

# **ADULT DRUG COURT PROGRAM PARTICIPANT HANDBOOK**

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**DAKOTA COUNTY**



# WELCOME

Welcome to the Dakota County Adult Drug Court Program or “DCADCP”. This handbook will help answer your questions about the program. Because you are enrolled in the program, you will be expected to follow all of the conditions recommended by the Drug Court Team and ordered by the Judge, as well as follow the recommendations of your treatment plan. You are responsible for reading this handbook and asking questions about anything you do not understand.

## THE DRUG COURT TEAM

The drug court team is made up of a number of people who will be working with you and each other during your time in the drug court program. The team is made up of the following individuals: the judge, the prosecutor, a member of the public defender’s office, your probation officer, a law enforcement official, community volunteers, a drug court coordinator from Corrections and a representative from Dakota County’s chemical health unit.

## OVERVIEW

The goals of drug court are to reduce criminal behavior, hold you responsible for your actions, and reduce the harm caused by your illegal actions to the community.

You will benefit by receiving the help you need for your chemical dependency issues. You will also learn to make changes in your thinking and behavior in order to help you remain law abiding and lead a productive life.

This program is for repeat and serious drug offenders. This is a voluntary program for people who meet the eligibility criteria. It is an intensive program and focuses on overcoming chemical addiction. You make the choice about whether or not this program is for you. However, when you decide to participate in the program, the program requirements become mandatory and you must follow the recommendations of the DCADC Team and the judge’s orders.

## COMPONENTS OF THE DCADC PROGRAM:

### JAIL AND/OR EHM WITH CHEMICAL TESTING

Depending on your current offense and prior record, you will have to serve some jail time and/or electronic monitoring. The judge will decide on the length of time you serve. The amount of time served will be different for everyone in the program.

### CHEMICAL DEPENDENCY EVALUATION AND TREATMENT

Upon being referred to the DCADC program, you will have to have a chemical dependency evaluation. This evaluation must be done within two weeks if possible. Your evaluation may be done by Dakota County Social Services Chemical Health Unit (Rule 25) or if you have health insurance, by your health insurance evaluator, otherwise, you will have to pay to have a private evaluation completed. You will also be responsible for paying for the cost of treatment if you do not have insurance or Rule 25 funding. It is up to you to make sure that your probation officer receives a copy of your evaluation. Your evaluation will be given to the team, and you will have to follow the recommendations made by the team. Upon being given a copy of your requirements, you must immediately start the intake process at the treatment program you will be going to. The program you have to complete is based on your needs. Not everyone in the program will be going to the same type of treatment. You may have to do outpatient treatment, residential treatment, a halfway house, or some combination of programs. You will need to tell your treatment provider about your involvement in the drug court program. You will need to sign authorizations for the release of information in order for the DCADC team to receive updates about your progress. The DCADC team and your treatment counselor will be in regular contact to discuss your progress in treatment and in court.

### COGNITIVE GROUPS

Thinking for a Change is a cognitive program that is designed to help change behaviors by changing errors in the ways of thinking. You will be required to complete Thinking for a Change after you have completed primary chemical dependency treatment and aftercare. This group consists of 24–26 sessions, and you will be required to attend group twice a week for 12 weeks or once a week for 24–26 sessions.

If you are a female, you may be attending a different cognitive group designed for women, called Moving On. Whether you attend this group or the Thinking for a Change group depends on our schedule.

## COMMUNITY SUPPORT GROUPS

You are required to attend chemical health support group meetings. These meetings can be Alcoholics Anonymous, Women for Sobriety, Narcotics Anonymous, Cocaine Anonymous, or other community based groups that support you in sobriety. You must verify your attendance at these meetings with your probation officer.

## PROBATION OFFICER (PO) MEETINGS

Meetings with your PO will occur on a regular basis and are based on what phase of the program you are in. How often you meet with your PO may be decreased or increased, depending on your progress in the program. You will have contacts with your PO during scheduled and unscheduled visits, as well as during court sessions.

You and your probation officer will develop a case plan. Your case plan will help you set goals, select ways for meeting the goals, and develop target dates for achieving the goals. The plan will be reviewed on a regular basis and updated when necessary.

## COURT REVIEWS

Before you make your court appearance, the DCADC team reviews each case at a staffing meeting. Updates from your PO, treatment provider, and any other program you are involved in will be reviewed for progress. Based on your progress, the team will determine what action to take. The action might include incentives or rewards for your positive attitude, your progress in treatment, progress in working on your goals, your sobriety date, or your participation in outside activities. The team may also decide to impose sanctions or penalties for missed appointments, positive urine tests, or not following program expectations. Your case plan or treatment plan could be changed in order to assist you in your continued success.

During court sessions, the judge and team members will talk about your individual progress. The judge will ask you questions and may ask you to talk about difficulties you may be having.

How often you go to court depends upon what phase you are in. As you progress through the phases, you do not have to go to court as often.

## URINE AND BREATH TESTS

Throughout your involvement in the DCADC program, you will be required to submit to testing of your breath and urine to make sure you are remaining chemically free. There will be penalties for the use of alcohol, illegal drugs, or for the abuse of prescription drugs or over-the-counter-medicines throughout

your probation, since your probation requires you to remain chemically free. Testing will be paid for by you unless you are given a waiver or deemed to be financially indigent. The cost of testing is approximately \$18. Please see a detailed description regarding using over the counter medicine and products containing alcohol at the end of this handbook.

## SANCTIONS AND INCENTIVES

As mentioned in the court review section, the DCADC team uses incentives (rewards) and sanctions (penalties) to help motivate you and to hold you responsible for your actions.

Incentives may include, but are not limited to:

- Tokens of progress
- Special recognition
- Encouragement and praise from the judge
- First to appear in court for the month
- Movement to next program phase
- Reduction in numbers of meetings with your PO

Sanctions may include, but are not limited to:

- STS
- EHM
- Spend the entire day in drug court
- More frequent meetings with your PO
- Having to repeat programming or phases
- Increase in drug screens
- Jail
- Termination from the program and return to court
- Return to prior phase in the program
- Write program reports or thinking reports

## PHASES

The DCADC program consists of three phases that you will need to complete prior to your graduation from the program. Your progress in the program determines how quickly you move through the phases.

## Intake and Assessment Phase:

General length of this phase is 30 days

This phase begins after you observe a drug court session. You will be required to cooperate with the following to determine whether or not you are eligible to participate in the drug court program:

- You will need to complete a chemical dependency evaluation within two weeks, in order to determine if you are chemically dependent, and therefore, eligible for the DCADC program.
- Your assigned probation officer will need to receive a copy of your evaluation within 10 days.
- Meet with the drug court PO so that they can complete a screening assessment with you to determine your appropriateness for the program.
- Attend your court appearance before a drug court judge.
- Attend a weekly chemical health support group in the community if you are out of jail, or in the jail, if you are in custody. You must provide verification of your attendance to the PO.
- If you are out of jail, you must submit to drug testing screens twice a week.

## PHASE ONE:

General length of phase is 90-120 in the community

This phase begins the date that you receive your sentence. The minimum requirements of this phase are:

- Serve the first portion of your sentence in jail or on EHM, if you have been ordered to complete this.
- Attend chemical dependency treatment per the program requirements.
- Meet with your PO once a week.
- Attend court reviews twice a month.
- Attend chemical support groups a minimum of once a week with signed verification.
- Submit to urine screens twice a week or upon request.

## PHASE TWO:

General length of this phase is 90–120 days

The minimum requirements of this phase are:

- Continue to attend chemical dependency treatment per the program requirements
- Meet with your PO twice a month or as requested
- Attend court reviews monthly
- Attend chemical support groups a minimum of once a week with signed verification
- Submit to urine screens once a week or upon request
- Begin cog (if through with chemical dependency treatment) for 22–26 sessions

## PHASE THREE:

General length of this phase is 180 days

The minimum requirements of this phase are:

- Any chemical dependency treatment at this phase is dependent on your program's requirements
- Meet with your PO once a month or as requested
- Attend court reviews every 6 weeks or as needed
- Attend chemical support groups a minimum of once a week with signed verification
- Submit to urine screens once a week or upon request
- Complete cog if not finished by this time
- You must remain abstinence six months prior to graduation

## GRADUATION

On the day you graduate from the program, there will be a celebration in court for your accomplishment. We encourage you to bring family, friends, your sponsor, or any other people who have been supportive of you.

After your graduation from the program, you may remain on probation or may have your case dismissed dependent on your plea. The remaining supervision will include contact with the probation department and random urine screens as directed.

## CONFIDENTIALITY

By agreeing to participate in the DCADC program, you will be required to provide us with information that may otherwise be confidential. You will be required to sign appropriate waivers and release forms for the DCADC team and your treatment providers.

## CONCLUSION

The DCADC Program has been developed to help you achieve abstinence from illegal drugs, alcohol, and all criminal activity. The program is designed to help you become self-sufficient and to help you become a productive and responsible member of our community. The program is voluntary and you choose to participate in it. The DCADC team is there to guide and assist you, but the final responsibility to make the change is yours. You must be motivated to make this change and commit to a drug and alcohol free life.

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

## USE OF MEDICINES AND DRUG COURT

On occasion, you may be placed on prescription medication for pain or another medical problem. You need to tell the medical professional who is treating you that you are in recovery. This means you cannot take any mood/mind altering substances as it will endanger your recovery and may result in a positive drug test. If you forget and your doctor gives you a prescription for a drug you are not allowed to take, you must contact the doctor, tell them you are in recovery and get a new prescription.

### Medicines you CANNOT take while in drug court:

- All cough medicines with codeine, alcohol or dextromethorphan.
- All narcotic analgesics (painkillers) Common brands are:
- Darvon or Darvocet (propoxyphene), Percocet or Percodan (oxycodone), Tylenol 3 (with codeine), Vicodin (hydrocodone).
- All benzodiazepines (anti-anxiety drugs) Common brands are:
- Ativan (lorazepam), Librium (chlordiazepoxide), Valium (diazepam), Xanax (alprazolam).
- Allergy/Cold Medication containing any of the following compounds:
- pseudoephedrine, dextromethorphan, phenylpropanolamine, doxylamine, diphenhydramine
- Common names: Actifed, Benadryl, Benylin, Comtrex, Contac, Coricidin D, DayQuil, Dimetapp, Neo-Synehrine, Nyquil, Robitussin Sinus, Sine-Off, Sinutab, Sudafed, Tylenol-Cold, Vicks 44D and 44M, Zytrec-D.
  
- Never take any medication prescribed for someone else (parent, spouse, etc.) Using medication prescribed to another person is a violation of federal law and drug court rules.
- When in doubt, DON'T TAKE IT. Ask your Probation officer if you have questions about any medications.
- Read the label when you buy cough syrup, cold medicine, mouthwash or other over the counter products. Make sure they do not contain alcohol. Listerine, Dayquil and Nyquil all contain alcohol.
- Do not take "natural" or herbal remedies or supplements (like e-ola, Mah huang, etc.)
- Do not take any medications from Canada (or other countries) not sold over the counter in the US.
- Do not drink alcohol substitutes like near beer, O'Doul's, etc.
- Never eat poppy seeds or "everything bagels" because they can give a false positive reading on your urine screen.



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