

PARTICIPANT GUIDE

DEPENDENCY DRUG COURT

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Welcome to the Sonoma County Dependency Drug Court! This guide was put together to answer questions you might have, let you know in writing how the program works and to let you know what your responsibilities are. As a participant, you will be expected to follow the instructions given in Dependency Drug Court by the judicial officer and comply with the treatment plan that is developed for you. This guide will give you general information and some details. We encourage you to share this guide with your family and close friends, so that they know about the work you are doing to become clean and sober, and to become a better parent.

PROGRAM DESCRIPTION

The Sonoma County Dependency Drug Court is a court-supervised, comprehensive treatment program for parents and guardians who have children involved in the dependency system. This means that it was created to give you a real opportunity to change your life.

This is a voluntary program, which includes:

- frequent and regular court appearances
- residential or outpatient treatment
- individual and group counseling
- drug testing
- regular attendance at group self-help meetings such as a12 Step program or other alternative programs

Your overall treatment will be supervised by an Alcohol and Other Drug Services (AODS) case manager, (the Dependency Drug Court Coordinator), who will help you stay on track with what you are required to do. The Dependency Drug Court Coordinator will also help you by making sure you are always in the treatment program that best meets your needs. In addition, you may be

referred to places that will offer you vocational training, education, and/or job placement services that will also help you to turn your life around.

The length of the Dependency Drug Court (DDC) program will be approximately one year, and staying in the program depends on you and how well you do. The DDC program is divided into 4 approximately 3 month phases (Phases One through Four). As you progress through the phases your attendance at court will be less frequent.

Please be aware that there are also important, but different, timelines for your involvement in your child's dependency case. You may have as little as 6 months or up to 12 months to complete the court ordered service plan. It is important to get going on your programs right away. The amount of time it will take to get your child back really depends on you.

After an assessment and consultation with your attorney, if you are eligible and wish to voluntarily participate, you will be referred to Dependency Drug Court. Your attorney will discuss the Dependency Drug Court program with you. If the court accepts you into the program, your attorney will continue to represent you throughout the time you are participating in Dependency Drug Court.

If you do choose to participate and are accepted, success in your drug treatment program is a very important part of reuniting with your child.

THE BENEFITS OF PARTICIPATING IN DEPENDENCY DRUG COURT –

WHY SHOULD I DO THIS?

This is an approximately year-long program and requires coming to court more often, so you may be asking yourself why you should volunteer to do this. The answer is we believe that

Dependency Drug Court is a program which offers you your best chance of becoming a clean

and sober parent in order for you to ultimately reunify with your child(ren). Advantages

include:

- * A wide range of supportive services.
- * Intensive supervision to address any drug or alcohol treatment related issue immediately.

YOUR ROLE & RESPONSIBILITIES

There will be a team of people who will be supporting you throughout this process and you will be expected to follow the drug court team recommendations. The drug court team consists of, the drug court social workers, the Dependency Drug Court Coordinator, the judicial officer, and as necessary, the community agency representatives we provide services to you and your children. If you become a Dependency Drug Court participant, you will be required to appear in Dependency Drug Court on a regular basis, initially one time per week. The judicial officer will be given a progress report prepared by the DDC Coordinator regarding your drug test results, and attendance and participation in any programs that are in your treatment plan. The judicial officer may ask you and/or your DDC Coordinator about how you are doing in treatment; however, **you will be responsible** for providing the court with information about your progress.

If you are doing well, you will be encouraged to continue with the program and work within your treatment plan and with the DDC Coordinator. If you are not doing well, the judicial officer and the drug court team will discuss what steps you and the team need to take in order for you to be successful. The goal of the Dependency Drug Court is to help you become clean and sober and to be a better parent for your child(ren). A positive or “dirty” drug test and/or setbacks in your treatment do not automatically disqualify you from the program.

If you don't comply with all of the Dependency Drug Court program requirements successfully, however, there will be various consequences. You will be directed to drug test

frequently. A positive or “dirty” test and/or your failure to meet your requirements do not automatically disqualify you from the program. All decisions regarding consequences for violations of the Dependency Drug Court Program will be made after a review by the Dependency Drug Court team, which will include your input. The final decision as to any consequences will be made by the judicial officer.

Most importantly, if you fail to complete the treatment program and/or fail to remain clean and sober, it may result in the court having to find a permanent home for your child, out of your custody. These are very serious matters, so feel free to ask members of the team any questions you may have about your case.

DEPENDENCY DRUG COURT PROGRAM RULES

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

- 1. Attend all drug court hearings.**
You must attend all court hearings as designated by the judicial officer. You must be on time and you must stay the entire court session on the day of your appearance.
- 2. Attend all ordered drug treatment sessions.**
This includes residential, outpatient, sober living, individual and group counseling, educational sessions, drug testing, and self-help meetings.
- 3. Be on time.**
If you are late to any programs or court, you will be considered to not be complying with your treatment plan.
- 4. Bring to Dependency Drug Court evidence of attendance at self-help meetings, and Dependency Drug Court ordered assignments.**
You will be expected to bring evidence of attendance at self-help meetings with you to all sessions, for example, an attendance slip signed by the meeting coordinator or leader. Evidence of attendance will vary among the different self-help groups available, please check with the Drug Court team or judicial officer to determine what evidence will be sufficient to satisfy this requirement. In addition, if the Drug Court team recommends and the judicial officer orders you to complete an assignment, such as an essay, you will be expected to bring this to Drug Court with you to your next Dependency Drug Court hearing.

5. **Do not make threats towards other participants or staff, behave in a violent manner or disrupt treatment.**
Violent or inappropriate behavior will not be tolerated and will be reported to the court. The treatment programs have a zero tolerance policy regarding violence which may disqualify you from further participation in the DDC program.
6. **The possession of drugs, alcohol or weapons is prohibited in all aspects of the DDC program and will result in immediate discharge.**
7. **Dress appropriately for court and treatment sessions.**
As a participant, you will be expected to wear a shirt or blouse, pants, dress, skirt of reasonable length. Shoes must be worn at all times. Clothing bearing gang, drug or alcohol related language is considered inappropriate.
8. Be transparent. Kept the lines of communication open with treatment providers, and the DDC team in discussing successes and problems.

TREATMENT PROCEDURES

Drug Treatment Plans

Following an overall assessment of your problems and needs, you and your treatment program counselor will develop a one-year drug treatment plan. The plan will act as a guide for your course of treatment, during which a new drug treatment plan may be developed as your problems and/or needs, may change. This plan will help you set goals, select ways to meet those goals and select target dates to achieve those goals.

Drug Screening and Testing

You will be randomly drug screened and tested throughout your entire drug treatment program. Testing for all programs is done at the Orenda Center. During the first phases of your program, you will be tested frequently, and as you progress through treatment, testing may be required on a less frequent basis. The judicial officer and drug treatment team will have access to all drug test results including any failures to test, and the judicial officer may order you to have a drug

test at any time, including while at court. When you enter the program you will be referred to the Orenda Center to register with the testing program. Be prepared to spend up to two hours for the initial visit.

Outpatient, Residential, Sober Living

Substance abuse treatment depends on what you need and what will work for you. For example, it may include an intensive outpatient setting where you will learn about yourself: that you are important and how to practice self-discipline. Sometimes you may need more structured treatment because you cannot be successful without more help. You may live in a residential program or a sober living home for awhile. The important thing is that the Dependency Drug Court program will always be working with you to find the treatment and programs that will best meet your needs at any given time.

Self-Help Meetings

Attendance will be required at a self-help group. The Drug Court team can provide you with a list of self-help groups available in the area that can satisfy this requirement. Frequent attendance and participation in self-help activities is particularly important at the beginning of your recovery process to help familiarize you with the program you choose, and help you develop a level of trust to learn to better relate to your family and friends and, depending on the group, form bonds with other recovering addicts. You will also be expected to find a sponsor, or an equivalent, and develop that relationship.

Similar meetings may be available for your family members to better understand you, what you are trying to do, and how they can help themselves and you while you are in treatment. We encourage you to have your family involved in meetings and to come to court with you. You will be required to obtain signatures to verify your attendance in meetings and provide the signed attendance slips to your treatment counselor, social worker or the judicial officer upon request.

Drug Court Treatment Program Outline

After you meet with the DDC Coordinator and a thorough assessment of your treatment needs has been made, it will be recommended to the DDC team that you participate in one of the following listed treatment programs. The judicial officer will talk with you about how that decision was reached and what will be expected of you.

A brief description of each of the treatment options available to DDC participants is listed below. The counseling/treatment criteria in each of the programs listed is the minimum required. The Court will order increases in these minimums if it is found necessary. For example, positive urine tests may indicate the need for increased counseling, meetings or other sanctions.

DAAC Outpatient:

This is an outpatient treatment program modeled around the criminal Drug Court Treatment program that DAAC currently operates. DAAC will have a counselor who will provide afternoon and evening services to those of you who have the greatest availability of resources to support your recovery and treatment. Services will include up to 5.5 hours a week of group and individual sessions. Services will be Monday through Friday with groups being in the early evening. Transportation and childcare will not be available. Successfully working through the program will result in fewer meetings and counseling sessions, less frequent urine testing, and fewer Court appearances.

DAAC Perinatal Day Treatment:

Transportation and childcare are provided and you will attend five (5) days a week for 3.5 hours of treatment per day in the mornings. Childcare and transportation will be provided and you will receive intensive, individualized counseling and education. An example of a normal course of Peri Day treatment is delineated below.

The following is an outline example of (1) the minimum core curriculum presented in the DAAC Perinatal Day Treatment Program (2) an overview of what you can learn over the course of your treatment in the DDC; (3) core curriculum offered in other programs.

Phase I:
Addictive disease
Post Acute Withdrawal Syndrome
Recovery Self vs. Addictive Self
Managing Stress

Relapse prevention
Beliefs and Values
Change

Phase II:
Recovery and Partial Recovery
Mistaken Beliefs about Recovery and Relapse
Relapse Syndrome Part I
Relapse Syndrome Part II
Warning Sign List
The Initial Warning Sign List
Warning Sign Analysis #1
Warning Sign Analysis #2
Warning Sign Analysis #3

Classical conditioning....how triggers are created
Extinguishing your Triggers....taking your triggers back.
“A Time To Heal” workbook
To See What I See & Know What I Know workbook
Values Assessment
Communication
Stress management
Anger management
Relapse Prevention Workbook

With each Phase there are papers and shares required to be written and read to the group during the phase assignments and shares group.

Women’s Recovery Services & Casa Teresa:

The third level of treatment is for those with the greatest need. This is residential treatment at Women’s Recovery Services and Casa Teresa. This is a three or four month live-in program. Women and their children are housed together and the women receive intensive, daily substance abuse treatment while their children are cared for by staff at Women’s Recovery Services.

Casa Teresa is a culturally sensitive program offering services for the Latina woman (and non-Latin women) when such a referral is needed. Currently, this program is offered only for women in DDC who do not have children living with them.

Women are phased into transitional living situations and referred to DAAC’s Day Treatment Program.

Orenda Center Detox

Over the course of your treatment you may be required to enter the Orenda Center Detox program if you are discovered to be under the influence of alcohol or drugs. The Orenda Center Detox is available to you at anytime you are in the need of detoxification in a safe and supportive environment.

Staff is available 24 hours a day at the Orenda Center for alcohol and drug detoxification. The Detox Program has fifteen beds, open to males and females, in a social model live-in program usually lasting 72 hours. It is designed to provide supportive services to assist acutely intoxicated individuals withdrawing from the effects of alcohol abuse and plan for continuing recovery.

INCENTIVES & CONSEQUENCES

If you successfully meet the requirements of the DDC program, certain incentives may be awarded to you. On the other hand, if you do not do what is required of you, there may be consequences. You may be required to attend additional self-help meetings, participate in a more structured drug treatment program, live in residential treatment, be tested more frequently and/or appear before the Dependency Drug Court more often. You may also be required to complete reading and/or writing assignments, or perform community service. Failure to comply with these types of consequences may lead to discharge from the program.

EDUCATION, VOCATION, EMPLOYMENT

Recovery from addiction and becoming a better parent means developing self-sufficiency. It also means becoming a productive and responsible member of the community. Your social worker may be able to assist you in obtaining an assessment of your needs and skills and refer you to the proper agencies for education, training and job placement.

GRADUATION FROM DRUG TREATMENT

As you successfully complete each part of your drug treatment plan, you will advance and eventually “graduate” from the Dependency Drug Court program. A graduation ceremony will be held at the end of your program if you fulfill the criteria listed below. You are welcome to invite family and friends to this ceremony. The criteria for program graduation include all of the following:

1. Consistent attendance and compliance with the team's treatment plan for approximately twelve months and approval from the Dependency Drug Court team.
2. For at least six consecutive months before graduation, all tests must be clean.
3. Consistent attendance at a self-help program and proof thereof.
4. Successful completion of required treatment, including residential treatment.
5. Maintenance of an aftercare schedule.
6. Obtaining a sponsor or equivalent.
7. Resolution of outstanding criminal and non-criminal warrants
8. Establishment of a support system and relapse prevention plan.
9. A Life Plan initiated and in place (i.e., employment, education, vocational, training, housing).
10. In continued family reunification, family maintenance, or have had a dependency case dismissed.

REUNIFYING WITH YOUR CHILD

Dependency Drug Court is separate from your reunification case plan. Although graduation from Dependency Drug Court alone does not guarantee return of your child, it is a very important part of reuniting with your child. In addition, you must complete other programs to improve your skills and abilities as a parent. These may include parenting classes, domestic violence treatment, visits with your child, family/individual counseling, or other program/services ordered by the court or to which you are referred by your social worker. The decision by the Juvenile Court to return your child(ren) will be made after consideration of how you have done in all areas of your efforts to reunify, including drug court, visitation and case plan services.

CONFIDENTIALITY

State law requires strict confidentiality regarding any issues related to your child's dependency case. In addition, state licensing requires that your identity and privacy be protected. In response to these regulations, the Dependency Drug Court has developed policies and procedures that guard your confidentiality and the confidentiality of your child. You will be asked to sign a statement releasing appropriate information to the Dependency Drug Court team. You are not to share court reports or documents with friends or family.

If you have a question about whether your confidentiality is being protected or if something about your child is confidential, ask your attorney or the judicial officer.

CONCLUSION

The Dependency Drug Court program has been developed to help you be a better parent and to live a clean and sober life. The program is designed to give you every chance to get your family back together and join the community as a productive and responsible person. The program is voluntary and is your personal choice. The judicial officer and the other Dependency Drug Court team members are here to assist and guide you, but the final responsibility is yours. We care about our participants, but you are the one who has to make it! If you have any questions or concerns about this special court program, please **talk to us**.

Finally, don't forget your family and others who are close to you! Make them a part of what you are trying to accomplish and let them share in your success.

GOOD LUCK TO YOU!!!