

COLUMBIA COUNTY FAMILY TREATMENT COURT PROGRAM



PARTICIPANT HANDBOOK

Name: _____

10 Key Components of Drug Courts

#1 Drug Courts integrate alcohol & drug treatment services with justice system case processing.

#2 Using a non-adversarial approach, prosecution and defense counsel promote public safety while protecting participants' rights.

#3 Eligible participants are identified early.

#4 Drug courts provide access to a continuum of alcohol & drug treatment services.

#5 Abstinence is monitored by frequent alcohol & drug testing.

#6 A coordinated strategy governs drug court responses to participants' compliance.

#7 Judicial interaction with each drug court participant is essential

#8 Monitoring & evaluation measures the achievement of program goals and its effectiveness

#9 Continuing interdisciplinary education promotes effective drug court planning, implementation and operations

#10 Forging partnerships among drug courts, public agencies and community organizations generates local support and enhances drug court effectiveness.



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Welcome to the Family Treatment Court Program

Welcome to the **Family Treatment Court Program**. If you are reading this handbook, it means that you have been accepted or are being considered for acceptance into the Family Treatment Court Program based upon a detailed review of your history of substance use. It also means that we are confident that the Family Treatment Court Program will help you to learn the skills and gain the support needed to assist you in making positive life changes.

As a participant in the Family Treatment Court Program, you will work frequently or have regular contact with members of the treatment court team which includes: the Judge, the Trial Court Administrator, Treatment Court Coordinator, Columbia Community Mental Health, Oregon Department of Human Services, Columbia County District Attorney's Office and your defense attorney as well as your child(ren)'s defense attorney. Members of the Family Treatment Court team want to see you succeed in this program and are willing to help you maintain sobriety by supporting you wholeheartedly in your efforts.

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

Equity and Inclusion

The Family Treatment Court Team is committed to equity and inclusion. Our community partners offer a variety of treatment options which are trauma informed and responsive to various cultures, communities, and abilities. We also welcome feedback from the participants, community members and community partners.

Family Treatment Court Program

Overview

The Family Treatment Court Program is a five-phase intervention/treatment program for parents who struggle with substance use and have an open legal case with ODHS Child Welfare. It is a collaborative effort between the Circuit Court, Columbia Community Mental Health, and the Oregon Department of Human Services. By working together as a team, they seek to provide a variety of programs and consistent supervision geared toward supporting and helping you maintain sobriety.

The Family Treatment Court Program involves frequent court appearances, random substance use testing, supervision, groups, individual counseling and accountability. The court awards incentives for positive behavior and may impose sanctions for negative behavior. Participants whom the treatment court team determine have been doing well, either in treatment, the community or their personal life are eligible for incentives which may include movie tickets, gift certificates, sobriety tokens, or a variety of other incentives to be determined by the treatment court team, based upon need and level of accomplishment. Participants who do not comply with the rules may be given sanctions including spending additional time in their current phase of Family Treatment Court. There may also be a variety of other sanctions determined by the Family Treatment Court team. In some circumstances, participants may even be terminated from the program.

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

Family Treatment Court

Team Members

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

Progress Reports

Before your court hearing, the team will review your activity during the week. The progress report will discuss your UA results, attendance, participation and cooperation in the treatment program, employment or other requirements that may have been imposed. The Judge may ask questions about your progress and discuss any issues you may be having. If you are doing well, you may be rewarded with reduced program requirements or, at times, other incentives like movie tickets, gift cards or other available incentives. If your progress reports show that you are not doing well, the Judge will discuss this with you and determine future action, which could include a treatment response or a sanction in order to help you remember your goals in the program. Treatment responses may include additional groups, increased one-on-one appointments with your counselor or specific treatment work. Sanctions can be anything from increased program requirements to spending more time in your current phase.

Court Hearings

As a participant in the Family Treatment Court Program, you will be required to appear at weekly, bi-weekly or court hearings depending on what phase you are in. Failure to appear will result in sanctions being issued. If you have questions about your court appearances you may contact the Treatment Court Coordinator, treatment provider or your attorney.

Confidentiality

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

Our Goal

The goal of the Family Treatment Court Program is designed to help participants achieve and sustain a healthy life while increasing self-understanding and expand practical skills through community participation, relationships, life skills coaching and parenting classes. In addition, to support healing, expand parenting skills, create and or identify appropriate supports to assure successful reunification, and shorten the length of time children spend in resource care.

Phases of the Family Treatment Court Program

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

PHASE ONE	
Key Concept:	Recovery and Responsibility to Self
Length of phase:	A minimum of 8 weeks
Requirements:	<ul style="list-style-type: none"> • Weekly court appearances • Participate in recommended treatment and work on treatment goals • Attend 4 community support groups per week • Participate in all day treatment groups • Submit to all random UA's • Completed a weekly to do list • File application to advance to phase 2 • Have at least 30 days of sobriety to advance to next phase
PHASE TWO	
Key Concept:	Maintenance of Recovery and Responsibility to Others
Length of phase:	A minimum of 6 weeks
Requirements:	<ul style="list-style-type: none"> • Weekly court appearances • Participate in recommended treatment and work on treatment goals • Attend 4 community support groups per week • Participate in all day treatment groups • Submit to all random UA's • Completed a weekly to do list • Obtain a recovery support person/mentor • File application to advance to phase 3

	<ul style="list-style-type: none"> • Have at least 60 days of sobriety to advance to next phase
PHASE THREE	
Key Concept:	Employment, Education, Life...
Length of phase:	A minimum of 4 weeks
Requirements:	<ul style="list-style-type: none"> • Bi-weekly court appearances • Participate in recommended treatment and work on treatment goals • Attend 4 community support groups per week • Participate in all day treatment groups • Submit to all random UA's • Continue to work with your recovery support person/mentor • Completed a weekly to do list • Working on employment, continuing education or service work • File application to advance to phase 4 • Have at least 90 days of sobriety to advance to next phase
PHASE FOUR	
Key Concept:	Reinforce a clean, sober and legal lifestyle
Length of phase:	A minimum of 4 weeks
Requirements:	<ul style="list-style-type: none"> • Bi-weekly court appearances • Participate in recommended treatment and work on treatment goals • Attend 4 community support groups per week • Participate in all day treatment groups • Submit to all random UA's • Continue to work with your recovery support person/mentor • Completed a weekly to do list • Attend a job readiness class if not already employed • Completing 4 hours of service work per week if not employed • File application to advance to phase 5 • Have at least 90 days of sobriety to advance to next phase
PHASE FIVE	
Key Concept:	
Length of phase:	A minimum of six months

Requirements:	<ul style="list-style-type: none"> • Monthly court appearances • Participate in recommended treatment and work on treatment goals • Attend 3 community support groups per week • Submit to all random UA's • Complete a weekly to do list • Complete a job readiness class if not already employed • Completing 4 hours of service work per week if not employed • Pursuing employment, continuing education or service work • Providing peer support for others in the program • Complete graduation phase work packet • Have at least 90 days of sobriety to advance to next phase
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Program Rules

As a participant you will be required to abide by the rules of the program, including, but not limited to the following.

1. Work with your treatment counselor towards abstinence from the use of mind-altering substances as outlined in the Family Treatment Court Substance Use Policy.
2. Inform your doctor/dentist that you are in a substance use treatment program and **may not** take narcotic or addictive medications (see Appendix A).
3. Attend court sessions and treatment sessions as scheduled, submit to random substance use testing, and remain law abiding.
4. Do not associate with people who are active in their substance use.
5. Do not possess any weapons while in the Family Treatment Court Program.
6. Keep the treatment court team informed of your current address and phone number at all times.
7. Dress appropriately for court and treatment sessions.

Family Treatment Court Dress Code

While attending all Family Treatment Court related functions, appropriate dress is expected and required. If you need assistance in determining appropriate dress, please contact a Family Treatment Court team member.

Appropriate clothing is defined as:

- Neither too tight nor revealing.
- Shirts must fully cover the stomach and chest.
- Skirts and dresses need to be close to the knee, not too short.
- No sleeveless, dirty or torn clothing. (Torn items include new items that have the “worn” look)
- No head coverings or sunglasses.
- No visible underclothing.
- No t-shirts with inappropriate graphics such as logos for alcohol or other drugs or offensive messages.
- No short shorts.
- No sweat suits.
- No swim suits
- No cleavage

Medication Management

If a participant is taking medication upon entering the drug court program or begins taking medication at any point while in the program, the participant is expected to maintain regular medication management appointments. The participant is also expected to track medication with his/her treatment provider. If a participant wishes to discontinue or change medication, this will need to be discussed with the participant’s provider prior to any action being taken.

At some point during treatment, a participant’s counselor may recommend a medication evaluation. It is an expectation of the program that the participant will complete the evaluation. Any recommendations from the evaluation will be

discussed between the participant and the participant's counselor in order to make an appropriate treatment plan. If you are receiving or begin receiving medication through a provider other than Columbia Community Mental Health, you will be asked to sign a release of information in order for the Drug Court Team to stay informed of your prescriber's recommendations and your compliance with medication management.

Sick Leave

A participant who is absent due to an illness or injury may be absent for no more than two days without providing a written doctor's note to the program coordinator and treatment provider. In order to be excused from a treatment court related activity, a participant needs to have permission from the Treatment Court Coordinator and their counselor **prior** to missing the activity. A participant who has a scheduled doctor or dentist appointment that conflicts with a treatment appointment or treatment court appointment, must provide proof to the program coordinator and treatment provider that the participant did in fact attend the scheduled appointment. The participant will always provide copies of any medication prescribed by a doctor or dentist to the program coordinator and treatment provider. If a participant is continuously ill and the program feels that the two-day rule is being taken advantage of, the program can ask the participant to provide a doctor's note at any time.

Any absence from the program for more than one day, for any reason, must be approved by the Family Treatment Court team **prior** to the absence. Requests for absences must be submitted in writing to the team (please see Appendix A).

Approved Over-the-Counter Cold & Sinus Medications

Cold and Flu:

- Robitussin .
- Coricidin HBP
- Tussin DM (Safeway brand)
- Robitussin Cough Gels
- Tylenol Cough and Sore Throat

Allergy:

- Alavert (non-drowsy)
- Allergy Relief Dye Free & 24hr Relief (Safeway brand)
- Claritin Reditabs (non-drowsy)
- Benadryl dye Free Allergy
- Benadryl Allergy

Nasal Sprays:

- Afrin Original
- Nasalcrom

There may be other brands that could be approved. When in doubt ask the Pharmacist.

Do not use any medications that list Alcohol, Ephedrine, or Phenylephrine Hydrochloride (HCI) as an ingredient!

Possible Incentives

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

- Praise by the Court/Judge
- Gift Certificates
- Sobriety Tokens
- Promotion to Next Phase
- Certificates of Graduation

Sanctions

Sanctions can be imposed for not meeting treatment or behavioral requirements. A participant may progress in treatment but if a participant's actions or attitude outside of treatment does not meet the program requirements the participant may not progress within the program.

Possible Sanctions

- Verbal Reprimand by Judge
- Written essays
- Day Reporting
- Community Service work
- Work crew (only if you are on formal Probation)
- Additional time in current phase
- Team Round Table Meeting
- Incarceration (only if you are on formal probation)

Termination from Program

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

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

Urinalysis Testing

1. You will be asked to provide Urinalysis tests (UAs) **randomly** throughout your entire treatment court program. You will be **observed** to ensure freedom from errors.
2. If you **miss a UA or have a dilute UA**, it will count as a positive UA.
3. If you have a **positive test** in any treatment court phase, you will
4. Creatinine levels will also be monitored for possible dilution.
5. It is your responsibility to know what foods and beverages can result in a positive UA. Some foods that can cause a positive UA are:
 - Poppy seeds
 - Kombucha tea
 - Synergy energy drinks
 - CBD infused drinks or foods

Aftercare Phase

In order to provide you with a continuing support system and to ensure that you can maintain your valuable recovery, you will be expected to participate in a **continuing care/aftercare phase**. Please take advantage of this opportunity to demonstrate to the treatment court team that you have gained the knowledge and skills necessary to make healthy and safe life choices.

Graduation

Upon your successful completion of the aftercare phase of the treatment court program, you will graduate from the Family Treatment Court Program. Graduation from the Family Treatment Court Program is recognized as a very important event. Your family and friends will be invited to join you at a special ceremony as treatment court team congratulates you for successfully completing Phases I – V of the program and achieving your goal to establish a drug-free life.

Minimum Expectations

- Daily attendance in substance use treatment groups
- Attendance in Family Treatment Court groups
- Complete Parenting Inside Out with CCMH
- Continued work and involvement in the ODHS Action Agreement
- Work on meeting the ODHS conditions of return and adherence to safety plan
- Consistently work on education/employment or some type of stable funding source

Family Treatment Court Program

Phone Numbers

- Columbia County Circuit Court 503-397-2327
- Columbia Community Mental Health 503-397-5211
- Crystal Reeves – Trial Court Administrator 503-397-2327 x 70137
- Julie Heuer –Program Manager 503-397-2327 x 70128
- Katherine Warner-Treatment Court Coordinator 503-397-2327 x 71622
- Khori Elder-ART Worker 971-328-2779
- Regina Halverson-CCMH Peer Support 971-328-2754
- UA Testing Phone # 503-396-4501

Other:

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

COLUMBIA COUNTY TREATMENT COURTS

ABSENCE REQUEST FORM

Any absence from the program for an extended period (more than 1 day) must be requested in writing and approved by the team. Please provide as many details as possible.

Name: _____

Dates of absence: From _____ To: _____

Reason for absence: _____

Where are you going/staying? _____

Who is going with you? _____

Do you need a travel pass from PO? YES () NO ()

Plans for UAs if called: _____

Date: _____

Signature: _____

DO NOT WRITE BELLOW THIS LINE

Received by: _____

Date received: _____

Approved: YES () NO ()



19TH JUDICIAL DISTRICT
Columbia County
230 Strand Street, St. Helens, Oregon 97051
Treatment Courts: 503-397-2327 ext. 334

Columbia County Treatment Court
Physician Disclosure Policy

Name of Patient: _____ Date of birth: _____

TO WHOM IT MAY CONCERN

Effective June 14th, 2010, Participants of the Columbia County Dependency Drug Court Program are required to notify any medical provider from whom they seek medical treatment of the following information:

“I am a participant in the Columbia County Dependency Drug Court Program and required to disclose that I have an addiction to chemical substances. Unless absolutely medically necessary in the treatment of an illness or injury, I am NOT to be prescribed a medication containing a narcotic/addictive drug or any other type of medication that may interfere with the treatment of my addiction.”

The participant must request that the Practitioner write on the participant’s file that the patient is a Treatment Court participant, sign and date the entry. A copy of this form in the participant’s file may suffice of this notation. The participant is required to obtain a signed copy of this form to be brought to the Court no later than 12pm (noon) on the next business day.

Failure of the participant to comply with this Policy will result in a sanction determined by the Treatment Court Team.

Physician’s Name _____

Physician’s acknowledgement of receipt of this notice

Signature of DDC participant

Name of Facility/Clinic

Date