



**FIRST JUDICIAL DISTRICT
ADULT TREATMENT COURT**

*Participant
Handbook*



Updated: December 2021



Introduction

First Judicial District Adult Treatment Court – Lewis and Clark County

Welcome to the First Judicial District Adult Treatment Court. The Treatment Court Program is under the direction of Judge Christopher D. Abbott. This handbook is designed to answer questions, address concerns, and provide overall information about the treatment court program. As a participant, you will be expected to follow the instructions given in Treatment Court by the Judge and comply with the treatment plan developed for you. This handbook will detail what is expected of you as a treatment court participant and review general program information. All participants are encouraged to share this handbook with family and friends.

Table of Contents

Introduction

Program Outline

Treatment Court Supervision

Treatment Court Program Rules

Treatment Procedures

Treatment Plans

Drug Testing

Counseling

Self-Help Groups

Sponsor

Phases

Phase 1

Phase 2

Phase 3

Graduation

Incentives and Sanctions

Treatment Court Fee

Drug Testing Procedures

Association

Travel/Curfew Request

Program Outline

The First Judicial District Adult Treatment Court is a court-supervised, comprehensive treatment program. The court is a voluntary program that includes regular court appearances before the Treatment Court Judge. Treatment includes individual and group counseling and regular attendance at self-help meetings such as Narcotics Anonymous or Alcoholics Anonymous, provided through community-based treatment providers. The treatment staff will also assist with obtaining education and skills assessments and will provide referrals for vocational training, education and/or job placement services. The program length is a minimum of 18 months and a maximum of 3 years.

Judge Abbott presides over the Treatment Court. He will oversee your progress and have full jurisdiction of the entire process. Final determination of entry into the program shall be made by the Judge with input from the County Attorney, Defense Counsel, Probation Office, Treatment Court Coordinator and Treatment Representative.

Treatment Court Supervision

As a Treatment Court participant, you will be required to appear in treatment court on a regular basis. At each appearance, the Judge will be given a progress report prepared by your court team that includes your drug test results, attendance at self-help meetings and participation in treatment. The Judge may ask you questions about your progress and discuss any specific problems you have been experiencing. If you are doing well, you will be encouraged to continue with the program and work with your treatment team toward graduation. If you are not doing well, the Judge will discuss this with you and determine further action. If you commit program violations, for example, fail to attend individual or group counseling, missed or (dirty) positive urine analysis tests, the Court will impose sanctions. With repeated violation of program expectations, and a failure to progress satisfactorily, the Court may impose the ultimate sanction of discharge from the program.

Warrants and/or new arrests could result in your being terminated. Other violations which could result in termination include dishonesty, missing drug tests, demonstrating a lack of program response by failing to cooperate with treatment and violence or threats of violence directed at the treatment team or other clients. All final decisions regarding termination from the program will be made by the Judge.

Treatment Court Program Rules

As a Treatment Court participant, you will be required to abide by the following rules:

1. Do not use or possess any mood-altering drugs (legal or illegal). Sobriety is the primary focus of this program. Maintaining a drug free lifestyle is very important in your recovery process. Do not associate with known offenders, unless prior approval.
2. Do not gamble or enter a gambling casino and bars. Gambling can become an addiction.
3. Follow all treatment recommendations. This includes individual and group counseling, educational sessions and self-help meetings. If you are unable to attend a scheduled session, you must contact your treatment counselor before a session is missed.
4. Report to your case manager as directed. If you have any problems making an appointment, contact your case manager immediately.

Treatment Court Program Rules (continued)

5. Be on time. You are expected to be on time to court and to treatment. If you are late to court, the Judge may assess a sanction for not being on time. If you are late to treatment, you may not be allowed to attend your counseling session and will be considered non-compliant. Contact your treatment counselor if there is a possibility that you may be late.
6. Do not make threats toward other participants or staff or behave in a violent manner. Violent or inappropriate behavior will not be tolerated and will be reported to the Court. This may result in termination from the Treatment Court Program.
7. Act and dress appropriately for court and treatment sessions. Act appropriately when in the courtroom. You are expected to respect the courtroom, Judge and all Treatment Court personnel. As a participant, you will be expected to wear a shirt or blouse, pants, dress, skirt or shorts of reasonable length. Clothing bearing drug, alcohol, sexually related themes, and/or promoting or advertising drug or alcohol is considered inappropriate. No gang attire, hats, or clothing glorifying the drug culture are acceptable. Sunglasses are not to be worn inside the courtroom or treatment center unless medically approved. Speak with your treatment team if you need assistance with clothing. No eating or chewing gum in the courtroom.
8. Always tell the truth. Overcoming alcohol and other drug dependence is not easy, yet thousands of individuals do it every year. The Treatment Court was established to combine a public health approach (treatment) with a criminal justice approach to give you the best opportunity to get well. However, this will take your best effort and truthfulness on your part.

Treatment Procedures

Your treatment will be provided through a team approach with the resources of local service providers. The Treatment Team will assess what level and intensity of treatment will best meet your needs and recommend to the Judge that you receive detoxification, outpatient or residential treatment. If you are admitted to a residential treatment program, you will be expected to follow the treatment recommendation of the provider. Your treatment plan will include the requirements of that program. If you are not admitted into a residential treatment program, an intensive, outpatient program has been developed which includes:

Treatment Plans: An initial treatment plan will be developed by your treatment team following an overall assessment of your problems and needs. The plan will act as a guide for your initial treatment phase. The plan will be maintained by your treatment team and will be updated as you progress through the program, which include MRT, Changing Patterns, Hi-Set etc.

Drug Testing: You will be randomly drug tested through the entire treatment process.

Counseling: Substance abuse counseling requires you to participate what is recommended by the individual treatment plan that comprises two separate formats: individual and group. As part of your treatment plan, you must participate in both types of counseling. Your attendance at counseling sessions will be reported to the judge as part of your progress report. You must have prior permission from your treatment counselor to be excused from a counseling session and make them up.

Treatment Procedures (continued)

Self-Help Groups: Attendance will be required at Self Help Groups such as Narcotics Anonymous or Alcoholics Anonymous or others approved by the team, at least two times (not on same day) each week. Attendance at self-help groups is an important part of your recovery process. These meetings will help familiarize you with the recovery process and you will develop levels of trust and create social bonds with other people in recovery. You must provide proof of attendance to your case manager and the Judge prior to each court appearance.

Sponsor: You must obtain a self-help sponsor. A sponsor is a group member with significant sobriety (at least 3-5 years) who assists you on a personal level with sobriety, personal problems, working through recovery, etc. Ask at meetings for a temporary sponsor.

Phases

Phase 1: Stabilization – Minimum of 4 weeks

In Phase 1, you will be assigned to a case manager and a treatment counselor. They will comprise your treatment team and will provide you with an orientation/overview of the treatment court program. Your problems and needs will be assessed, and a treatment plan will be developed.

Phase 1 Requirements include:

1. Attend weekly Status Hearings in Court with the Judge.
2. Contact your case manager once per week and/or as directed.
3. Attend a 12-step program (N/A, M/A, A/A, etc.) a minimum of two times per week and provide written verification of attendance.
4. Obtain a self-help sponsor.
5. Submit to urinalysis testing.
6. Attend treatment groups and individual counseling sessions as directed by the treatment team.
7. Curfew is a 9:00 p.m., unless otherwise ordered by the Court.
8. Complete all paperwork for insurance and/or Medicaid.
9. Get a physical.

Phase 1 - Requirements for Completion:

1. Participate in Phase 1 for a minimum of 4 weeks.
2. Establish a minimum of 30 days with no violations.
3. Remain clean for a minimum of 2 weeks.
4. Drug testing as directed.
5. Participate in 12-step program at least two times each week.

Phase 1 - Requirements for Completion: (continued)

6. Treatment Court Judge and Treatment Team agree that client has begun acceptance of personal responsibility for recovery and the need for help in that process.
7. Complete all treatment requirements as directed by the treatment provider which includes family/support/sponsor involvement and attendance.
8. Attend individual and group treatment sessions.

Phase 2: Primary Treatment – Minimum of 1 year

In Phase 2, your treatment plan will be updated by you and your counselor to identify your treatment goals and objectives. Counseling and meetings will focus on your problem areas and help you to identify ways of coping with stressful situations.

Phase 2 Requirements include, but are not necessarily limited to:

1. Attend bi-weekly Status Hearings in Court with the Judge and make payments toward \$300 Treatment Court fee. Payment may be deferred at the discretion of the team without precluding the participant from moving into the next Phase.
2. Contact your case manager bi-weekly and/or as directed.
3. Attend a self-help program a minimum of two times per week and provide written verification of attendance.
4. Obtain and maintain a self-help sponsor and verify weekly contact.
5. **Drug testing, as directed, and at your own expense. (\$50.00 per month)**
6. Attend treatment groups and individual counseling sessions as directed by the Treatment Team.
7. Complete all treatment requirements as directed by the treatment provider.
8. Participate in a 12-step program at least three times each week.
9. Curfew is a 10:00 p.m., unless otherwise ordered by the Court.
10. Obtain or maintain employment, training, or enter a formal academic program.
11. Obtain GED and/or Driver's License
12. Pay treatment providers and remain current.
13. Must complete Changing Patterns and MRT.

Phase 2 - Requirements for Completion:

1. Attend and complete all treatment requirements as directed by the treatment provider.
2. Obtained or maintained employment, training, or academic program.
3. Attended a minimum of 2 self-help meetings each week with verifications. (Participate in weekly 12-step meetings with verification.)
4. Obtained and maintained an approved sponsor.

Phase 2 - Requirements for Completion: (continued)

5. Obtained sobriety and established a stable, drug-free lifestyle.
6. Pay at least 50% of required Treatment Court fees. Payment may be deferred at the discretion of the team without precluding the participant from moving into the next Phase.
7. **Established a minimum of 90 days with no violence, major sanction, and no drug use.**
8. Treatment Court Judge and Treatment Team agree that participant has sufficient information and proper attitude to support recovery.

Phase 3: Relapse Prevention – Minimum of 5 months

Phase 3 will address ongoing recovery needs including maintaining total abstinence from all drugs through relapse prevention. The focus will be on daily living skills. This Phase is designed to support the participant in return to the community as a productive and responsible person.

Phase 3 Requirements:

1. Attend monthly Status Hearings in Court with the Judge and make payments toward Treatment Court fees.
2. Monthly contact with your case manager, and/or as directed.
3. Attend weekly therapeutic/aftercare group sessions or individual session as directed by the treatment team.
4. Attend at least two self-help groups per week and verify attendance.
5. **Drug testing, as directed.**
6. Curfew is a 11:00 p.m., unless otherwise ordered by the Court.
7. Completion of all treatment requirements as directed, by the treatment provider.
8. Become employed or maintain employment or begin/continue a training or formal academic program, unless otherwise waived by the team.

Graduation Requirements:

1. Complete Phases 1 through 4 inclusive.
2. Attendance at treatment services (group, urine analysis testing, individual sessions).
3. Obtained or maintained employment or formal training or academic program, unless waived by the team.
4. Participated in at least two weekly 12-step meetings with verifications.
5. Submit to the Treatment Court Judge, a written relapse prevention plan, prepared by the participant and his/her treatment counselor.
6. Treatment Court Judge and Treatment Court team agree that the participant has sufficiently integrated the necessary information to support recovery for the long term.

Graduation Requirements: (continued)

7. Pay all Treatment Court fees, and restitution/fine payments are current.
8. A minimum of **90 days** with no violence, **major** sanction, and no drug use.
9. Judge and team agree that the client has sufficiently integrated the necessary information to support recovery for the long term.

Incentives and Sanctions

Incentives: When you consistently cooperate and participate in treatment court, the judge may, at his discretion, incentives such as but not limited to:

- Receive recognition from the Judge during Court
- Receive fishbowl drawing
- Receive chance(s) at weekly or monthly gift through fishbowl
- Receive certificates of achievement
- Receive other incentive determined to be appropriate by the Court
- Deduct \$5.00 or more from your \$300.00 Treatment Court fee
- Reward progress or outstanding accomplishments

Sanctions: When you fail to comply with the program, the judge may, at his discretion, sanction you such as but not limited to:

- Apology
- Community Service
- Workbook Assignments
- Lose time in phase
- Increase in drug testing
- Incarceration
- Termination
- Other sanctions that deemed appropriate

Possible activities that could result in a sanction: associating with non-approved people, lying by omission, missed drug test, tampering with urine sample, positive urine test, inappropriate behavior in court or treatment session, missed case manager appointment, missed treatment session, missed self- help group meeting, forging self-help attendance sheets, missed court appearance.

Treatment Court Fee

As a Treatment Court participant, required to pay the treatment court fee of \$300.00. You may pay as little as \$5.00 on each court appearance. The Coordinator will give you a receipt to show to the Judge each time you make payment on your court fee. You must report for each scheduled court appearance even if you are unable to make a payment.

Drug Testing Procedure

You will be expected to pay for drug testing after the initial 30 days. You could be tested for drugs or alcohol anytime without notice. If you refuse to provide a sample, it will be considered a refusal which will be construed as a positive result. All drug testing will be observed. If you challenge the results, the sample may be submitted to a lab for verification, at your cost.

Participants are expected to be current on all UA testing payments. Any participant who is 3 or more months behind on UA payments will be considered unable to provide and therefore, non-compliant.

Dilutes – Are considered a major violation!

Do not consume any performance enhancing supplements, supplements containing creatine, diet powders, Energy drinks, Kombucha, sports enhancing materials, and/or herbal/homeopathic preparations.

Association

You must request to associate with anyone that is currently on supervision. Both parties need to fill out the association paperwork and turn it into the team. You will be notified if the association is approved or denied.

Travel/Curfew Request

In order to request travel or curfew change you must have **8 weeks** violation free except for emergency travel. That will be at the discretion of the team. Paperwork is to be submitted 2 weeks in advance.

If the participant sees a medical professional for any condition in which medication is prescribed, the participants will be required to submit a verification, signed by the treating provider, as evidence the participant informed the provider of his/her addiction and participation in treatment court. Failure to do so will be considered a violation of treatment court rules and subject to sanction.