

72nd DISTRICT RECOVERY COURT PARTICIPATION HANDBOOK

Honorable John D. Monaghan
Probation Officer: Abbey Armstrong

INTRODUCTION

Recovery Court is a program aimed to equip individuals with the tools to make life changes including abstinence, growth, and development in all areas. Recovery Court is different than being sentenced to a term of Probation. This program is for those individuals who are ready to be actively involved in making life changes which will sustain abstinence and foster their growth and development in all areas. The Treatment Court Team consists of one District Court judge, a Recovery Court Program Coordinator, Treatment Coordinator, Probation Officer, a member of the Prosecutor's Office, and a Defense attorney. Together, the Team jointly makes decisions in regard to the Court's response to the participation's progress. Please review the information in this handbook very carefully before voluntarily participating in this program.

RESPONSIBILITY AND ACCOUNTABILITY

Responsibility and accountability are two of the most important parts of Recovery Court. You are responsible to obey all the rules of the Recovery Court. It is mandatory to keep all appointments and to appear in court on time. There will be no unexcused absences from any appointment. Unexcused absences will result in a sanction. Excused absences must be accompanied by proper, approved documentation such as a doctor's note or emergency room paperwork.

HONESTY

Honesty is a major part of recovery. Anyone being dishonest about any matter will be sanctioned. It is vital that you immediately report any use of alcohol and/or drugs, (including prescription and over-the-counter medications), to your Probation Officer. Waiting to report a relapse after you have submitted a 'dirty drop' does not constitute honesty. Part of being honest is reporting a relapse, missed appointment, or test to your Probation Officer immediately. Dishonesty may result in expulsion from Recovery Court.

ACCEPTANCE INTO THE DRUG COURT PROGRAM

An initial screening is performed. Once you have been accepted into Recovery Court, after a plea, you will sign an Agreement to Participate which outlines the expectations of your participation. You will also be asked to sign a release, so that the Recovery Court Team can review your progress and test results. Being convicted of a violent crime such as assault and battery, domestic violence, resisting and obstructing a police officer, etc., may make you ineligible for the Recovery Court Program.

PRESCRIPTION MEDICATIONS

Some medications are considered inherently unsafe for those recovering from drug/alcohol abuse. Therefore, use of these medications is prohibited in this program.

- Benzodiazepines and Tranquilizers- including but not limited to Valium, Librium, Xanax, and Klonopin
 - Barbiturates and other Sedatives–including but not limited to Ambien, Soma, and Benadryl.
 - Narcotics- including but not limited to Morphine, Oxycontin, Codeine, Darvocet, Percocet, Ultram, Demerol, etc.
 - Amphetamines and other stimulants- including but not limited to Ephedrine, Ritalin, Adderall, and Meridia.
 - Decongestants or weight control medications that contain ephedrine or pseudoephedrine.
 - Medical Marijuana
 - Gabapentin/Neurontin
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- It is the participant's on-going duty to disclose exposure to these and other medications. Further, participant must complete the Medical/Dental Medication Form which includes all current medications.
 - It is the participant's responsibility to inform court personal of new medications prescribed during their participation in the program immediately upon receiving the medication.
 - It is the participant's responsibility to inform their physicians and care providers that they may not take the prohibited medications.
 - By signing, you understand that you are prohibited from taking any medications without the approval of your Probation Officer or Recovery Court Team.

RECOVERY COURT PROGRAM RULES

As a Recovery Court participant, I understand that I am required to abide by the following rules:

1) No use of any alcohol or drugs.

- Maintenance of a drug-free lifestyle is very important in your recovery process. The definition of drugs also included prescription medications and synthetic drugs. This includes mood altering prescription drugs, i.e., benzodiazepines (Valium, Xanax, etc.); opiates (Tylenol 3, Percocet, Darvocet, etc.); narcotics (morphine, methadone, Suboxone, etc.) and synthetic opioids/herbal extracts such as Kratom. If you are required to take any of these medications as a result of medical treatment, then it will need to be approved by the Judge and your Probation Officer and you must complete the medical form. The use of inhalants is also prohibited and use of them, or any other mind-altering substances may result in discharge from the Recovery Court Program.

2) No casinos, race tracks, bars, restaurants or establishments in which the primary emphasis is to serve alcohol.

- You must stay away from environments which might trigger relapse. It is best not to go to establishments that serve any alcohol. Alcoholic beverages are a known trigger. Your presence in establishments that serve alcohol puts your program completion at risk.

3) Report on time to your Probation Officer as directed.

- You must be prepared to provide a urine test at each visit. If you have any problem making an appointment, you are to call your Probation Officer.

4) Produce a testable urine sample for drug testing on the scheduled testing date.

- Do not try to adulterate your test samples by drinking excessive amount of water, coffee or other flushing products. A critical component of success in Recovery Court is demonstration that you are not using drugs or alcohol. You will be frequently tested. Failure to provide a sample on the scheduled date is a program violation and may result in a sanction. If you have a low creatinine level, you will be sanctioned.

5) Attend all ordered treatment sessions.

- This includes individual and group counseling, educational sessions and 12-step meetings. If you are unable to attend a scheduled session you must notify the provider or Probation Officer prior to the appointment.
- You must be on time for appointments and Recovery Court sessions. If you are late or miss appointments or sessions you will be considered non-compliant. You must contact your Probation Officer in advance if there is a possibility you may be late or absent.

6) Do not make threats toward other participants or staff, or behave in a violent manner.

- Violent or inappropriate behavior will not be tolerated, will be reported to the Court and will result in program termination.

- 7) **Cohabitation or intimate relationships with other Recovery Court participants is discouraged.**
- 8) **Do not associate with anyone on bond, probation, parole, or anyone engaging in any behavior which constitutes a violation of any criminal law.**
 - Association with these individuals is only permitted in an appropriate setting such as with a Recovery Court participant, group outpatient counseling, or your support group, AA/NA meetings.
- 9) **No cell phones are permitted in the program.**
 - No usage of cellphone in counseling sessions or any other Recovery Court event.
- 10) **Dress appropriately for court and treatment sessions.**
 - No baggy pants.
 - Clothing bearing drug or alcohol related theme or promoting or advertising alcohol or drug use is considered inappropriate.
 - No sunglasses.
 - No provocative clothing.
- 11) **Comply with all conditions of probation as detailed by your Probation Officer and court orders.**
- 12) **While in court, remain seated and quiet at all times.**
 - It is very important to observe appropriate behavior in Court for the benefit of yourself and others present.
- 13) **Comply with all federal, state and local laws.**

Failure to comply with these provisions may result in a sanction including program termination.

PARTICIPANT OBLIGATIONS

1. I agree to abide by the requirements of the Recovery Court Program as outlined in this Handbook, the Recovery Court Agreement, and my Individual Treatment Plan as they may change from time to time.
2. I understand that the requirements of the Program can and will change from time to time. I agree I will comply with any and all changes.
3. I understand that, upon graduation of the program, I am free to voluntarily share any information and evaluation of this program that may help its success.
4. I agree not to leave the State of Michigan without specific approval of the Recovery Court judge while on probation. I will keep Recovery Court staff, my Probation Officer, and my treatment provider(s) advised of any telephone number or address changes.
5. I will notify any doctor or dentist I seek treatment from that I must have non-narcotic medication for any condition I have or following any dental or medical procedures. Furthermore, I will notify the Recovery Court of any current prescriptions I am taking, as well as, any new medications prescribed and receive approval to take those medications before I use them.
6. I will participate fully in the Program, and comply with any substance abuse and dependence treatment counseling which the Recovery Court Team determines necessary for me.
7. I agree to the terms and conditions of my initial Individual Treatment Plan. I understand my Individual Treatment Plan can and will be modified from time to time during my participation in the Recovery Court. I agree to abide by any modifications to my Individual Treatment Plan during my participation in Recovery Court. I also agree to be bound by my Aftercare Plan.
8. I will report to my Probation Officer, submit to drug testing, and report for Recovery Court sessions as required by my Individual Treatment Plan and/or Recovery Court staff.
9. I understand that I will be subject to progressive sanctions, i.e. court responses at the discretion of the Recovery Court judge for failure to comply with my obligations, Recovery Court Rules, my Individual Treatment Plan, or directions of the Judge or Recovery Court Team. I understand that any sanction imposed is determined by the Judge, with the input of the Team, according to the unique circumstances of each individual participant. Sanctions will not be the same for each of the participants.
10. I agree that Recovery Court may take photographs of me upon entry into the Program and periodically to show progress.
11. I understand as a participant that I will be required to pay the cost of supervision, attorney fees, drug and alcohol testing confirmation tests, and other potential costs related to the Recovery Court Program.

COURT RESPONSES

The Recovery Court Program includes graduated sanctions. Sanctions are used in response to negative behavior. Upon notification of a potential violation, the Probation Officer, in consultation with the team, will determine the recommended sanction. Sanctions will be individualized for each participant and will be graduated in severity depending on the type and number of sanctions.

The Court also uses incentives to reward and reinforce positive behavior in the program. Incentives are given to the participant to recognize positive changes and support continuing change. Some incentives are standard and occur for each participant during phase change/graduation. At other times, the Court seeks to reward the individual with an incentive that will be meaningful to him/her.

Treatment providers are an integral part of the Recovery Court Program. Treatment is required to be reported to the Treatment team regarding progress, lack of progress or failures. Treatment providers are expected to increase treatment services as called for by the lack of progress by those in treatment.

Behaviors which may result in a sanction include: a failed drug test, (failure to submit a sample, adulteration of a sample, and use of a device or substance to test results will also be treated as a failed test); failure to report for drug testing, a Recovery Court session, scheduled treatment, or to a Probation Officer without a reasonable and legitimate excuse; use of alcohol, drugs or unauthorized medication/relapse, (the admission of use and efforts to avoid future relapse help may mitigate the sanction); failure to perform an act required by the individual's treatment plan; failure to comply with other conditions such as tether; assaultive, abusive, or intimidating behavior; criminal activity; deceitfulness about acts that he/she should have performed, rude or abrasive behavior towards any member in the Recovery Court Team; disobedience of a direction or other significant departure from the conduct required by the Recovery Court program.

IF YOU HAVE QUESTIONS ABOUT ANYTHING IN THIS HANDBOOK YOU SHOULD IMMEDIATELY CONSULT WITH YOUR PROBATION OFFICER.

SANCTIONS AND THERAPEUTIC RESPONSES

If you fail to comply with the treatment program, the Recovery Court Judge may, at his discretion, order one or more of the following:

- Increased drug and alcohol testing, SCRAM tether, or Soberlink Device.
- Increased participation in outpatient counseling, individual and/or group counseling.
- Residential treatment.
- GPS tether and/or House Arrest.
- Increased court appearances.
- Increased AA/NA meetings or self-help groups.
- Fines or costs.
- Community Service.
- Incarceration in the St. Clair County jail.
- Re-phase to an earlier phase of treatment.
- Extended term in the program.
- Termination from the program.

TERMINATION

Recognizing that resistance is part of the treatment process, individuals may not necessarily be terminated initially for non-compliance with program requirements. Instead, they may receive a sanction and the treatment team works with the participant to identify barriers to their full participation. Termination is examined if the participant poses a threat to public safety and/or a threat to the integrity of the program. Termination will be reviewed for participants for the following:

- Participant is arrested or charged with an alcohol or drug-related offense while participating in the program.
- Engaging in assaultive behavior towards staff, other participants, or any other individual.
- Refusing to comply with treatment after many attempts to engage participant.
- Any other actions deemed worthy of sanction by the Recovery Court Team.

PHASES AND GRADUATION CRITERIA

All Recovery Court participants are offered a comprehensive and integrated program of drug and alcohol treatment to be supervised by the Recovery Court Judge. The program requires a **minimum** of 13 months before program completion/graduation. Each phase has a minimum consecutive period of clean time. Forced clean time, i.e. jail, inpatient, etc. may not be counted in the minimum period. A person can also serve more time in each phase, if he or she does not comply with program requirements. Recovery Court is a strength-based program. If the participant shows he/she is no longer benefiting from the program, the Recovery Court team will discuss alternatives with the participant.

The program consists of the following phases:

A. Orientation:

During Orientation, participants meet with the Probation Officer for an orientation session. The Probation Officer and participant review reporting procedures, their Individual Treatment Plan, education and/or education goals, home visitation procedures, drug testing procedures, travel arrangements, travel restrictions, and other expectations.

B. Phases :

PHASE I

Minimum duration three (3) months; however, Phase I may last up to six (6) months for those addicted to opiates as it has been found that this population requires more intensive supervision.

GOAL: Discontinue Drug/Alcohol use and Stabilize Health

You must attend weekly Recovery Court Review Hearings unless otherwise instructed. You will attend individual counseling and group sessions based upon the described needs of your treatment plan. Drug and alcohol testing will be at a high frequency during this phase and it will be random and observed.

You must attend a minimum of two 12-step meetings if you are working full time, or an acceptable alternate community support group meeting, per week and verification must be provided each time you come to court. A sponsor must be obtained within 30 days. Short-term and long-term goals must be determined and shared with the Team. Journals are distributed during Phase One and participants are encouraged to keep records of their goals, thoughts and feelings as journaling has been shown to help reduce anxiety

and stress. It is also a good way to track personal progress. Journal assignments will be assigned on a regular basis. You will also be assigned a Peer Recovery Coach in this phase.

The primary focus of Phase I is on the education of the participant to assist in breaking denial, raising awareness, and instilling a commitment to the program and connecting and building relationships with other individuals in recovery. Responsivity needs such as stable housing and managing cravings will be addressed in treatment.

Requirements to move to phase II are as follows:

- Minimum of 90 days in the phase
- Attend treatment Intake and develop a treatment plan
- 14 days without missing appointments/drug tests/meetings

PHASE II

Minimum duration is six (6) months.

GOAL: Remain drug/alcohol free and maintain full-time employment

You must attend bi-weekly Recovery Court Review Hearings every month unless otherwise instructed. You will attend individual and group sessions based upon the described needs of your treatment plan. Drug and alcohol testing will be slightly reduced during this phase and it will continue to be random and observed. Attendance at 12 step community support group meetings (or comparable, approved alternative) at least two times per week is mandatory with verification.

Phase II of the program becomes the work phase of the program. Counseling and meetings will focus on areas that are challenging for the participant and identify ways of coping with stressful situations. Relapse prevention efforts will be essential.

Requirements to move to phase III are as follows:

- Minimum of 180 days in the phase
 - Minimum of 90 days sober
 - Obtain a support group sponsor
 - 60 days without program violation

PHASE III

Minimum duration six (6) months.

GOAL: Remain drug/alcohol free, aftercare arrangements and relapse prevention.

You must attend Recovery Court Review Hearings Monthly. You will attend individual and group sessions based upon the described needs of your treatment plan.

Drug and alcohol testing will be a slightly decreased during this phase and will be random and observed. Attendance at 12-step community support group meetings (or comparable, approved alternative) at least two (2) times per week with verification.

Phase III of the program focuses on living in recovery. The goal is to build skills for continued sobriety through life skills and self-discovery. Relapse prevention, maintaining abstinence from drugs and/or alcohol, mentoring and daily living skills are focused on during this phase.

Requirements for Graduation are as follows:

- Minimum of 180 days
- Minimum of 180 days sober
- 90 days without a program violation
- Court assessments paid in full
- Complete application for Graduation

C. Graduation

Once you have successfully completed the criteria for each phase, you will advance to the next level and eventually be a candidate to graduate from the Recovery Court Program. Promotion to each phase and graduation from the program will be determined by the Recovery Court Team, with the final approval determined by the Judge. Prior to graduation, participants must complete their treatment plan, fulfill their financial obligations to the court and treatment or other facilities, and be drug and alcohol free for a minimum of 180 days. Your family and friends will be invited to your graduation. The entire Recovery Court team will congratulate you on successfully completing the program and achieving your goals of establishing a healthy new lifestyle.

D. Probation Following Graduation

At the discretion of the Recovery Court Team, you will be placed on regular reporting probation for up to 90 days following your completion of the Recovery Court Program. At that time, it will be your responsibility to pay for drug/alcohol testing, probation oversight, and any additional costs associated with Probation.

We hope this handbook has been helpful to you and answered most of your questions. If you have any questions or concerns about the Recovery Court Program, please feel free to ask your treatment team any questions.

Contact Information

72nd District Court
Probation Officer: Abbey Armstrong

Phone Number: 810-985-2049
Fax Number: 810-985-2294

E-mail: aarmstrong@stclaircounty.org

Signature: _____ Date: _____

My signature is validation that I have received this handbook and understand all of the conditions. Any violations of the terms listed above will result in a sanction and/or termination from the program.