ Complete the learning assignment on Family and Housing Needs (see packet in the folder of your manual)

Participants can advance to Phase 4 when:

- ☐ Are in Phase 3 for at least 45 days and/or exhibit clinical stability as determined by treatment providers
- ☐ Have at least 45 consecutive days from their program clean date immediately before they advance to Phase 4
- ☐ Have at least 45 days without a major violation immediately before they advance to Phase 4
- ☐ If applicable, have begun making payments toward any restitution, court-ordered financial obligations, and probation fees per their financial plan
- ☐ If applicable, have completed at least eight hours of any court-ordered community service work
- ☐ Have written at least two paragraphs about (1) how they fulfilled the requirement of attending two weekly pro-social activities and/or recovery support groups, and (2) how they plan to fulfill this requirement in Phase 4
- ☐ Have completed a recovery plan of action
- ☐ Completed phase three's goals

- ☐ Have completed their application and goals for Phase 4 and have turned in the application to the court coordinator
- ☐ The judge has approved advancement to Phase 4

Phase 4: Devotion/Planning for a Successful Life (Minimum of 90 days)

The goal of Phase Four is for participants to develop meaningful change by practicing the skills they have learned.

Participants will continue participation in their prosocial activities, be able to demonstrate periods of abstinence and show signs of early remission (90 days without clinical symptoms).

In Phase 4 participants will:

- ☐ Attend at least two weekly pro-social activities and/or recovery support groups
- ☐ Continue their financial plan to work on repaying restitution, court-ordered financial obligations, and probation fees
- ☐ Continue their plan to complete any court-ordered community service work, if applicable
- ☐ Continue their vocational, employment, or education goals
- ☐ Complete an application for a driver's license when eligible or address license reinstatement if applicable
- ☐ Complete learning assignment on Financial Need and Problem Solving (see court coordinator for forms)

Participants can advance to Phase 5 when:

- ☐ Are in Phase 4 for at least 90 days
- ☐ Have at least 60 consecutive days from their program clean date immediately before they advance to Phase 5
- ☐ Have at least 60 days without a major violation immediately before they advance to Phase 5
- ☐ Have written at least two paragraphs about (1) how they fulfilled the requirement of attending two weekly pro-social activities and/or recovery support groups, and (2) how they plan to fulfill this requirement in Phase 5
- ☐ Have written at least one paragraph identifying their vocational, employment, or educational goals with a plan to achieve those goals
- ☐ Remain in compliance with treatment and supervision.
- ☐ Remain law-abiding
- ☐ Have started working on the Criminal Thinking Worksheets
- ☐ Completed phase four's goals
- ☐ Have completed the application and goals for Phase 5 and turned in the application to the court coordinator for review
- ☐ The judge has approved advancement to Phase 5

Phase 5: Honor/Recovery Management (Minimum of 90 days)

The goal of Phase Five is to complete a participant's transition into an honest, law-abiding, and healthy member of the community.

As part of Phase Five, participants have achieved early remission and begin the process of being ready for graduation. They will share with the group their plan for going forward, they will continue their care/symptom recurrence prevention plan. Additionally, in this phase participants have satisfied their reasonable community service, have paid their affordable fines (restorative justice activities) and have been successful in abstinence maintenance (noted as 90 days abstinent without requiring perfection).

In Phase 5 participants will:

- ☐ Maintain recovery network through attendance at, at least, two weekly pro-social activities and/or recovery support groups
- ☐ If applicable, repay all remaining restitution, court-ordered financial obligations, and probation fees
- ☐ If applicable, complete all remaining court-ordered community service work
- ☐ Develop their aftercare, regression/relapse, and wellness plan paragraphs with the VTC treatment provider or a VTC team member
- ☐ Complete Criminal Thinking Worksheets and discuss them with their counselor or case manager
- ☐ Maintain employment and court-approved housing
- ☐ Have completed an application for a driver's license when eligible or address license reinstatement if applicable
- ☐ Complete learning assignment on recovery groups/network/activities reinforcing recovery (see packet in the folder of your manual)

Participants can graduate from VTC when:

- ☐ Are in Phase 5 for at least 90 days
- ☐ **Have at least 12 months in the VTC program**
- ☐ Have at least 90 consecutive days from their program clean date immediately before they graduate
- ☐ Have at least 90 days without a major violation immediately before they graduate
- ☐ Have repaid all remaining balances to the Clerk of Courts and Probation Department
- ☐ Completed Criminal Thinking Worksheets and have discussed them with their case manager or counselor.
- ☐ If applicable, have completed any court-ordered community service work
- ☐ Have written their aftercare, regression/relapse prevention, and wellness plan (minimum three paragraphs)
- ☐ Are fully engaged in treatment and recovery community
- ☐ Have maintained full-time employment or a combination of employment/education

- ☐ Have stable and safe housing
- ☐ Have written an essay for graduation related to topics such as time management, responsibility, the importance of honesty, triggers, why recovery support is important, or one that is related to recovery behavior
- ☐ Have completed phase five's goals
- ☐ Have completed the Graduation Application and turned in the application for review by the court coordinator
- ☐ Have completed the exit interview
- ☐ The judge has approved their graduation

Phase Six – Post-Graduation Phase (180 days)

The final phase is designed for minimal court intervention so that participants can become accustomed to maintaining their recovery/sobriety and law-abiding behavior without the accountability of regular court appearances.

In Phase 6 participants will:

- ☐ Participate in follow-up with the court
- ☐ Continue with pro-socialization activities such as:
 - maintaining housing,
 - using their problem-solving skills,
 - maintaining contact with their probation officer as noted in their plea agreement/judgment,
 - continuing participation in their recovery support group program or peer support group,
 - reaching out and leaning on their support structure
 - maintaining their working relationship with providers, their mentor and other team members
- ☐ Maintain their prosocial routines
- ☐ Continue to have a self-directed life that includes:
 - Recovery management activities
 - Continuing care

Graduation

The celebration comes at the successful completion of the program. In addition to meeting program requirements, participants should be able to show how the Veterans Treatment Court program (VTC) has positively influenced their lives. Before graduation, the participant must complete a written essay/ exit interview. Graduates will be honored and receive certificates at a special graduation ceremony. At the ceremony, participants may invite friends, family, and others they would like to have there. Graduation is the culmination of the program but marks the beginning of new opportunities and a new lifestyle for them and those around them. Graduation from the VTC program may result in modification of probation conditions, early termination of probation, and/or dismissal of criminal charges.

If a participant desires to become a VTC mentor, they cannot apply until one year from graduation, have completed their probation, and be approved by the team.

Achievements and Incentives:

The Veterans Treatment Court (VTC) judge will acknowledge your achievements during court reviews.

Examples of achievements:

- ☐ Educational achievements, including obtaining your GED, high school diploma, college or vocational credits
- ☐ Vocational achievements, including job promotions or a new job with increased responsibilities
- ☐ Volunteer work in the community
- ☐ Self-improvement classes that build mind, body, and soul
- ☐ Completing weekly assigned tasks

The VTC team will also recognize and provide incentives for accomplishments beyond the VTC requirements that promote drug-free, pro-social, and law-abiding behavior.

- ☐ Verbal praise/recognition; “fishbowl” drawing
- ☐ Gift certificates/gift cards
- ☐ Assistance in obtaining a driver’s license.
- ☐ Restored privileges.
- ☐ Leaving court early or decreasing office appointments or court review hearings.

Violations and Consequences:

The VTC will review program violations and utilize consequences for breaking program expectations. Consequences will be based upon the behavior and needs of each participant.

Violations:

- ☐ Use of non-prescribed mood-altering substances (including alcohol)
- ☐ Failure to report as directed for drug testing
- ☐ Failure to produce a urine sample testing within the 60 minutes allotted time
- ☐ Positive UA/Oral drug/alcohol tests
- ☐ Contact with alcohol or a product containing alcohol
- ☐ Refusing drug and/or alcohol testing, diluting, or tampering with the sample
- ☐ Failure to follow the recommendation of an integrated assessment and treatment provider
- ☐ Failure to report employment changes
- ☐ Leaving home overnight without informing the Veterans Treatment Court (VTC) coordinator
- ☐ Failure to report new arrests and/or citations
- ☐ Conviction on a new charge
- ☐ Curfew violation
- ☐ Not returning the VTC coordinator or a VTC team member's phone messages
- ☐ Not reporting schedule changes
- ☐ Not immediately reporting address or phone number changes
- ☐ Uncooperative behavior with VTC or substance use disorder treatment staff
- ☐ Failure to attend or verify attendance at support group meetings
- ☐ Failure to be available for random home visits
- ☐ Failure to comply with the judge's weekly requirements

Consequences:

The VTC program will attempt to use consequences aimed at stabilizing your harmful relationship with drugs, alcohol, or non-compliance with VTC expectations.

Missed and positive UAs will be handled in the same manner (missed will be counted as positive UAs): both will result in a reset of sobriety days within the affected phase for example: if there is a missed or positive UA, a negative UA will be needed and the sobriety date for the phase will be changed to the date of the first negative UA, resulting in a longer length of time within that phase.

Multiple minor violations will result in increasingly stronger consequences and will be based on and tailored to the individual participant's needs.

Examples include:

- ☐ Warnings (verbal and/or written)
- ☐ Writing assignments
- ☐ No credit for the week
- ☐ Bench warrant
- ☐ Held in phase until completion of requirements
- ☐ A stricter curfew
- ☐ Fine or fee imposed
- ☐ Payment for cost of test
- ☐ Increased number of drug tests, office appointments, and/or court review hearings
- ☐ Restart a phase
- ☐ Immediate incarceration (jail)
- ☐ Community service work
- ☐ Electronic alcohol monitoring, at the offender's expense
- ☐ Termination from VTC

Screening for Prohibited Substances

Screening is a major component of the Veterans Treatment Court (VTC) program to determine the 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 as a positive screen.

Prohibited Substances

The list below provides examples of substances and medications that are prohibited in the VTC program **unless prescribed** by a physician and approved by the 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 before purchasing or ingesting anything.

Any "designer drugs" that can be purchased legally or illegally are strictly prohibited. Any "smoking mixtures" (other than products specifically designated to contain only tobacco- for Adults only) are strictly prohibited. Any 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, Adipose, 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, Krolephrin, Maxiflu, Robitussin, Sinarest, Sudafed, Tavist Allergy, Tylenol Cold or Allergy; <i>There are non-pseudoephedrine "D" versions available in almost all of these</i>)
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. <i>There are non-dextromethorphan "DM" versions available for almost all of these.</i>
Hallucinogens	Dimethyltryptamine (DMT), Ecstasy, Ketamine, LSD, Mushrooms, PCP, Tryptamine, Xylazine
Miscellaneous Substances	Appetite Suppressants -most are prohibited, Caffeine Pills, Meperidine (Demerol), Inhalants, Kratom, Propoxyphene (Darvocet, Darvon), Steroids, Soma, All Synthetic Substances, Xyrem, (GHB) This list includes anything labeled "Not for Human Consumption" , Poppy Seeds
Opiate	Codeine (Cough meds, Tylenol 3), Heroin, Hydrocodone (Lortab, Lorcet, Norco, Vicodin, Vicoprofen), Hydromorphone (Dilaudid), Morphine, Fentanyl(Actiq, Duragesic), Nitazenes
Oxycodone	Oxycodone (OxyContin, Percodan, Percocet, Roxicet, Roxicodone)
THC	Marijuana and all products containing THC.
CBD	Cannabidiol and derivatives

Program Evaluation

During the VTC 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 of the United States Code 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.

Travel Outside of the Jurisdiction

As a general expectation, travel outside of the jurisdiction during participation in the VTC is not encouraged. Staying consistent in treatment, including attendance at all group and individual counseling sessions, is imperative to success.

In general, travel that will interfere with treatment and/or mandatory substance abuse testing for drugs and alcohol will not be allowed. However, the court recognizes that there are special events that arise in which travel may be authorized. All travel outside of the jurisdiction **MUST** be authorized by the court **AND** probation.

This form must be completed and submitted to your Veterans Treatment Court coordinator seven days before traveling within the state and two weeks before traveling out of state

FORMS

Veterans Treatment Court Recovery/Well-Being Plan Worksheets

I WILL TAKE CARE OF MYSELF BY: *Think of basic self-care practices. Eating right, exercising, sleeping, and preventing mood swings.*

- a) My plans for taking care of my physical and mental health to help support my recovery are:
- b) My plans for meeting any ongoing legal issues are:
- c) My various plans to handle stressful situations and know what to do if a relapse does occur are:
- d) Other –

MY SUPPORT NETWORK CONSISTS OF: *Surround yourself with positive people and experiences.*

- a) People in my life that support me and my recovery are:
- b) My plans for social involvement and growth during my recovery are:
- c) My plans for family involvement and support for my recovery are:
- d) My plans for attending and being involved in a recovery support group are:
- e) Other-

I WILL WORK ON BUILDING MY SOCIAL NETWORK BY:

- a) My plans for enhancing my spiritual well-being during my recovery are:
- f) My plans for employment, vocational or educational needs are:
- c) Other –

I WILL DEVELOP NEW ACTIVITIES AND INTEREST: *Find new hobbies, volunteer activities, or work that gives you a sense of meaning and purpose.*

- a) My plans for being active in any recreation/leisure activities are:
- b) My plans for employment, vocational or educational needs are:
- c) Other –

I WILL CONTINUE MY TREATMENT BY: *Participating in a community support group like Alcoholics Anonymous or Narcotics Anonymous, getting and maintaining contact with a sponsor, or being involved in therapy or an outpatient treatment program.*

- a) My plans for attending and being involved in a recovery support group are (please tell us about your home group and any supplemental groups you attend):
- b) The following are things that I have recognized as relapse triggers. (A trigger is anything that causes the craving for the drug or alcohol. These usually have some connection to past usages, such as a drinking buddy.)
- c) The ways that I have identified to cope with cravings/triggers are:
- d) Other –

I WILL DEAL WITH STRESS IN A HEALTHY WAY: *Think of healthier ways to keep your stress level in check, including exercising, meditating, using sensory strategies to relax, practicing simple breathing exercises, and challenging self-defeating thoughts.*

- a) My various plans to handle stressful situations and know what to do if a relapse does occur are:

Application for Phase 2

You MUST meet the following criteria to Phase Up *(place an "X" if the task is completed):*

Name: _____ **Date Turned in:** _____

(Coordinator's initials____, **date**____; **all journal/assignments received** _____)

☐ You have been in Phase 1 for a minimum of **14** days. Date contracted into the Veterans Treatment Court: _____

☐ You have a minimum of **14** consecutive days of sobriety. Sobriety date: _____

☐ You are engaged in treatment and attending regularly?

Counselor or Case Manager verification signature:

☐ Are you in compliance with supervision?

Probation or Parole Case Manager verification signature:

☐ Are you engaged with VJO and your mentor (if one is assigned)?

VJO and Mentor verification signatures:

☐ Identify 3 of your biggest struggles in Phase 1:

○ _____

○ _____

○ _____

☐ Identify 3 personal goals you would like to accomplish in the next phase:

○ _____

○ _____

○ _____

Client Signature _____ Date _____

APPROVAL DATE: _____

Application for Phase 3

You MUST meet the following criteria to Phase Up *(place an "X" if the task is completed):*

Name: _____ Date Turned in: _____

(Coordinator's Initials____, date____; all journal/assignments received____)

☐ You have been in Phase 2 for a minimum of **30** days. Date entered Phase 2:

☐ You have a minimum of **30** consecutive days of sobriety. Sobriety date: _____

☐ You are engaged in treatment and attending regularly?

Counselor or Case Manager verification signature:

☐ Are you in compliance with supervision?

Probation or Parole Case Manager verification signature:

☐ Are you engaged with VJO and your mentor (if one is assigned)?

VJO and Mentor verification signatures:

☐ Identify 3 of your biggest struggles in Phase 2:

○ _____

○ _____

○ _____

☐ Identify 3 personal goals you would like to accomplish in the next phase:

○ _____

○ _____

○ _____

Client Signature _____ Date _____

APPROVAL DATE: _____

Application for Phase 4

MUST meet the following criteria to Phase Up (*place an "X" if the task is completed*):

Name: _____ Date Turned in: _____
(Coordinator's initials ____, date: _____; all journal/assignments received _____)

☐ You have been in Phase 3 for a minimum of **45** days. Date entered Phase 3:

☐ You have a minimum of **45** consecutive days of sobriety. Sobriety date: _____

☐ You are engaged in treatment and attending regularly?

Counselor or Case Manager verification signature:

☐ Are you in compliance with supervision?

Probation or Parole Case Manager verification signature:

☐ Are you engaged with VJO and your mentor?

VJO and Mentor verification signatures:

☐ Engaged in recovery support groups? Group name:

☐ Engaged in pro-social activities? What:

☐ Identify 3 of your biggest struggles in Phase 3:

○ _____

○ _____

○ _____

☐ Identify 3 personal goals you would like to accomplish in the next phase:

○ _____

○ _____

○ _____

Client Signature _____ Date _____

APPROVAL DATE: _____

Application for Phase 5

You MUST meet the following criteria to Phase Up (place an "X" if the task is completed):

Name: _____ Date Turned In _____

(Coordinator's initials ____, date: ____; all journal/assignments received ____)

☐ In Phase 4 for a minimum of **90** days. Date entered Phase 4: _____

☐ Have a minimum of **60** consecutive days of sobriety. Sobriety Date: _____

☐ You are engaged in treatment and attending regularly?

Counselor or Case Manager verification signature:

☐ Have you started the criminal thinking worksheets and discussed them with your case manager or counselor?

Counselor or Case Manager verification signature:

☐ Are you in compliance with supervision?

Probation or Parole Case Manager verification signature:

☐ Are you engaged with VJO and your mentor (if one is assigned)?

VJO and Mentor verification signatures:

☐ Engaged in recovery support groups? Group name: _____

☐ Engaged in pro-social activities? What: _____

☐ Employed or going to school? Where: _____

☐ Identify 3 of your biggest struggles in Phase 4:

○ _____

○ _____

○ _____

☐ Identify 3 personal goals you would like to accomplish before completion:

○ _____

○ _____

○ _____

Client Signature _____ Date _____

APPROVAL DATE: _____

Application for Commencement

You MUST meet the following criteria to Phase Up (place an "X" if the task is completed):

Name: _____ Date Turned In _____

Current Address: _____

Phone: _____ Email: _____

(Coordinator's initials ____, date ____; all journal/assignments received __)

Approval date: _____

- ☐ In Phase 5 for a minimum of **90** days and at least **12** months in the VTC program. Date entered phase 5: _____
- ☐ Have a minimum of **90** consecutive days of sobriety. Sobriety date: _____
- ☐ You are engaged in treatment and attending regularly? **Counselor or Case Manager verification signature:** _____
- ☐ Completed the criminal thinking errors worksheets and have discussed them with your counselor or case manager: **Counselor or Case Manager verification signature:** _____
- ☐ Are you in compliance with supervision? **Probation or Parole Case Manager verification signature:** _____
- ☐ Are you engaged with VJO and your mentor (if one is assigned)? **VJO and Mentor verification signatures:** _____
- ☐ Engaged in recovery support groups? Group name: _____
- ☐ Engaged in pro-social activities? What: _____
- ☐ Employed or going to school? Where: _____
- ☐ Presented continuing care plan to treatment court team?
- ☐ Identify 3 coping responses if triggered:
 - _____
 - _____
 - _____
- ☐ Identify 3 community resources you can reach out to if need additional support:
 - _____
 - _____
 - _____

Client Signature _____ Date _____



Urge Log Worksheet



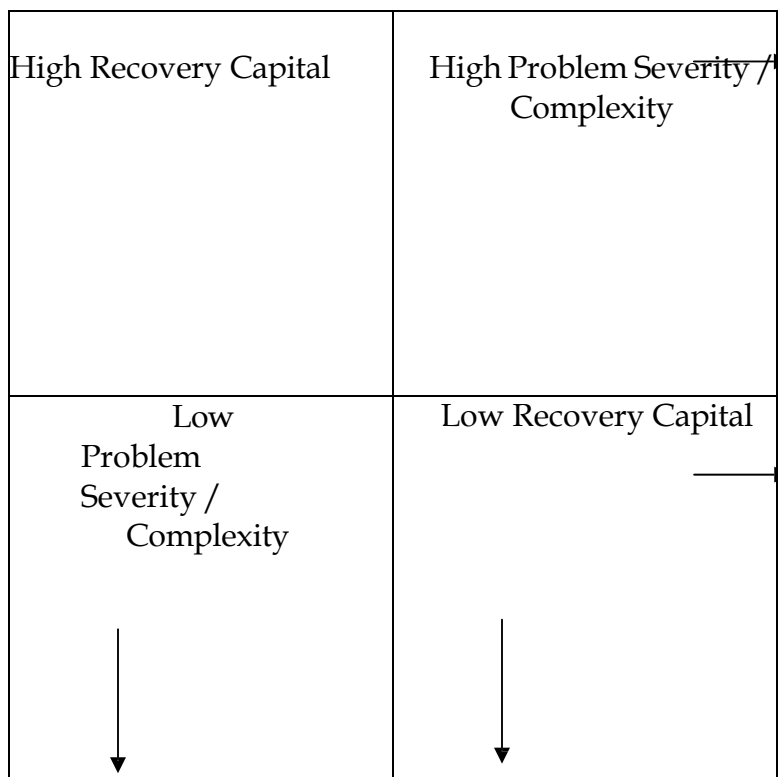
SMART Recovery®

Life beyond addiction

Date	Time	Rate 1-10	Length of urge	What triggered my urge?	Where/who was I with?	How I coped and my feelings about coping	Alternative activities, substitute behaviors

Recovery Capital Scale and Plan

Robert Granfield and William Cloud introduced and elaborated on the concept of “recovery capital” in a series of articles and a 1999 book, *Coming Clean: Overcoming Addiction without Treatment*. They define recovery capital as the volume of internal and external assets that can be brought to bear to initiate and sustain recovery from alcohol and other drug problems. Recovery capital, or recovery capacity, differs from individual to individual and differs within the same individual at multiple points in time. Recovery capital also interacts with problem severity to shape the intensity and duration of supports needed to achieve recovery. This interaction dictates the intensity or level of care one needs in terms of professional treatment and the intensity and duration of post-treatment recovery support services. The figure below indicates how these combinations of problem severity and recovery capital could differ.



Clients with high problem severity but very high recovery capital may require few resources to initiate and sustain recovery than an individual with moderate problem severity but very low recovery capital. Where the former may respond very well to outpatient counseling, linkage to recovery mutual aid groups and a moderate level of ongoing supervision, the latter may require a higher intensity of treatment, greater enmeshment in a culture of recovery (e.g., placement in a recovery home, greater intensity of mutual aid involvement, involvement in recovery-based social activities), and a more rigorous level of ongoing monitoring and supervision.

Traditional addiction assessment instruments do a reasonably good job of evaluating problem severity and some of the newer instruments improve the assessment of problem complexity (e.g., co-occurring medical/psychiatric problems), but few instruments measure recovery capital. The scale on the following page is intended as a self-assessment instrument to help a client measure his or her degree of recovery capital. The scale can be completed and discussed in an interview format, or it can be completed by the client and then discussed with the professional helper.

References

Cloud, W. (1987). From down under: A qualitative study on heroin addiction recovery.

Ann Arbor, MI: Dissertation Abstracts.

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Cloud, W. & Granfield, R. (2001). Natural recovery from substance dependency: Lessons for treatment providers. *Journal of Social Work Practice in the Addictions*, 1(1), 83-104.

Granfield, R. & Cloud, W. (1996). The elephant that no one sees: Natural recovery among middle-class addicts. *Journal of Drug Issues*, 26(1), 45-61.

Granfield, R. & Cloud, W. (1999). *Coming Clean: Overcoming Addiction Without Treatment*. New York: New York University Press.

Recovery Capital Scale

Place a number by each statement that best summarizes your situation.

- 5. Strongly Agree
- 4. Agree
- 3. Sometimes
- 2. Disagree
- 1. Strongly Disagree

- ___ 1. I have the financial resources to provide for myself and my family.
- ___ 2. I have personal transportation or access to public transportation.
- ___ 3. I live in a home and neighborhood that is safe and secure.
- ___ 4. I live in an environment free from alcohol and other drugs.
- ___ 5. I have an intimate partner supportive of my recovery process.
- ___ 6. I have family members who are supportive of my recovery process.
- ___ 7. I have friends who are supportive of my recovery process.
- ___ 8. I have people close to me (intimate partner, family members, or friends) who are also in recovery.
- ___ 9. I have a stable job that I enjoy and that provides for my basic necessities.
- ___ 10. I have an education or work environment that is conducive to my long- term recovery.
- ___ 11. I continue to participate in a continuing care program of an addiction treatment program, (e.g., groups, alumni association meetings, etc.)
- ___ 12. I have a professional assistance program that is monitoring and supporting my recovery process.
- ___ 13. I have a primary care physician who attends to my health problems.
- ___ 14. I am now in reasonably good health.
- ___ 15. I have an active plan to manage any lingering or potential health problems.
- ___ 16. I am on prescribed medication that minimizes my cravings for alcohol and other drugs.
- ___ 17. I have insurance that will allow me to receive help for major health problems.
- ___ 18. I have access to regular, nutritious meals.
- ___ 19. I have clothes that are comfortable, clean and conducive to my recovery activities.
- ___ 20. I have access to recovery support groups in my local community.
- ___ 21. I have established close affiliation with a local recovery support group.
- ___ 22. I have a sponsor (or equivalent) who serves as a special mentor related to my recovery.

- ☐ 23. I have access to Online recovery support groups.
- ☐ 24. I have completed or am complying with all legal requirements related to my past.
- ☐ 25. There are other people who rely on me to support their own recoveries.
- ☐ 26. My immediate physical environment contains literature, tokens, posters or other symbols of my commitment to recovery.
- ☐ 27. I have recovery rituals that are now part of my daily life.
- ☐ 28. I had a profound experience that marked the beginning or deepening of my commitment to recovery.
- ☐ 29. I now have goals and great hopes for my future.
- ☐ 30. I have problem solving skills and resources that I lacked during my years of active addiction.
- ☐ 31. I feel like I have meaningful, positive participation in my family and community.
- ☐ 32. Today I have a clear sense of who I am.
- ☐ 33. I know that my life has a purpose.
- ☐ 34. Service to others is now an important part of my life.
- ☐ 35. My personal values and sense of right and wrong have become clearer and stronger in recent years.

Possible Score:

175 My Score:

Item numbers on which I scored the lowest (1s & 2s):

Item numbers on which I scored the highest (4s & 5s)

Item numbers on which I scored mid-range (3s)

Recovery Capital Plan

After completing and reviewing the Recovery Capital Scale, complete the following.

In the next year, I will increase my recovery capital by doing the following:

Goal # 1: _____

Goal # 2: _____

Goal # 3: _____

Goal # 4: _____

My Recovery Capital “To Do” List

In the next week, I will do the following activities to move closer to achieving the above goals:

TD 1.

TD 2.

TD 3.

TD 4.

TD 5.

Incentive Worksheet

Name: _____

Date: _____

1. Please list three of your favorite snacks:

a. _____

b. _____

c. _____

2. Please list three of your favorite sober things to do at home and/or with friends:

a. _____

b. _____

c. _____

3. Please list three of your favorite recreation/leisure activities:

a. _____

b. _____

c. _____

4. Please list three of the places, or outings, that you like to do:

a. _____

b. _____

c. _____

5. Please list three social activities you like to participate in:

a. _____

b. _____

c. _____

6. Please list three things you'd like to try:

d. _____

e. _____

f. _____

7. During your free time, what are three things you enjoy doing?

a. _____

b. _____

c. _____

8. Who are the four people that support your recovery?

a. _____

b. _____

c. _____

d. _____

9. What sort of things would you like to see as a court incentive?

a. _____

b. _____

c. _____

10. What are three things you would buy if you had \$20?

a. _____

b. _____

c. _____

Criminal Thinking Errors Worksheet

1. What are some of the thinking errors that prevent you from taking personal responsibility?

2. How do you express your anger?

3. How do you prepare yourself for disappointments in life?

4. What steps do you take to avoid conflict in your daily life?

Criminal Thinking Errors Worksheet (Continued)

5. How do you express yourself emotionally?

6. What are some of the lack of responsibility actions you engage in?

7. What are some of the lack of responsibility behaviors you engage in?

8. What are some of the self-destructive thoughts you engage in?

Criminal Thinking Errors Worksheet (Continued)

9. How have the people around you been affected by your distorted thoughts and behaviors?

10. What activities are of interest to you?

11. Identify ways your distorted thoughts can be changed to positive thoughts.

Distorted Thoughts	Positive Thoughts

12. How can you develop a sustaining moral conscience in your life?

Participant's Signature and date: _____

Counselor or Case Manager's Signature and date: _____

Criminal Thinking Errors Worksheet (Continued)

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The Criminal Thinking Therapy Resource Site. (© 2022). Thinking Errors. Available at: <https://www.criminalthinking.net/tag/thinking-errors-2/>. [Accessed November 29, 2022]

URL accessed 12/22/2023.

Veterans Treatment Court Travel/Event Request Form

This form must be completed and submitted to your Veterans Treatment Court coordinator seven days before traveling within the state and fourteen days before traveling out of state. Your request will then be forwarded to the judge for approval. **NOTE:** You are required to submit travel urinalysis before departure and when you arrive back in Grand Forks/Nelson County. If you are approved for travel and you do not go, you still have to take travel urinalysis. You may be required to pay for travel urinalysis if requested by the court.

Client Name: _____ Date of Request _____

Client Phone: _____ Probation Officer: _____

Dates of Travel and/or Event: Leaving date/time: _____ Returning date/Time: _____

Travel/Event Location: _____

Purpose of Travel/Event Attending: _____

Contact Information at destination: Name: _____ ; _____

Phone: _____ Alt Phone: _____

Address: _____

Method of Travel: _____

If Driving: Make: _____ Model: _____ License Plate #: _____

If you do not have a valid driver's license, who will be driving: _____

Client Signature: _____

Probation Officer's Signature: _____

Approved _____ Denied: _____ Conditions _____

Veterans Treatment Court Coordinator Signature: _____

Approved _____ Denied _____ Conditions: _____ Attend Meetings: _____

Documentation Required: _____

Signature of Approving Judge: _____ Date: _____

Request Determination: Approved: _____ Denied: _____

Exit Interview

Please place an "X" in the appropriate box of why you are leaving the program

Graduating the Program: ☐

Terminated: ☐

Opting Out: ☐

Entry Process

1. How did you first learn that this program was an option for you?

☐ Attorney

☐ In custody

☐ Probation Officer

☐ Court

☐ Other: _____

2. Did you start this program in custody or were you out of custody and had pending your charges?

☐ In Detention/Jail when I entered

☐ Out of custody (Detention/Jail) when I entered

☐ In residential treatment

3. Why did you originally choose to come into this program?

☐ To get out of jail

☐ Treatment available

☐ Less incarceration time

☐ Support/structure

☐ Financial benefit

☐ Keep license

☐ Resources available

☐ No conviction

☐ Other _____

Court Aspect of This Program

4. How well was all the necessary information about program expectations, regulations, and expectations explained to you?

Not at all Fair Average/Decent Good Explained well

☐ ☐ ☐ ☐ ☐

5. What aspects of the court supervision do you feel were helpful to you (Please check ALL that you feel motivates you)?

- | | |
|--|--|
| <input type="checkbox"/> Positive interaction with the Judge | <input type="checkbox"/> Mentor |
| <input type="checkbox"/> Phasing up ceremonies | <input type="checkbox"/> Home visits |
| <input type="checkbox"/> Rewards/Incentives for reaching goals, and doing well | <input type="checkbox"/> Writing assignments/Journal |
| <input type="checkbox"/> Community Service/Work Crew | <input type="checkbox"/> Increasing court reporting |
| <input type="checkbox"/> Extra recovery support groups | <input type="checkbox"/> Threat of Detention/Jail |

Any additional comments on how or why something helped you?

6. What aspects of the court supervision do you feel were LESS helpful to you in motivating you (Please check ALL that apply)?

- | | |
|---|--|
| <input type="checkbox"/> Positive interaction with the Judge | <input type="checkbox"/> Mentor |
| <input type="checkbox"/> Phasing up ceremonies | <input type="checkbox"/> Home visits |
| <input type="checkbox"/> Rewards/Incentives for reaching goals and doing well | <input type="checkbox"/> Writing assignments/Journal |
| <input type="checkbox"/> Community Service/Work Crew | <input type="checkbox"/> Increasing court reporting |
| <input type="checkbox"/> Extra recovery support groups | <input type="checkbox"/> Threat of Detention/Jail |

Any additional comments on how or why something helped you?

Treatment Aspect of This Program

If in treatment during Veterans Treatment Court, please complete this area. If not, jump to the Personal Experience in This Program Section.

7. If participating in treatment, what aspect of treatment do you feel *HELPED* you? Please list/explain your answer below.

8. If participating in treatment, what aspect of treatment do you feel was *LEAST* helpful to you? Please list/explain your answer below.

9. Which of the following made it hard to be open and honest in treatment?

- ☐ Fear of stigma/peers judging me
- ☐ Trust in sharing sensitive information with providers
- ☐ Providers do not recognize the daily struggles of my life
- ☐ Providers do not understand my culture

10. While you have been in this program, have you been referred to Inpatient treatment?

- | | |
|--|--|
| <input type="checkbox"/> No | <input type="checkbox"/> Yes, but never went to inpatient |
| <input type="checkbox"/> I wasn't referred but I went to inpatient on my own | <input type="checkbox"/> Yes, and went to inpatient but did not complete |
| <input type="checkbox"/> Yes, and completed inpatient | <input type="checkbox"/> Yes, and went to inpatient twice |

List Inpatient Treatment Center Name and length of stay (# of months): _____

11. Before this program, have you been under the supervision of any of the following?

☐ Probation/Parole

☐ Out-patient treatment

☐ Inpatient treatment

☐ other treatment court program

☐ Social Services/CPS

Personal Experience in This Program

12. Did you feel comfortable enough to be able to talk to at least one person on the treatment court team? Please select each member on the team that you feel comfortable sharing information with.

☐ Treatment Counselor/Case Manager

☐ Child Worker / CASA

☐ Treatment Court Coordinator

☐ Defense Attorney

☐ Law Enforcement

☐ Prosecuting Attorney

☐ Probation Officer

☐ Other Counselor (MH, DV, etc.)

☐ Judge

☐ Educator

☐ I don't feel comfortable sharing with anyone at this time

☐ Other (please specify) _____

13. Please tell us about a time when you or someone else was not respected in this program.

14. Did you receive sanction(s) while in this program?

Please check ALL that apply to you.

	Community Service Work Crew	Extra meetings	Jail Detention	Written assignment	Curfew EHM
YES	<input type="checkbox"/> # Of hrs. _____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
NO	<input type="checkbox"/>				
Other (please specify) _____					

15. Did you generally understand why people received sanctions in this program?

Skip this question if #14 was NO.

☐ Yes ☐ No

16. Did you receive rewards while in this program?

☐ YES ☐ NO

Please share your ideas for rewards that would be helpful.

17. Was there ever a time you were not treated fairly in this program? Please explain your answer.

18. What difficulties/barriers have you experienced while in this program?

<input type="checkbox"/> Transportation	<input type="checkbox"/> Childcare
<input type="checkbox"/> Obtaining driver's license	<input type="checkbox"/> Finances
<input type="checkbox"/> Education	<input type="checkbox"/> Employment
<input type="checkbox"/> Mental Health Counseling	<input type="checkbox"/> Lack of family/peer support
<input type="checkbox"/> Making appointments	<input type="checkbox"/> Obtaining State ID

18 (Continued). What difficulties/barriers have you experienced while in this program?

- | | |
|--|--|
| <input type="checkbox"/> Medications | <input type="checkbox"/> Sober housing |
| <input type="checkbox"/> Relating to/trust of VTC team members | <input type="checkbox"/> Medical/Dental issues |
| <input type="checkbox"/> Other counseling/classes | <input type="checkbox"/> Changing attitude/beliefs |
| <input type="checkbox"/> Recovery environment | <input type="checkbox"/> Neighborhood conditions |
| <input type="checkbox"/> Other (please specify) _____ | |

Did any of these difficulties make it hard to stay in this program?

19. Did you receive any extra services or help to overcome some of these barriers while in this program?

- ☐ YES ☐ NO

If YES, what did you receive? _____

20. Which community support groups do you attend?

- | | |
|--|--|
| <input type="checkbox"/> Alcoholics Anonymous | <input type="checkbox"/> SMART Recovery |
| <input type="checkbox"/> Narcotics Anonymous | <input type="checkbox"/> Domestic Violence support |
| <input type="checkbox"/> Church / Youth Group | <input type="checkbox"/> Mindfulness Group |
| <input type="checkbox"/> Bible Study | |
| <input type="checkbox"/> Organized sober/recovery activities (bowling, softball, retreats, campouts, etc.) | |
| <input type="checkbox"/> Other (please specify) _____ | |

21. If used, how did community support help you in this program?

22. In your opinion, what are YOU most proud of in your life today?

23. What comments and/or changes would you like us to know about or think about for the program?

24. If you are opting out, why are you leaving the program?

Thank you!

Community and Support Resources

Grand Forks Workforce Center

1501 28th Avenue South
Grand Forks, ND 58201

Phone: 701-795-3700

Sunday: Closed
Monday: 8:00 AM - 5:00 PM CST
Tuesday: 8:00 AM - 5:00 PM CST
Wednesday: 8:00 AM - 5:00 PM CST
Thursday: 8:00 AM - 5:00 PM CST
Friday: 8:00 AM - 5:00 PM CST
Saturday: Closed

Fargo Workforce Center

1350 32nd Street South
Fargo, ND 58103

Phone: 701-239-7300

Sunday: Closed
Monday: 8:00 AM - 5:00 PM CST
Tuesday: 8:00 AM - 5:00 PM CST
Wednesday: 8:00 AM - 5:00 PM CST
Thursday: 8:00 AM - 5:00 PM CST
Friday: 8:00 AM - 5:00 PM CST
Saturday: Closed

Devils Lake Workforce Center

301 College Drive South
Devils Lake, ND 58301

Phone: 701-662-9300

Sunday: Closed
Monday: 8:00 AM - 5:00 PM CST
Tuesday: 8:00 AM - 5:00 PM CST
Wednesday: 8:00 AM - 5:00 PM CST
Thursday: 8:00 AM - 5:00 PM CST
Friday: 8:00 AM - 5:00 PM CST
Saturday: Closed

Veteran's Employment Team Program:

Grand Forks Workforce Center

1501 28th Avenue South
Grand Forks, ND 58201

Phone: 701-795-3700

Sunday: Closed
Monday: 8:00 AM - 5:00 PM CST
Tuesday: 8:00 AM - 5:00 PM CST
Wednesday: 8:00 AM - 5:00 PM CST
Thursday: 8:00 AM - 5:00 PM CST
Friday: 8:00 AM - 5:00 PM CST
Saturday: Closed

Wounded Warriors:

Warriors to Work

<https://www.woundedwarriorproject.org/programs/warriors-to-work>

Nearest location: Chicago

Phone: 630-522-4774

Fax: 630-368-0648

Sunday: Closed
Monday: 8:00 AM - 5:00 PM CST
Tuesday: 8:00 AM - 5:00 PM CST
Wednesday: 8:00 AM - 5:00 PM CST
Thursday: 8:00 AM - 5:00 PM CST
Friday: 8:00 AM - 5:00 PM CST
Saturday: Closed

Social Security Administration

402 Demers Ave
Suite 300
Grand Forks, ND 58201
888-617-0456

Tuesday 10 AM–4 PM
Wednesday 10 AM–4 PM
Thursday 10 AM–4 PM
Friday 10 AM–4 PM
Saturday 10 AM–7 PM
Sunday Closed
Monday 10 AM–4 PM

Medicaid (Must apply):

Grand Forks County Office Admin-Only Location

Phone: 701-787-8535
Website: <http://www.nd.gov/dhs/locations/countysocialserv/18.html>
Sunday: Closed
Monday: 8:00 AM - 5:00 PM CST
Tuesday: 8:00 AM - 5:00 PM CST
Wednesday: 8:00 AM - 5:00 PM CST
Thursday: 8:00 AM - 5:00 PM CST
Friday: 8:00 AM - 5:00 PM CST
Saturday: Closed

Adult Education:

Grand Forks Adult Learning Center

500 Stanford Road
Grand Forks, ND 58203

Phone: 701-795-2777

Sunday: Closed
Monday: 8:00 AM - 5:00 PM CST
Tuesday: 8:00 AM - 5:00 PM CST
Wednesday: 8:00 AM - 5:00 PM CST
Thursday: 8:00 AM - 5:00 PM CST
Friday: 8:00 AM - 5:00 PM CST
Saturday: Closed

Food Shelf:

Grand Forks Salvation Army

1600 University Avenue
Grand Forks, ND 58203

Phone: 701-775-2597

Notes: Office closed from 11:30 to 1.

Saturday/Sunday: Closed
Monday: 9:00 AM - 2:30 PM CST
Tuesday: 9:00 AM - 2:30 PM CST
Wednesday: 9:00 AM - 2:30 PM CST
Thursday: 9:00 AM - 2:30 PM CST
Friday: 9:00 AM - 2:30 PM CST

Food Pantries:

St Joseph's Social Care and Thrift Store

620 8th Avenue South
Grand Forks, ND 58201

Phone: 701-795-8614

Friday/Saturday/Sunday: Closed
Monday: Closed
Tuesday: 2:00 PM - 4:00 PM CST
Wednesday: 2:00 PM - 4:00 PM CST
Thursday: 2:00 PM - 4:00 PM CST

Hope Church Community Care Center & Food Pantry

1726 South Washington Street
Suite S11
Grand Forks, ND 58201

Phone: 701-757-3480

Call to schedule an appointment Monday or Tuesday

Friday/Saturday/Sunday: Closed
Monday: 9:00 AM - 4:00 PM CST
Tuesday: 9:00 AM - 4:00 PM CST
Wednesday: 10:00 AM - 5:00 PM CST
Thursday: 5:00 PM - 7:00 PM CST

Great Plains Food Bank

1720 3rd Ave N
Fargo, ND 58102
701-232-6219
info@greatplainsfoodbank.org

Red River Valley Community Action

Tuesday's by appointment (Clients must call by
Monday, 4 pm)
1013 N 5th St (Enter through the alley)
701-746-5431
Grand Forks ND 5820

Northlands Rescue Mission

420 Division Avenue
Grand Forks, ND 58201

Phone: [701-772-6600](tel:701-772-6600) ext.206
Notes: Door 2

Sunday: Closed
Monday: 10:00 AM - 4:00 PM CST
Tuesday: 10:00 AM - 4:00 PM CST
Wednesday: 10:00 AM - 7:00 PM CST
Thursday: 10:00 AM - 4:00 PM CST
Friday: 10:00 AM - 4:00 PM CST
Saturday: Closed

Full Cart – Feeding Children

Admin Location only – must call or email

Phone: [888-891-6447](tel:888-891-6447)
Email: support@fullcart.org
Website: <https://www.fullcart.org>

Sunday: Closed
Monday: 7:00 AM - 4:00 PM CST
Tuesday: 7:00 AM - 4:00 PM CST
Wednesday: 7:00 AM - 4:00 PM CST
Thursday: 7:00 AM - 4:00 PM CST
Friday: 7:00 AM - 4:00 PM CST
Saturday: Closed

Emergency food:

American Red Cross Hero Care & Emergency Communications Center

Phone: [877-272-7337](tel:877-272-7337)

Sunday: Open 24 Hours
Monday: Open 24 Hours
Tuesday: Open 24 Hours
Wednesday: Open 24 Hours
Thursday: Open 24 Hours
Friday: Open 24 Hours
Saturday: Open 24 Hours

Silent Warrior Foundation (For Veterans)

Administration Location only:

Must Email –
silentwarriorfoundation@gmail.com

Sunday: Closed
Monday: 7:00 AM - 4:00 PM CST
Tuesday: 7:00 AM - 4:00 PM CST
Wednesday: 7:00 AM - 4:00 PM CST
Thursday: 7:00 AM - 4:00 PM CST
Friday: 7:00 AM - 4:00 PM CST
Saturday: Closed

Housing:

Housing vouchers (must apply):

Grand Forks Housing Authority

1405 1st Avenue North
Grand Forks, ND 58203

Phone: 701-746-2545

Sunday: Closed

Monday: 8:00 AM - 5:00 PM CST

Tuesday: 8:00 AM - 5:00 PM CST

Wednesday: 8:00 AM - 5:00 PM CST

Thursday: 8:00 AM - 5:00 PM CST

Friday: 8:00 AM - 5:00 PM CST

Saturday: Closed

United Way of Grand Forks, East Grand Forks & Area

1407 24th Avenue South
Suite 400
Grand Forks, ND 58201

Phone: 701-775-8661

Sunday: Closed

Monday: 8:00 AM - 5:00 PM CST

Tuesday: 8:00 AM - 5:00 PM CST

Wednesday: 8:00 AM - 5:00 PM CST

Thursday: 8:00 AM - 5:00 PM CST

Friday: 8:00 AM - 5:00 PM CST

Saturday: Closed

Red River Community Action

Homeless Veterans (Need to complete referral form)

4212 Gateway Drive
Grand Forks ND 58203

Phone: 701-746-5431

Community Action Partnership

Supportive Services for Veteran Families

1013 N 5th St
Grand Forks ND 58203
701.746.5431

Social Work Services – for Housing along with Stand Downs-Homeless Veterans and VA Supportive Housing

Veterans Health Administration (VHA) - Fargo VA Health Care System

2101 Elm Street North
Fargo, ND 58102

Phone: 800-410-9723

Sunday: Open 24 Hours

Monday: Open 24 Hours

Tuesday: Open 24 Hours

Wednesday: Open 24 Hours

Thursday: Open 24 Hours

Friday: Open 24 Hours

Saturday: Open 24 Hours

Veterans Health Administration (VHA) - St. Cloud VA Medical Center

4801 Veterans Drive
St. Cloud, MN 56303

Phone: 320-252-1670

Sunday: Closed

Monday: 8:00 AM - 4:30 PM CST

Tuesday: 8:00 AM - 4:30 PM CST

Wednesday: 8:00 AM - 4:30 PM CST

Thursday: 8:00 AM - 4:30 PM CST

Friday: 8:00 AM - 4:30 PM CST

Saturday: Closed

Veterans Health Administration (VHA) - Minneapolis VA Health Care System

1 Veterans Drive
Minneapolis, MN 55417

Phone: 612-725-2000

Open 24 hours Monday - Sunday

Transportation:

St Joseph's Social Care

620 8th Avenue South
Grand Forks, ND 58201

Phone: 701-795-8614

Sunday: Closed

Monday: 8:00 AM - 5:00 PM CST

Tuesday: 8:00 AM - 5:00 PM CST

Wednesday: 8:00 AM - 5:00 PM CST

Thursday: 8:00 AM - 5:00 PM CST

Friday: 8:00 AM - 5:00 PM CST

Saturday: Closed

Veterans Health Administration (VHA) - Fargo VA Health Care System

2101 Elm Street North
Fargo, ND 58102

Phone: 800-410-9723

Sunday: Open 24 Hours

Monday: Open 24 Hours

Tuesday: Open 24 Hours

Wednesday: Open 24 Hours

Thursday: Open 24 Hours

Friday: Open 24 Hours

Saturday: Open 24 Hours

Veterans Health Administration (VHA) - St. Cloud VA Medical Center

4801 Veterans Drive
St. Cloud, MN 56303

Phone: 320-252-1670

Sunday: Closed

Monday: 8:00 AM - 4:30 PM CST

Tuesday: 8:00 AM - 4:30 PM CST

Wednesday: 8:00 AM - 4:30 PM CST

Thursday: 8:00 AM - 4:30 PM CST

Friday: 8:00 AM - 4:30 PM CST

Saturday: Closed

Veterans Health Administration (VHA) - Minneapolis VA Health Care System

1 Veterans Drive
Minneapolis, MN 55417

Phone: 612-725-2000

Sunday: Open 24 Hours

Monday: Open 24 Hours

Tuesday: Open 24 Hours

Wednesday: Open 24 Hours

Thursday: Open 24 Hours

Friday: Open 24 Hours

Saturday: Open 24 Hours

Health Care: Addiction treatment:

Ideal Option - Grand Forks

3301 30th Avenue South
Ste. #102
Grand Forks, ND 58201

Phone: 877-522-1275

Sunday: Closed
Monday: 7:30 AM - 6:00 PM CST
Tuesday: 7:30 AM - 6:00 PM CST
Wednesday: 7:30 AM - 6:00 PM CST
Thursday: 7:30 AM - 6:00 PM CST
Friday: Closed
Saturday: Closed

Ideal Option - Fargo

3345 39th Street South
Ste. #1
Fargo, ND 58104

Phone: 701-476-7200

Sunday: Closed
Monday: 7:30 AM - 6:00 PM CST
Tuesday: Closed
Wednesday: 12:00 PM - 8:00 PM CST
Thursday: 12:00 PM - 8:00 PM CST
Friday: Closed
Saturday: Closed

Ideal Option - Bismarck

549 Airport Road
Bismarck, ND 58504

Phone: 877-522-1275

Sunday: Closed
Monday: 7:30 AM - 6:00 PM CST
Tuesday: 7:30 AM - 6:00 PM CST
Wednesday: 7:30 AM - 6:00 PM CST
Thursday: 7:30 AM - 6:00 PM CST
Friday: Closed
Saturday: Closed

Indian Health Service - Bemidji

522 Minnesota Ave NW
Bemidji, MN 56601

Phone: 218-444-0452

Notes: States served: IL, IN, MI, MN, WI.

Sunday: Closed
Monday: 8:00 AM - 5:00 PM CST
Tuesday: 8:00 AM - 5:00 PM CST
Wednesday: 8:00 AM - 5:00 PM CST
Thursday: 8:00 AM - 5:00 PM CST
Friday: 8:00 AM - 5:00 PM CST
Saturday: Closed

Medication for Addiction Treatment (MAT)

Spectra Health
212 S 4th St Suite 301
Grand Forks, ND
701-757-2100
Spectrahealth.org

Community Medical Services
2424 32nd Ave Suite 102
Grand Forks, ND
855-203-6352
Communitymedicalservices.org

Ideal Option
3301 30th Ave S Suite 102
Grand Forks, ND
877-522-1275
Idealooption.com
Monday-Thursday Same day/walk-in

Addiction Counseling:

Agassiz Associates
2424 32nd Ave S Suite 202
Grand Forks, ND
701-746-6336
Agassizassociates.com
Accepts SUD vouchers and most insurance providers

Drake Counseling
311 4th St S Suite 106
Grand Forks, ND
701-757-3200
Drakecounselingservices.com
Accepts SUD vouchers and most insurance providers

NE Human Service Center
151 S 4th St Suite 401
Grand Forks, ND
701-795-3000
Crisis line: 800-845-3731
Walk-in assessments: Monday-Friday 8a-5p
Accepts ND residents regardless of ability to pay

Alluma (formerly NW Mental Health Center)
603 Bruce Street
Crookston, MN
218-281-3940
Crisis line: 800-282-5005
Serves clients from MN or ND; sliding fee scale

RiverView Recovery Center
210 Gateway Dr. NE Suite 4
218-230-0787
Accepts most insurance providers

Substance Use Disorder:

Veterans Health Administration (VHA) - Fargo VA Health Care System

2101 Elm Street North
Fargo, ND 58102

Phone: 800-410-9723

Sunday: Open 24 Hours
Monday: Open 24 Hours
Tuesday: Open 24 Hours
Wednesday: Open 24 Hours
Thursday: Open 24 Hours
Friday: Open 24 Hours
Saturday: Open 24 Hours

Veterans Health Administration (VHA) - St. Cloud VA Medical Center

4801 Veterans Drive
St. Cloud, MN 56303

Phone: 320-252-1670

Sunday: Closed
Monday: 8:00 AM - 4:30 PM CST
Tuesday: 8:00 AM - 4:30 PM CST
Wednesday: 8:00 AM - 4:30 PM CST
Thursday: 8:00 AM - 4:30 PM CST
Friday: 8:00 AM - 4:30 PM CST
Saturday: Closed

Veterans Health Administration (VHA) - Minneapolis VA Health Care System

1 Veterans Drive
Minneapolis, MN 55417

Phone: 612-725-2000

Sunday: Open 24 Hours
Monday: Open 24 Hours
Tuesday: Open 24 Hours
Wednesday: Open 24 Hours
Thursday: Open 24 Hours
Friday: Open 24 Hours
Saturday: Open 24 Hours

Women for Sobriety

Phone: 215-536-8026

Email: contact@womenforsobriety.org

Sunday: Open 24 Hours

Monday: Open 24 Hours

Tuesday: Open 24 Hours

Wednesday: Open 24 Hours

Thursday: Open 24 Hours

Friday: Open 24 Hours

Saturday: Open 24 Hours

Women Veteran's Healthcare

Veterans Health Administration (VHA) - Fargo VA Health Care System

2101 Elm Street North
Fargo, ND 58102

Phone: 800-410-9723

Sunday: Open 24 Hours

Monday: Open 24 Hours

Tuesday: Open 24 Hours

Wednesday: Open 24 Hours

Thursday: Open 24 Hours

Friday: Open 24 Hours

Saturday: Open 24 Hours

Veterans Health Administration (VHA) - St. Cloud VA Medical Center

4801 Veterans Drive
St. Cloud, MN 56303

Phone: 320-252-1670

Sunday: Closed

Monday: 8:00 AM - 4:30 PM CST

Tuesday: 8:00 AM - 4:30 PM CST

Wednesday: 8:00 AM - 4:30 PM CST

Thursday: 8:00 AM - 4:30 PM CST

Friday: 8:00 AM - 4:30 PM CST

Saturday: Closed

Veterans Health Administration (VHA) - Minneapolis VA Health Care System

1 Veterans Drive
Minneapolis, MN 55417

Phone: 612-725-2000

Sunday: Open 24 Hours

Monday: Open 24 Hours

Tuesday: Open 24 Hours

Wednesday: Open 24 Hours

Thursday: Open 24 Hours

Friday: Open 24 Hours

Saturday: Open 24 Hours

Health Education:

Affordable Healthcare (Medical/Dental): Spectra Health Grand Forks Medical

212 South 4th Street
Ste 301
Grand Forks, ND 58201

Phone: 701-757-2100

Sunday: Closed

Monday: 8:00 AM - 5:00 PM CST

Tuesday: 8:00 AM - 5:00 PM CST

Wednesday: 8:00 AM - 5:00 PM CST

Thursday: 8:00 AM - 5:00 PM CST

Friday: 8:00 AM - 5:00 PM CST

Saturday: Closed

Any Positive Change (APC) Project Syringe Service Program:

APC Program

212 South 4th Street
Grand Forks, ND 58201

Phone: 701-787-8129

Saturday/Sunday/Tuesday/Wednesday: Closed

Monday: 11:00 AM - 3:00 PM CST

Thursday: 11:00 AM - 3:00 PM CST

Friday: 3:30 PM - 5:30 PM CST

Amputee Support Group & Resource Center

Hanger Clinic: Prosthetics & Orthotics **<https://hangerclinic.com/patients/emotional-support/>**

Sunday: Closed

Monday: 10:00 AM - 7:00 PM CST

Tuesday: 10:00 AM - 7:00 PM CST

Wednesday: 10:00 AM - 7:00 PM CST

Thursday: 10:00 AM - 7:00 PM CST

Friday: 10:00 AM - 7:00 PM CST

Saturday: Closed

Warrior Integration Now (WIN) by Mission 22

<https://mission22.com/programs/veterans>

Mission 22

17040 Pilkington Road

Suite 200

Lake Oswego, OR 97035

Sunday: Closed

Monday: 10:00 AM - 6:00 PM CST

Tuesday: 10:00 AM - 6:00 PM CST

Wednesday: 10:00 AM - 6:00 PM CST

Thursday: 10:00 AM - 6:00 PM CST

Friday: 10:00 AM - 6:00 PM CST

Saturday: Closed

50 Legs

<https://50legs.org/50legs.org/tps://50leghttps://50legs.org/s.org/Admin-Only>

Location

Sunday: Closed

Monday: 7:00 AM - 4:00 PM CST

Tuesday: 7:00 AM - 4:00 PM CST

Wednesday: 7:00 AM - 4:00 PM CST

Thursday: 7:00 AM - 4:00 PM CST

Friday: 7:00 AM - 4:00 PM CST

Saturday: Closed

inTransition Program through the DOD Defense Health Agency

Behavioral Health

1-800-424-7877

Veterans Inc.

www.veteransinc.org

800-482-2565

701—892-4630 (Fargo)

US Veterans Magazine

A variety of resources from jobs to entrepreneurship to events to education

<https://usveteransmagazine.com>

Veterans Legal Institute

Provides pro bono legal assistance to homeless, at-risk, disabled and low-income current and former service members to eradicate barriers to housing, healthcare, education, and employment and foster self-sufficiency.

<https://vetslegal.org>

Group Organization – Vietnam Veterans:

Vietnam Veterans Of America - Chapter #374

339 Center Avenue South
Mayville, ND 58257

Phone: 701-430-1856

Sunday: Closed

Monday: 8:00 AM - 5:00 PM CST

Tuesday: 8:00 AM - 5:00 PM CST

Wednesday: 8:00 AM - 5:00 PM CST

Thursday: 8:00 AM - 5:00 PM CST

Friday: 8:00 AM - 5:00 PM CST

Saturday: Closed

Vietnam Veterans Of America - North Dakota State Council

105 Code Avenue North
Park River, ND 58270

Phone: 701-284-6426

Sunday: Closed

Monday: 8:00 AM - 5:00 PM CST

Tuesday: 8:00 AM - 5:00 PM CST

Wednesday: 8:00 AM - 5:00 PM CST

Thursday: 8:00 AM - 5:00 PM CST

Friday: 8:00 AM - 5:00 PM CST

Saturday: Closed

Vietnam Veterans Of America - Chapter #941

PO Box 7327
Fargo, ND 58106

Phone: 218-236-0959

Email: larrynicholson02@gmail.com

Website: <http://www.vva941.org/>

Sunday: Closed

Monday: 8:00 AM - 5:00 PM CST

Tuesday: 8:00 AM - 5:00 PM CST

Wednesday: 8:00 AM - 5:00 PM CST

Thursday: 8:00 AM - 5:00 PM CST

Friday: 8:00 AM - 5:00 PM CST

Saturday: Closed

Local area:

Narcotics Anonymous

(Recovery Group):

Antenna Building

401 N 7th St

Saturday: 7:00pm – 8:00pm

Sunday: 12:00pm – 1:00pm

(Living in Recovery Group):

University Lutheran Church

2122 University Ave

Monday: 8:00pm – 9:00pm

Sunday: 8:00pm – 9:00pm

Wednesday: 8:00pm – 9:00pm

Celebrate Recovery

Freedom Church

308 DeMers Ave

Grand Forks, ND

Tuesdays – 630pm

HOPE Church

1601 17th Ave S

Grand Forks, ND

Thursdays – 630pm

Alcoholics Anonymous:

Sunrise Group

Antenna Building

401 N 7th St

Tuesday: 6:30 am

Red River Group

Antenna Building

401 N 7th St

Tuesday: Noon

Red River Group

401 N 7th St

Tuesday: 5:30 pm

First Things First Group (In-person and online)

Wesley United Methodist Church

1600 4th Ave N

Tuesday: 7:00pm – 8:00pm

Way of Life Group

Other Grand Forks area supports:

Northland Christian Counseling Center
Grand Cities Mall
1615 17th Ave S.
701 795 8550

Augustana Lutheran Church
520 University Ave
701 775 3187
Tuesday: 8:00 pm – 9:00 pm

AA
Tuesday Night Group (reduced Attendance) in
person and online
1917 S Washington St
Tuesday: 8:00 pm

Mountain Brook (Mental Health)
112 N 3rd St
701 746 4530

Third Street Clinic
360 Division Ave # 200
701-772-1263

Valley Community Health Center
212 S 4th St
701 757 2100

Red River Valley Community Action – Food
Distribution center
1013 N 5th St
701-746-5431

Community Service/Restitution
Social services organization
311 S 4th St #201 · (701) 775-3403

Prairie Harvest Mental Health
Social services organization
930 N 3rd St
(701) 795-9143

Grand Forks Housing Authority
1405 1st Ave N
(701) 746-2545

GF Vet Center
3001 S 32nd Ave
701-620-1448
Beaudrey.vreeland@va.gov

Salvation Army - Food Distribution Center
1600 University Ave
(701) 775-2597

Community Violence Intervention Center
Crisis line: 866-746-8900
Office: 701-746-0405

Community Connect (partners with
Community Options)
Facilitates application counseling
701-620-1029 or 701-772-1715

Share House
Chemical Dependency treatment program
Residential and Assessment
1122 North 43rd St.
Grand Forks ND 58203
701-354-3716 (day); after hours 701-354-3716

22 A Day Outdoors, LLC
Michael Ortiz
701.317.8652
22ADayOutdoors@gmail.com

Arts for Vets
Kimberly Forness Wilson & Sonia Brumskill
artsforvets@gmail.com
701.330.3072

Love in Action- Grand Forks
818 University Ave
Grand Forks ND 58201
701 330 8775
Email: hello@loveinactiongf.org
<https://www.loveinactiongf.org/>

FirstLight Home Care
Lori Morin, Care Coordinator
lmorin@firstlighthomecare.com
3001 32nd Ave S
Suite 18
Grand Forks ND 58201
701 757 0568
NDcentral.FirstLightHomeCare.com

Community Health Services, Inc.
1113 W 11th St
Grafton, ND 58237
701.352.4048
<http://chsiclinics.org/>

Father's Farm
4440 78th St NE
Wolford ND 58385
701.583.2880
<https://www.fathersfarmnd.org/>

Hometown Hero Outdoors
P O Box 210
Stillwater, MN 55082
651.583.6304
<https://hometownherooutdoors.org/>
Email: info@hometownherooutdoors.org

Statewide resources:

Training/Various support resources:
First Link: myfirstlink.org

Recovery/Behavioral, Mental Health:
Better Together North Dakota:
bettertogethernd.com

Brain Injury Network:
ndbin.org/resource-directory/advocacy

Burleigh County:

VA Outpatient Clinic
2700 State St
Bismarck ND 58503
701 221 9152

Vet Center
619 Riverwood Dr
Bismarck, ND 58554
701 667 1418

Military Service Center
4200 Miriam Ave
Bismarck ND 58501
701 333 3800

Bismarck AMVETS Club
2402 Railroad Ave
Bismarck ND 58501
701 258 8324

VFW Post #1326 (Helping Hand Fund-combat veterans)
1235 S. 12th St.
Bismarck, ND 58501
701 222 1525

The Village Family Service Center
First Step Recovery
2207 E Main Ave
Bismarck, ND 58501
701 255 1165

Good Road Recovery Center
1308 Elbowoods LN
Bismarck, ND 58503
701 751 8260

Heartview Foundation
101 E Broadway Ave
Bismarck, ND 58501
701 222 0386

Coal Country Community Health Center
1312 Highway 49 North
Beulah, ND 58523
701 873 4445

Ward County:

Marco-Minot Recovery Community
Organization
2201 15th St SW
LL Suite 3
Minot, ND 58701
701 509 3796 or 701 720 7578

The Village Family Service Center
First Step Recovery
20 1st St SW
Suite 250
Minot, ND 58701
701 852 3328

Harmony Center
720 Western Ave, Suite 201
Minot, ND 58701
701-852-3263

Addiction Treatment Center
300 30th Ave NW
Suite D
Minot, ND 58703
701 858 1801

Prairie Recovery Center
7785 St Gertrude Ave
Raleigh ND 58564
701 597 3419

Vet Center
3300 S Broadway
Minot ND 58701
701 852 0177

VA Clinic
3400 S. Broadway
Minot, ND 58701
701 418 2600

VFW Post 753
1100 31st St SE
Minot, ND 58701
701 839 6772

AMVETS Post 26
1949 N Broadway
Minot, ND 58703
701 852 1532

Peer Support/Recovery Groups:

Face it TOGETHER
701-260-5895
kal@faceittogethernd.org

F5 Project
701-741-7256
eric@f5project.org
Housing and peer support

Additional resources:

Team Rubicon
<https://teamrubiconusa.org/>
Unites the skills and experiences of military veterans with first responders to rapidly deploy

Mission Continues
<https://www.missioncontinues.org/>
This connects veterans with service opportunities

Team RWB (Red, White, and Blue)
<https://www.teamrwb.org/>
This connects veterans and their community

Gary Sinisi Foundation (Avalon Network)
<https://www.garysinisefoundation.org/>
For PTSD and Mental Health

Minority Vets of America
<https://minorityvets.org/>
For underrepresented veterans including women, people of color, LGTBQ, and religious minorities

Elizabeth Dole Foundation – Hidden Heroes
<https://www.elizabethdolefoundation.org/hidden-heroes/> For caregivers of veterans

Light House Church (Fargo) – Free Through Recovery Program
<http://lighthousechurchfargo.org/>

Behavioral Health (ND):
<https://www.behavioralhealth.nd.gov/> or
<https://www.behavioralhealth.nd.gov/addiction/FTR>

Adult Children of Alcoholics & Dysfunctional Families World Service Organization;
<https://adultchildren.org>

National Association for Black Veterans:
www.nabvets.org

Vietnam Veterans of America: www.vva.org

American Legion: www.legion.org

ACKNOWLEDGEMENT

Thank you to Veterans Treatment Courts that have been established in Michigan, Pennsylvania, Minnesota, Montana, Washington (state), and others for freely sharing their VTC participant manuals, information, and training information through the web pages they created to hallmark their particular VTC. Thank you, too, to the various justice-oriented organizations such as All Rise - Justice for Vets, COSSUP, TASC-Center for Justice and Health, and others for your online training modules, webinars, podcasts, forms, and manual examples.

**Thank you to our VTC participants who provided input for this manual.
Their insights were invaluable.**

