

JOURNEYS - Baker County Family Recovery Courts  
Baker County Courthouse  
1995 Third Street, Suite 220  
Baker City, Oregon 97814  
541-523-6303 ext. 23

# JOURNEYS

## BAKER COUNTY FAMILY RECOVERY COURTS



### Youth Participant Handbook

If you are reading this handbook it means that you are being considered for Journeys - Baker County Family Recovery Courts youth program. This program is voluntary and is an option being offered to you based on your individual history of drug/alcohol use and other factors.

This handbook has information about the Journeys youth program. If you are selected to be a participant, you and your parent(s) or guardian(s) can use this handbook during the program or call the Treatment Court Specialist with any questions (523-6303 ext. 23).

**Revised: August 2, 2010**

## OVERVIEW

- ☺ Journeys - Baker County Family Recovery Courts youth program has three phases and lasts about six months.
- ☺ It is for youth on probation needing extra help to be clean and sober.
- ☺ Journeys' has a Team that works together that includes the Circuit Court, Juvenile Department, Blue Mountain Addictions Program, Baker County School District, Defense Attorney's office, and other agencies.
- ☺ The Team meets every week before Journeys' Court.
- ☺ You will attend Journeys' Court weekly or every other week, give regular drug and alcohol testing, and participate in individual, group and family counseling.
- ☺ The team hands out food gift cards, movie passes and other fun incentives for positive behavior and sanctions for negative behavior at each Journeys Court session.

## ARE YOU ELIGIBLE TO JOIN?

To be eligible to join Journeys you must be age 13 to 17 ½ , a resident of Baker county, meet dependence criteria, adjudicated on two or more MIP alcohols or a possession or delivery of a controlled substance or a crime that was committed while you were under the influence of alcohol and drugs or a crime motivated by the dependence of a controlled substance or a youth that is on supervised probation that receives a probation violation involving alcohol and drugs. You cannot have a prior sex offense or violent crime.

## WHY SHOULD YOU JOIN?

- At the end of the program the goal is for you to be living drug and alcohol free.
- You will graduate from Journeys and be eligible for termination of your probation and a possible reduction or dismissal of your charge(s). Before joining Journeys, ask the Juvenile Department specifically what you will be eligible for once you graduate from Journeys.
- As you attend Journeys' Court, you will get Gift Cards or some type of incentive every time you attend and are doing well in the program.
- You may meet professionals that may help you out when it comes to writing you a letter of recommendation for a first or new job, or being accepted into a college/university.

## HOW DO YOU JOIN?

- Tell your Juvenile Department Counselor you are interested in the program or you may be referred by a Journeys' team member.
- You will be invited to the next Journeys' Court session to see what it is like. Journeys' Court sessions will be held in the Baker County Circuit Court (second floor of the Baker County Courthouse) on **Tuesday's at 4:30 P.M.** Try to arrive a few minutes early.
- It is up to the Journeys' Team for you to join Journeys, and the District Attorney has the final okay.

## **THE JOURNEYS' COURT TEAM**

The Journeys' court team members are:

- ✦ Circuit Court Judge
- ✦ District Attorney
- ✦ Journeys' Defense Attorney
- ✦ Treatment Court Specialist
- ✦ Treatment Counselor
- ✦ Juvenile Department Counselor
- ✦ School liaison
- ✦ Mental health provider
- ✦ Vocational Rehab Counselor

## **WEEKLY PROGRESS UPDATES**

Before your Journeys' Court session, the Judge will be given a summary worksheet that includes updates from members of the team. The Journeys' Team reviews the worksheet and the Judge will discuss your progress with you during the court session. The worksheet will include your drug testing results, treatment and probation updates, school attendance, and grades.

## **TREATMENT PARTICIPATION**

While in the Journeys program you will be participating in an individual and/or group outpatient treatment program at Blue Mountain Addictions Program (BMAP). Depending on how your assessment is scored will determine your level of care. Your Treatment Counselor will discuss your treatment plan with you.

## **DRUG TESTING**

As a participant you will be tested for drugs and alcohol throughout the Journeys' program. You will be observed by Juvenile Department or BMAP staff to ensure freedom from errors. Should you refuse or fail to give a urine sample, it will count as a positive (dirty) test. If asked to give a UA the sample must be given within two hours. If your UA is positive, expect a Sanction. A dilute UA is considered a positive UA.

A baseline UA will be established. A baseline UA is your first clean UA. You will not receive any drug court incentives until you have your first clean UA.

## **CONFIDENTIALITY**

Participant's records will not be discussed with anyone without a signed written release of information. Any person with whom participant information is discussed will have a need to know and be provided only the amount of information necessary to accomplish their task. All participants of Journeys – Baker County Family Recovery Courts will sign a release of information to all concerned parties/agencies of the program. All members of the Journeys' Team will sign a confidentiality agreement and abide by the federal confidentiality laws and HIPPA regulation. Participant Journeys' records will be secured separately from other court records and protected from unauthorized persons. Information gathered during the Journeys' Court process cannot be used in subsequent legal actions.

## PROGRAM RULES

1. **Be honest. The Journeys' Team and the Judge expect your honesty at all times.**
2. **Do not use alcohol or illegal drugs. Do not bring any drugs, alcohol, drug paraphernalia, or weapons into any facility.**
3. **Do not take mood altering medications.** Do not take any medications that contain any chemicals that would cause you to test positive for illegal drugs. Medications should only be taken under the supervision of a physician. It is you and your parent(s) and or guardian(s) responsibility to inform your doctor that you are currently in substance abuse treatment and should not be prescribed any mood altering medications. If you are taking prescription medication, you must provide the original prescription(s) to the Juvenile Department Counselor and/or treatment staff to be copied for your program file. Any changes in your medication should be reported to the Juvenile Department and/or treatment staff immediately.
4. **Attend all Journeys' Court sessions as scheduled. Be on time.** Unexcused failures to appear at Journeys will result in the issuance of a Detention Order for your arrest. If you miss a session due to illness, you must provide a letter from your doctor. Contact your Juvenile Department Counselor immediately if you are unable to attend Journeys' Court. Please: turn your cell phone off, no chewing gum, sit up straight in your chair, and use appropriate language.
5. **Attend all treatment sessions as scheduled. Be on time.** Treatment sessions include individual, group, family counseling, and skill building. **IMPORTANT: In the event of an emergency and/or illness, you must contact your Treatment Counselor/BMAP AND Juvenile Department Counselor immediately.** You will be required to verify any emergency or any missed treatment sessions due to illness.
6. **Do not make threats toward other participants or staff or behave in a violent manner.** Violent or inappropriate behavior will not be tolerated. It may result in termination from Journeys.
7. **Dress nice for Court .** Wear nice slacks or blue jeans with an appropriate shirt to Court. No clothing with writing (t-shirts) will be allowed. Pants must be full-length (may not be cut-off and must be worn around the waist). You may not expose your midriff, cleavage, or underwear. Hats may not be worn.
8. **Attend school, participate fully, turn in all school assignments and do not receive any referrals or refocuses.** A school progress report including attendance will be provided by the school or the Juvenile Department and be reviewed in the weekly Journeys' Team meeting. **IMPORTANT: In the event of an illness/absence from school, the school AND the Juvenile Department must be contacted.**
9. **Dating other juvenile Journeys' participants and/or family members is not allowed.** You are encouraged to build friendships with other participants, however, dating and becoming romantically involved with other participants or the participant's family members is not allowed.
10. **Behave appropriately at home and in public.**
11. **Cigarette smoking is prohibited.** Possession of tobacco is illegal in Oregon until you reach the age of 18. We want to assist you with dealing with this type of addiction as well as not to break the law if you smoke. Ask any Team member about stop smoking help.

# Phases of Journeys

## PHASE 1

## PHASE 2

## PHASE 3

Drug Testing	Get Baseline U/A. Frequent and random UA's from treatment/BMAP and the Juvenile Department.	Frequent and random UA's from treatment/BMAP and the Juvenile Department.	Less frequent and random UA's from treatment/BMAP and the Juvenile Department.
Journeys' Court Attendance	Attend one time per week.	Attend one time per week.	Attend one time per week or with the Judge's approval, every other week.
Treatment	Enroll; Complete Assessment; Sign release forms; Attend 2 groups/wk & attend 1 individual session/wk	Graduate from IOP; relapse prevention; individual sessions are bi-weekly.	Complete treatment; refer to self-help program and check in bi-weekly.
Parent(s) /Guardian(s)	Required to attend court and come forward with your teen to speak to the Judge; Parental enrollment in programs.	Required to attend court and come forward with your teen to speak to the Judge; engage in any treatment activities.	Required to attend court and come forward with your teen to speak to the Judge; help your teen complete "I am ready to graduate because..." form prior to teen graduating.
Curfew	5:00 pm to 7:00 am (adjustable)	Adjustable	Adjustable
Education	Enrolled in school; Use your day planner; Attendance & progress is monitored.	Improved grades; use day planner. Attendance and progress is monitored.	Great school attendance or job. Doing well in job or obtains school credits or GED.
Probation	Check in 2-3 times weekly	Check in 2 times weekly	Check in 1 time per week or as directed
Restitution / Community Service Hours	Develop a payment plan; making efforts towards payment; attend restitution work crew as recommended	Continue making efforts towards payment and/or community service project hours.	Show consistent payments and/or money judgment. Pay off all financial obligations and complete community service project or make arrangements with your Juvenile Probation Counselor.
Activities		Sign up for an activity (school or community). Work on or complete any community service project hours.	Complete community project hours prior to graduating from Journeys.

## VALUES

All families have positive values that they should continually work on. Take some time to read over the family values listed below.

Honest	Being true to yourself and others
Confidence	Having hope in yourself
Respecting others	Follow the rules of the Program, school and your home
Open minded	Being able to listen to ideas other than your own
Sharing knowledge	Sharing ideas pertaining to recovery, rules, personal insight, etc.
Confidentiality	Anything said in Court or in-group meetings stays there
Communications	Being able to write or share your ideas
Reliability	Being trustworthy
Responsibility	Holding yourself accountable for your own actions
Acceptance	Accepting others behavior or personality without judging
Willing to participate	Genuine desire to be a team player
Honor our community	Upholding rules and regulations
Unity	Family coming together as a whole then dealing with issues
Trustworthy	Being responsible for fulfilling and completing your Assignments
Good sportsmanship	Learning that winning isn't everything; examples of a good loser
Accountability	Being aware of others' actions
Generosity	Giving freely of oneself to others
Forgiveness/forgiving	Showing consideration for others by having and giving your heart
Humility	Be receptive and open to any criticism whether positive/negative
Common courtesy	Respect privacy and opinions
Patience	Ability to deal with others and ourselves
Initiative	Taking responsibility without being coached
Tolerance	Have patience and understanding with others

## INCENTIVES & SANCTIONS

As you show the Team positive actions and changes you will earn incentives. Incentives are decided on an individual basis by the Team and are given to you in Journeys' Court. Examples of Incentives:

- ✦ Praise by the Judge
- ✦ McDonald's or Subway Gift Card
- ✦ Bowling Gift Card
- ✦ Movie Theater Gift Card
- ✦ Changing Phases
- ✦ Curfew change

If you choose to break the Program Rules you will be given a sanction. Sanctions will be given immediately and are individualized. The Journeys' Team will review all progress reports to determine the recommended sanction. The Judge makes the final decision on the Sanction. Examples of Sanctions:

- ✦ Written reports/Essay
- ✦ Increased reporting/court appearances
- ✦ Return to prior Phase
- ✦ Community Service
- ✦ House Arrest
- ✦ Electronic Monitoring
- ✦ "Time-Outs"
- ✦ Placement in Secure Detention
- ✦ Termination from the Program

## FOR PARENT(S) AND OR GUARDIAN(S):

As the parent or guardian, you play an important part in creating positive changes within your family. Your participation is crucial for your teen's successful completion of Journeys' Court. If your teen is officially accepted into Journeys, plan to attend Journeys' Court. Support your teen in fulfilling the Court Orders and the rules of Journeys. When your teen comes forward to speak to the Judge in Journeys' Court show your support by coming forward with them and sit beside them and talk to the Judge. Especially important is to "Catch Your Teen Doing Something Right". If your teen helps out around the house without being asked, does their homework, tries something new like reading a book to get to sleep, etc., please share it with the Judge. Your participation is valuable at each court session.

## TERMINATION

Warrants, new arrests, or violations of any aspect of your treatment plan could result in you being terminated from Journeys. Other violations, which could result in termination from Journeys recovery court are: consistently not participating in the program, violence or threat of violence towards the Journeys' Team or other participants in Journeys, or a conviction of a violent charge. The Judge has the final decision on all terminations.

## **GRADUATION**

Upon successful completion of your treatment program and satisfaction of all other Court requirements (such as completing treatment and payment of restitution), you will graduate from Journeys and be eligible for termination of your probation and a possible reduction or dismissal of your charge(s). Graduation from Journeys is recognized as a very important event. You will have the opportunity to invite family and friends to join you at a special ceremony as the Journeys' Team congratulates you for successfully completing Journeys and for reaching your goal to establish an alcohol, drug and crime free life.

There are two additional requirements for you to graduate:

1. When a graduation date is set for you by the recovery court team, you will be given a form to fill out, titled: "I am ready to graduate because ... ". Fill it out and return it to the Treatment Court Specialist as soon as you can.
2. You and your parent(s) will need to write an aftercare plan together that you will read at your graduation. If you have questions about an aftercare plan, you may ask your Treatment Counselor.

## **JOURNEYS' TEAM GOALS**

Our biggest goal is to help you live a life free of drugs, alcohol and criminal behaviors. The Journeys' Team is here to help you. It is your choice to make changes in your life.

If you have any questions, feel free to talk to any Journeys' Team member. You may contact the Treatment Court Specialist at 523-6303 ext. 23 with any questions or to request phone numbers for other Team members.

**Whether you choose to join Journeys or you choose another option, the Journeys' Team wishes you success.**