



# **Family Integrated Treatment Court**

## **Program Handbook**



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## Welcome

Welcome to the 1<sup>st</sup> Judicial District/Jefferson County's Family Integrated Treatment (FIT) Court program! FIT Court is based on a National Drug Court model and takes pride in incorporating Family Drug Court best practices. This is a voluntary, family-based program within the Dependency and Neglect System. FIT Court was created to work with parents and children who have become involved with the Jefferson County Division of Children, Youth, and Families (JCDCYF) as a result of child abuse or neglect that is directly related to the parent's substance abuse. The purpose of this program is to offer you and your family treatment, services, and support to establish and maintain sobriety and provide safety for your child(ren). The goals of the FIT Court program are to:

- Keep your family together
- Monitor the safety and wellbeing of your children
- Help you become clean and sober
- Develop a support and safety network around you for long term success
- Increase family preservation and reunification rates, and reduce family re-entry into Child Protection Services

## Overview

Participants are required to **enroll in substance abuse treatment, submit to random drug testing, attend frequent court reviews, attend support group meetings/activities, create a Recovery Plan, and demonstrate progress with any other treatment plan requirements such as mental health treatment, domestic violence treatment, and parenting support.** These requirements, along with any other imposed by the Court, will become part of your Family Services Plan (also called a treatment plan). The Court will closely monitor your progress and compliance with these requirements and respond with rewards (incentives) and consequences (sanctions). The FIT Court program consists of 5 phases and takes a **minimum** of 10 months to complete, although most families complete the program in 12-18 months.

***It is very important to understand that compliance with FIT Court program requirements does not guarantee that your children will be returned to you. There may be circumstances in which, even with full compliance, the Court determines that returning home is not in the best interests of the children.*** This handbook is designed to answer questions, provide general information, and explain requirements of the program. Please read this handbook carefully. It is your responsibility to understand the expectations of the FIT Court program. If you have additional questions or concerns, please contact your attorney, your caseworker, or the FIT Court coordinator. We encourage you to share this information with your friends and family who support you in recovery.

*"Nobody can go back and start a new beginning, but anyone can start today and make a new ending."*

*Maria Robinson*

## Eligibility Requirements

FIT Court is a specialized voluntary program in a Dependency and Neglect case. It is your decision whether or not you want to participate in FIT Court. FIT Court can be a hard program, as it is tough work to get and stay clean and sober.

In order to participate in FIT Court, you must meet all of the following requirements:

1. Family has an open Dependency and Neglect case through the Jefferson County Division of Children, Youth, and Families.
2. Parents must be 16 years or older.
3. Parents have at least one child 12 years old and under.
4. Substance abuse is the primary presenting issue.
5. The family's final risk level on the *Colorado Risk Assessment of Abuse and Neglect* completed by the JCDCYF intake caseworker is "**Moderate**" or "**High**."
6. The *Colorado Safety Assessment* identifies a safety concern for the child(ren) related to alleged or observed **substance use**.
7. If both parents reside together and both have substance abuse issues, both parents must participate in the program.
8. Parents agree to all requirements listed in FIT Court Agreement and Waiver, which outlines legal rights and responsibilities.
9. Parents must sign the FIT Court Agreement and Waiver and enter into the program within 30 days of their case being filed or prior to adjudication, whichever occurs first.

## Discharge from the Program

If you decide to enter into this program, FIT Court requirements will become part of your Court-ordered treatment plan. If anyone involved in your case, including you, decides you should be discharged from the program, a written motion must be filed, and a Modification Meeting and Court Hearing will be held to decide whether or not you should be discharged from the program. If you do discharge from FIT Court, you will continue participating in the dependency and neglect process and will continue to have a Court-ordered treatment plan through the regular track dependency and neglect process.

## Your Treatment Team and Their Roles

There are many people on your treatment team. The team works together to help you and your family, but everyone has a different role. Your FIT Court Treatment Team includes:

### **Most importantly: YOU, your extended family, and your support and safety network**

Each team member knows that YOU and your support and safety network have the skills and knowledge to change your life.

### **FIT Court Judicial Officer**

The FIT Court Judge is the lead member of FIT Court and presides at all team staffings and Court hearings. The Judge will make all decisions regarding your participation in the program based on input from you and the treatment team.

### **FIT Court Coordinator**

The FIT Court coordinator helps the program run smoothly, collects your information from your UAs and treatment, and tracks your phase progression. The coordinator makes sure the team is following FIT Court's rules and policies.

### **Jefferson County Division of Children, Youth, and Families (JCDCYF)-> Supervisor and caseworker**

The JCDCYF caseworker will work with you and your family to refer you to needed services and resources that will help you complete your treatment plan. The caseworker's goals are to help your child(ren) achieve safety, permanency, and wellbeing.

**Savio -> supervisor and Savio worker**

The Savio worker is a service provider who helps you with hands-on life skills, community resources, recovery support, and parenting. The Savio worker will provide individualized parenting feedback and coaching for you and your child(ren). He/she will help you identify and use your safety and support network. He/she will help you identify and get connected with sober support groups and community resources.

**Guardian *ad litem* (GAL)**

The GAL is a lawyer who legally represents your child(ren)'s best interests.

**Respondent Counsel (your attorney)**

If you are eligible, you will be appointed an attorney to advocate for your rights and wishes. You may also hire your own attorney.

**County Attorney**

The County Attorney represents the Department of Human Services.

**Your treatment providers**

Substance abuse, mental health, domestic violence, and other treatment providers provide the team with information about your progress and offer suggestions.

**FIT Court Basics**

By following a few basic guidelines, you can greatly increase your chances of successfully completing the program. A few suggestions:

- **Show Up and Be Honest!**
- Attend all court hearings, meetings, and appointments.
- Demonstrate progress with the requirements of your treatment plan.
- Stay in touch with your caseworker and your attorney. Be sure they have your current phone number and address.
- Be as organized as possible. You will need to keep track of lots of meetings, court dates, and appointments.
- Take care of yourself: live a healthy lifestyle, and eat and sleep well.
- Be engaged in your recovery process.

**Program Structure and Expectations**

FIT Court is held every Thursday beginning at 1:30 in Division 10 at the Jefferson County Courthouse. You may be set at 1:30, 2:30, or 3:30pm. You will attend Court weekly, biweekly, or once a month. This depends on your phase in the program. The Judicial Officer will speak directly with you about your progress during your FIT Court hearing. The Judicial Officer will make all final decisions. If you do not appear for a Court hearing and have not been previously excused from attending Court by the Judge, a bench warrant will be issued for your arrest.

Prior to your FIT Court hearing, the Judge and your treatment team meet and review your progress at a staffing. Your attorney will represent your position during the pre-Court staffing.

FIT Court has 2 types of hearings, or “weeks”. Most weeks are called “**Recovery Weeks**”. On “Recovery Weeks,” your Court hearings will focus on your treatment, sobriety, Recovery Plan, support meetings, and Recovery. The Court will NOT discuss issues such as parenting time, returning the children home, issues with family members, or other “family” type issues. If there is an issue that MUST be addressed prior to the next “Family Week”, any party can file a motion for a hearing to be set.

The second Thursday of each month is called “**Family Week.**” On “Family Week,” the Judge will discuss family/parenting issues with you along with your typical treatment topics.

Along with these hearings, you will also have **Permanency Planning Hearings** (PPHs) about every 90 days. For these hearings, your caseworker will write a report discussing your overall progress in your treatment plan. The Judge will review how you are doing in meeting the requirements of your case and will discuss permanency options for your children.

FIT Court also has 2 types of team meetings. **Team Decision Making Meetings**, or **TDMs**, typically last 1½ to 2 hours. They are held either at the Jefferson County Division of Children, Youth, and Families in Room 270 or at a convenient community location. These meetings are led by a trained facilitator who works for the Division, but who does not have any role in your family’s case. These meetings include you, your family and any other people you identify as part of your safety and support network, your FIT Court professional team members, treatment counselors, and others involved in your case. These meetings will review what the worries have been for the safety of your child(ren), what is going well to address these worries and to demonstrate safety, and to outline continued next steps. Your family will usually have a TDM at the time of your case opening, before Permanency planning hearings, and a Recovery planning TDM during Phase 4 as a graduation requirement.

The second type of meeting is called a **Treatment Support Meeting**, or **TSM**. TSMs are 30 minute meetings for your treatment team to come together and discuss your progress, concerns, and requests. You can bring any support person you want to these meetings. You will have a TSM within 1-2 weeks of joining FIT Court, called your “Orientation TSM.” You will also have a TSM once per month, prior to the Thursday Court hearing during “Family Week.”

A typical week for you in Phase 1 will include the following:

- Weekly Court appearances
- Monthly TSMs
- 2-3 treatment appointments per week
- Calling the Sentry line daily, with 1-3 UAs per week
- Meeting with your Savio worker 1-3 times per week

**TREATMENT** is the most important part of your recovery. Because of this, the Court and your treatment team expect you to make treatment your top priority. You are expected to be present and participate in all required treatment sessions, including your substance abuse intake. Only the **JUDGE** can excuse you from past or future missed treatment. Your caseworker, counselor, Savio worker, or attorney **CANNOT** excuse you from treatment. The Judge typically only excuses missed treatment if you are so sick that

you needed to go to the Doctor, and you can provide a doctor's note. Otherwise, you are expected to be at treatment.

### Regular-track Parents

Often one parent is involved in FIT Court (FIT Court parent) while the other parent is not (regular-track parent). Because FIT Court is a family program in the Dependency and Neglect system, family issues involving the regular-track parent may often come up. The regular-track parent is always welcome to attend any FIT Court hearing, and is encouraged to attend hearings during "Family Week." It is important to know that any decisions involving the regular-track parent CANNOT be made without that parent present. It is also important to know that the regular-track parent will receive updates regarding your progress in FIT Court through written Court Orders and Family Services Plans. The regular-track parent is required to be present at Permanency Planning Hearings.

### Program Changes

Occasionally, changes are made to the FIT Court program. If this occurs while you are a participant, the following procedure will be followed:

- Program changes will be approved by the Steering Committee and the Presiding Juvenile Judge.
- Current participants will have the opportunity to review the new version of the FIT Court Agreement and Waiver with their attorney and
  - o Sign the new FIT Court Agreement and Waiver and continue in the program, **OR**
  - o Discharge from the program.

### Courtroom Expectations

FIT Court is a program for families. Children are welcome to accompany you to your Court hearings. Please note that the Judge may occasionally ask the children to leave the Courtroom, such as before a sanction is imposed or a difficult topic is discussed.

You are expected to be present at your assigned Court time. **Roll Call** will be called at the beginning of each docket. If you arrive after Roll Call, your case will be called last.

FIT Court is not the time to meet with your caseworker or GAL; you are there to speak with the Judge and to listen to your fellow participants and their experiences. It is expected that you will meet with your attorney, GAL, and caseworker BEFORE or AFTER your scheduled Court time. You are expected to sit in the front rows and pay attention to the Judge.

When you appear before the Court, you will be expected to follow the guidelines below:

- Do not be under the influence of any illicit substances or impaired by medications.
- Dress appropriately when appearing in court. Do not wear ripped jeans, halter, tube, or low cut tops, short skirts, hats, slippers, or pajamas in the courtroom. **Clothing with alcohol/drug/violent slogans, graphics, or brands will not be tolerated.** Suggestions for appropriate clothing include pants, long shorts or skirts, and conservative tops.
- Address the judge as "Your Honor," "Judge," "Sir," or "Madam."
- Answer questions with a "yes" or "no" instead of nodding or shaking your head.
- Remain quiet while you are in the Courtroom.
- Do not use cell phones in the courtroom. Ensure your phone ringer is on silent.

## Phases

There are five phases in the FIT Court program. Each phase consists of specific treatment objectives and requirements to advance to the next phase, which are listed below. The time frames below indicate the minimum amount of time it takes to complete each phase. These are **estimates**, as the actual time it takes will depend on each participant's unique circumstances and progress. Typically, the program takes 12-18 months to complete.

### Phase advancement:

- You must complete each task with documentation given to FIT Court Coordinator at Court.
- Final decision regarding phase advancement is made by the Judge.
- Each phase is independent.
- Each person moves through each phase independently.

### Phase regression:

- You will "regress" (go back to previous phase) if you have 3 sanctions in a 60 day period.
- Phase regression is also a sanction.
- The Judge can order more frequent Court appearances without regressing your phase if the team believes you need more support.

### Residential/Inpatient Track

Based on treatment recommendations, at times inpatient or residential treatment may be required. If this occurs, you will continue to participate in sobriety monitoring and treatment.

While attending inpatient treatment, days of sobriety are counted day-for-day, and weeks in treatment are calculated at one-half of the weeks.



*"Every passing minute is another chance to turn it all around."*

*Cameron Crowe*



## Orientation Phase—"I'm on my way..."

Length- First 2-4 weeks  
Court appearances- Weekly

### Advancement requirements:

1. Paperwork
  - a. FIT Court Agreement and Waiver reviewed and signed
  - b. Reviewed FIT Court Parent Handbook, signature page completed
  - c. Thoroughly completed Kin Identification Form
  - d. Completed Indian Child Welfare Act (ICWA) assessment form
  - e. Completed list and phone numbers of Treatment Team
  - f. Signed all necessary Releases of Information for/between Caseworker, GAL, Respondent Parent Counsel, Savio, Treatment providers, and the 1<sup>st</sup> Judicial District
2. Treatment
  - a. Started random urine screens
  - b. Completed Substance Abuse treatment intake and have ongoing treatment scheduled
  - c. Disclosed any and all medications that are prescribed to me or in my possession, signed ROI for prescribing doctor(s), provided contact information for doctor(s), and began pill counts
  - d. Met with Savio worker for required time
3. Compliance/attendance
  - a. Attended Orientation Treatment Support Meeting (TSM)
  - b. Attending scheduled Court hearings
  - c. Met and communicated with CYF caseworker as requested
  - d. Met and communicated with GAL as requested

"Right Actions in the future are the  
best apologies for bad actions in the  
past."

Tyron Edwards

**Phase 1—“...To a better life...”**

Length- Minimum of 30 days  
Court Appearances- Weekly

Advancement Requirements:

1. Treatment
  - a. Minimum of 30 consecutive days of sobriety in this phase with no positive, missed, dilute, or altered urine screens or sobriety monitoring (including pill counts)
  - b. Attended all required substance abuse treatment for the last 4 consecutive weeks of this phase with no missed appointments
  - c. Met with the Savio worker for all required weekly time for the last 4 weeks in this phase with no missed appointments and completed the following tasks:
    - i. Initiated getting birth certificates and social security cards for each family member
    - ii. Submitted drafts of sections #1-4 of the Recovery Plan
2. Compliance/attendance
  - a. Attended all Court hearings for the last 4 weeks in this phase
  - b. Attended all Treatment Support Meetings for the last 4 weeks in this phase
  - c. Met and communicated with CYF caseworker as requested
  - d. Met and communicated with GAL as requested

**Phase 2—“...For my kids and me.”**

Length- Minimum of 120 days  
Court Appearances- Every 2 weeks

Advancement Requirements:

1. Treatment
  - a. Minimum of 90 consecutive days of sobriety in this phase with no positive, missed, dilute, or altered urine screens or sobriety monitoring (including pill counts)
  - b. Attended and actively participated in all required substance abuse treatment for the last 16 weeks in this phase with no missed appointments
  - c. Met with the Savio worker for all required weekly time for the last 16 weeks in this phase with no missed appointments and completed the following tasks:
    - i. Submitted Court-approved drafts of sections #5-11 of the Recovery Plan
    - ii. Reworked/updated sections #1-4 of the Recovery Plan
    - iii. Have possession of birth certificates and social security cards for all family members
    - iv. Turned in documentation showing application for needed assistance programs as determined by treatment team (WIC, Food Assistance, TANF, Medicaid, CCAP, etc)
  - d. Attended 6 community support meetings with documentation
2. Compliance/Attendance
  - a. Attended all Court hearings for the last 12 weeks in this phase
  - b. Attended all Treatment Support Meetings and Team Decision Making meetings for the last 12 weeks in this phase
  - c. Met and communicated with CYF caseworker as requested
  - d. Met and communicated with GAL as requested

**Phase 3—“I succeeded!”**

Length- Minimum of 30 days  
Court Appearances-Every 4 weeks

Advancement Requirements:

1. Treatment
  - a. Minimum of 30 consecutive days of sobriety in this phase with no positive, missed, dilute, or altered urine screens or sobriety monitoring (including pill counts)
  - b. Attended and actively participated in all required substance abuse treatment for the last 4 weeks in this phase with no missed appointments
  - c. Met with Savio worker for all required weekly time for the last 4 weeks in this phase with no missed appointments
  - d. Recovery Plan: presentation and acceptance of plan by treatment team and identified support people. The Court will provide final approval.
  - e. Completion of all services paid for by the Division of Children, Youth, and Families, or have assumed responsibility for payment of these services. (Ex: methadone, ongoing substance abuse treatment, transportation)
  - f. Actively searching for employment or education; Connected to employment/education resources such as the Workforce Center or GED testing
  - g. Attended 4 community support meetings with documentation
  - h. Attended and completed the Betty Ford Children’s Program with your age-eligible children (ages 7-12) if deemed appropriate by the treatment team
2. Compliance/attendance
  - a. Attended all Court hearings for the last 4 weeks in this phase
  - b. Attended all Treatment Support Meetings and Team Decision Making meetings for the last 4 weeks in this phase
  - c. Met and communicated with CYF caseworker as requested
  - d. Met and communicated with GAL as requested

**Phase 4- “A Life Worth Living!”**

Length- Minimum of 90 days  
Court Appearances- Every 4 weeks

Graduation Requirements:

1. Treatment
  - a. Minimum of 90 consecutive days of sobriety in this phase with no positive, missed, dilute, or altered urine screens or sobriety monitoring (including pill counts)
  - b. Active participation in sober community activities identified in your Recovery Plan
  - c. Engaged in employment, education, TANF work requirements, the Workforce center, or another approved activity, as determined by treatment team
2. Compliance/attendance
  - a. Attended all Court hearings for the last 12 weeks in this phase
  - b. Participated in a final family meeting with your identified support persons present to review and provide feedback on your completed Recovery Plan
  - c. Met and communicated with CYF caseworker as requested
  - d. Met and communicated with GAL as requested

## Phase Components Explained

### Treatment

Your caseworker will refer you to a community treatment agency that can meet your needs. Every participant's treatment is unique. Once you complete your intake, you and your treatment provider will decide what level of treatment is required for you. This recommendation will then become your "required treatment" for FIT Court, and any missed treatment will result in a sanction. Your success in this program and in your long-term recovery depends heavily on your progress in treatment. Because of this, treatment is expected to be your top priority. If you miss a treatment appointment or your treatment intake, you will likely be sanctioned. Only the **Judge** can excuse past or future missed treatment. If you are sick enough to miss treatment, the Judge expects you to have a doctor's note. If you did not need to go to the doctor, you did not need to miss treatment. The Judge may also excuse treatment if your treatment provider sends you home from treatment because you were too sick to participate.

### Community Support Meetings/Activities

Research, along with many people in long-term recovery, discusses the importance of community support meetings. FIT Court wants to ensure you are connected to sober support before you graduate. For this reason, attendance at community support meetings or activities are a requirement of phasing. There are different types of community support meetings and activities. Some are 12-step meetings and others are not. FIT Court encourages you to try different types of meetings until you find one that works for you. You can find suggestions at the back of this handbook, and meeting lists are in the courtroom. In order to show documentation that you were at the meeting, you can take a picture of yourself there or have the group leader sign a form.

### Recovery Plan

FIT Court participants are required to develop a Recovery Plan throughout the case, in which you identify triggers, red flags, goals, and relapse planning skills. You will also identify your support people who will help you stay focused on your recovery and help keep your children safe if a relapse does occur. Having a plan will help you keep recovery as your #1 priority, avoid relapse, or bounce back quickly if you do relapse. It is better to plan more than necessary...rather than not enough. This is ultimately YOUR PLAN for YOUR RECOVERY- not just an assignment for graduation. The Recovery Plan is a "work-in-progress." It will be worked on with your Caseworker, Savio worker, substance abuse counselor, and support system. This plan may change and be added to as you progress in your treatment and sobriety. The Recovery Plan needs to be completed and approved by the treatment team and Court in order to move into Phase 4. Phase 4 will demonstrate that you are using and living your Recovery Plan. During Phase 4, you will have a Team Decision Making meeting with your support people to review your Recovery Plan.

The purpose of this Phase 4 TDM is to review and enhance the Recovery Plan that you have developed with your safety and support network. It is important that your safety and support networks participate in this meeting and the planning. The outcome that we hope to achieve at the end of this TDM is a sustainable plan with your own networks that will keep your children safe and be of support to you after you complete the FIT Court program.

### Betty Ford Children's Program

This is a community-based program for children ages 7-12 from families that have struggled with alcohol or drug addictions. Children learn that addiction is not their fault, that they are not alone, to express their feelings, and much more. Many of our families in FIT Court have been through the program and reported that it was a fun and healing experience for both the children and the parents. The parents reported that they felt supported and not judged by the program. Because of all of the great benefits of this program, attendance is a Phase 3 requirement for families who have children between the ages of 7 and 12, whom the treatment team decides are appropriate for the program. This is a 4 day program in Aurora that occurs each month from a Thursday through Sunday, and lunch and snacks are provided. Children attend all 4 days, and parents (or other family members) attend Thursday morning, Saturday, and Sunday. Children should bring their bathing suit and towel. Please see your caseworker for more information. [www.bettyfordcenterkids.org](http://www.bettyfordcenterkids.org); 1-877-872-7712.

### Days of Sobriety (DOS)

Your days of sobriety will be calculated based on your first clean urine screen and are determined by negative drug tests. DOS are one measurement of success in the program. Your days of sobriety will be reset to zero if you have a positive, missed, diluted, or altered urine screen/sobriety monitoring, missed/inaccurate pill count, misuse of medication, or admission of use. You start earning days again on the date of your next negative drug test.

### **Sobriety**

FIT Court's goal is to help you get clean and sober. In order for FIT participants to succeed in recovery and remove all drug dependence from their lives, it is FIT Court's belief and expectation that there must be **abstinence** from the use of all addictive substances. This includes prescription pain medication and medication/substances that impact your ability to safely supervise, protect, and care for your child(ren), are mind-altering, and/or have a high potential for abuse. You are expected to demonstrate your sobriety from the following drug classes: alcohol, cannabinoids, opioids, stimulants, club drugs, dissociative drugs, hallucinogens, and inhalants.

FIT Court recognizes that you may be prescribed mind-altering, mood-changing, or habit-forming substances for mental health purposes such as anxiety, depression, or insomnia. FIT Court wants you to receive appropriate, helpful treatment for your health and mental health. However, it is often difficult to determine whether a substance is being used for treatment of a diagnosed issue or as a means to get high. **It is important that you examine your motives when taking/using any substance, and discuss this with your substance abuse counselor and your prescribing medical professional.** Ultimately, your use of any substance, prescribed or not, that impacts your ability to safely supervise, protect, and care for your child(ren) will be a concern to the Court.

It is also important to keep in mind that the use of many substances can make it more difficult for you and your brain to recover, and/or can trigger relapses. These include: **caffeine, nicotine, energy drinks/supplements, workout supplements, diet pills, cough syrups, some medication, and excessive candy/sugar.** While FIT Court does not ban or monitor for these substances, the team may ask about your use of these substances and your motives for using these substances. Your treatment team may

encourage you to discontinue your use. It is also important to recognize that some of these substances may cause a positive or dilute UA result. You are responsible for what goes in your body.

### **Sobriety Monitoring**

All clients will be set up on Norchem's Sentry randomization hotline **303-515-7619** during the Orientation Phase and will be given a Norchem Client ID number. You must call the hotline between the hours of **5am and 5pm EVERY DAY**. You will enter your ID number, and you will be told if you need to go provide a urine screen that day.

You will provide your UA samples at your identified UA location (PTS or ICCS). Please confirm the hours of operation for you to provide your UA sample with your identified UA agency. ICCS does not allow you to bring children onto their property- please make safe arrangements for your children's care.

- You may be asked at any time to provide a urine screen or breathalyzer by a treatment team member. If you do not comply with this request, this will be considered a missed and positive UA, and your DOS will reset to zero.
- If you have a positive drug/alcohol screen and deny use during the first Court hearing after the positive UA, a confirmation test will be completed. If the positive screen is confirmed, you may be subject to a more severe sanction.
- A positive screen is viewed by the Court as use. YOU are responsible for what goes in your body.

#### **Suggestions:**

- Program this Norchem Sentry hotline number **303-515-7619** into your phone under "UAs."
- Write your Norchem ID down somewhere safe.
- Make a note in your cell phone with your Norchem Client ID.
- Call this UA phone number for a possible UA **EVERY DAY**. You could be called for a UA each day. It is random.
- Remember to bring your photo ID.
- Provide a UA earlier in the day to avoid missing your time window.

### **Sobriety Monitoring Issues**

#### **YOU ARE RESPONSIBLE FOR WHAT GOES IN YOUR BODY**

#### Dilute Urine Screens

You need to know how to prevent your urine test from being "dilute" (watered down from drinking too much liquid). The Court will sanction dilute urine tests. Here are some things to know to prevent dilute urine tests:

- Provide your urine test in the morning
- Limit your liquid intake to two 8-ounce beverages within 2 hours before providing your urine test

Following your FIRST dilute urine screen ONLY, your sobriety days are placed on "pending" status. Additional DOS will continue to accrue during this time. If you do not have another dilute, missed, altered, or positive test in the next **45 days**, your DOS will be reinstated. Any additional dilute screen DURING THE REST OF YOUR TIME IN FIT COURT will result in a sanction and a loss of ALL Days of Sobriety.

## Marijuana

Marijuana in any form (medical, recreational, edibles, etc) is NOT allowed at ANY point in FIT Court. If you are testing positive for marijuana, you will be given a “marijuana-clean” date that is 30 days past your last use. If you continue testing positive during this period, you will not be sanctioned. You will also not accrue DOS and will not progress through the phases. If you test positive after your “marijuana-clean” date, you will be sanctioned.

## Alcohol

Alcohol is a drug. You are not allowed to consume any form of alcohol while you are in FIT Court.

Alcohol can be found in many products, including over-the-counter medications, mouthwashes, beauty products, and some foods. Use/consumption of these may result in your urine testing positive for alcohol. It is your responsibility to understand this risk and to always read labels to prevent a positive alcohol test. Read labels of EVERYTHING you consume (drink or eat) or spray/use on your body. Look for **ethyl alcohol (ethanol)** as an ingredient to avoid. There are alternatives to nearly every product containing ethyl alcohol. If you test positive for alcohol, you will be sanctioned.

Common products containing ethyl alcohol:

- Cough syrups and other liquid medication like Nyquil
- Non-alcoholic beer and wine
- Flavoring extracts like vanilla or almond extract
- Herbal supplements like Gingko Biloba
- Food cooked with alcohol
- Mouthwashes and breath strips
- Hand sanitizers
- Hygiene products like aftershave, colognes, hair spray, mousse, and bug spray
- Solvents and lacquers- used in construction and at home

## “Designer” Drugs

The possession or consumption of any “designer” drugs such as “Spice,” “bath salts,” etc., whether purchased legally or illegally, is strictly prohibited and subject to sanction. Such substances are often sold or marketed under false pretenses and labeled “Not for Human Consumption,” though they are purchased for the purpose of getting a “high.”

## Poppy seeds

Do not consume poppy seeds or products containing poppy seeds. Consuming poppy seeds or products containing poppy seeds may result in your urine testing positive. Consuming poppy seeds will **not** be an accepted explanation for a positive urine test.

**WHEN IN DOUBT, DON'T USE IT!**

### Prescription drugs

Certain prescription medications are well known to have a high potential for abuse. These medications can also cause participants to be impaired. This can hinder a participant's ability to safely parent his/her children. For this reason, FIT Court participants' use of prescription medications which are classified as controlled substances is closely monitored and is subject to verification of medical/mental health need. FIT Court's prescription drug policy is intended to allow effective substance abuse treatment of FIT participants while allowing for appropriate medical/mental health treatment for a diagnosed medical/mental health need. If your prescribed medication impacts your ability to safely supervise, protect, and care for your child(ren), your treatment team will discuss your options with you.

Your choices about the medications you take should be made with your doctor and in the context of your recovery.

- In order to move into Phase 1, you must disclose any and all medications that are prescribed to you or in your possession, sign an ROI between your prescribing doctor(s), substance abuse treatment provider, caseworker, GAL, and attorneys, provide contact information for your doctor(s), and begin pill counts if required by the Court.
- If you receive a new prescription at any time during the case, you must disclose the prescription to the treatment team immediately and prior to the team receiving a positive UA result.
- It is important that you inform your medical provider of your substance abuse history so they can appropriately treat you.
- You may be asked to do a pill count on a regular basis by any member of the Treatment Team to ensure you are taking your medication as prescribed.
- All medication must also be reported at the time of each UA at your UA agency.
- Misuse of or failure to report prescription medications is sanctionable.

Participants with a history of abusing prescription drugs, or who have been prescribed medication with a high abuse potential, may be subject to additional requirements by the Court. These may include:

- Being restricted to one prescribing physician, dentist, and pharmacy
- Agreeing to work with your physician and substance abuse treatment counselor to discontinue use of a medication with a high abuse potential

### Medically Assisted Treatment (MAT)

Medically Assisted Treatment, or MAT, is a type of treatment where medications such as Methadone, Suboxone, Antabuse, or Naltrexone are used to help treat people with addictions. The National Association of Drug Court Professionals (NADCP) states "the decision whether or not to allow the use of MAT is based on a particularized assessment in each case of the needs of the participant."

FIT Court does allow the use of MAT if it is being overseen by a doctor. If you are thinking about using MAT, it is important that you talk with your doctor and treatment provider about the benefits, side effects, costs, and length of treatment. MAT can be a very long and costly treatment option. Many people who use MAT remain on it for years or for life.

If you decide to use MAT, you will be responsible for the costs of this treatment. FIT Court expects you to follow the Prescription Drug Policy in regards to MAT.

Like any other medication, some MAT options have the potential for abuse. If MAT impacts your ability to safely supervise, protect, and care for your child(ren), your treatment team will discuss your options with you.

### **Incentives and Sanctions**

Each time you come to court, the Court will decide whether you will receive an incentive, a sanction, or neither. This decision will be based on several factors, including your attendance and participation in treatment, drug screen results, and general progress in the program. While incentives and sanctions may not be exactly the same for everyone, they will be fair, and the Judge will explain the specific reasons for the response chosen.

#### **Incentives**

To help you stay motivated and reward your hard work, here is a list of incentives you may earn:

- Applause and praise from FIT Court Judicial Officer and Team
- Standing ovation
- Reduced Court appearances
- Phase Advancement
- Bracelets
- Certificates of Achievement or other Specialized Certificates
- "Rocked It Docket"
- "Wild Card"
- "Big Deal" board
- "Fishbowl"
- "Meinster Money"
- Other personalized incentives
- Graduation from the program

**Rocked it Docket:** The Rocked it Docket is for clients who were 100% compliant since their last Court appearance. This means, with NO EXCEPTIONS: attendance at every treatment appointment, Savio appointment, and TSM/TDM, and all negative (no missed, positive, or dilute) UAs/substance monitoring. You are NOT eligible for Rocked it Docket if treatment is missed and made up, or if treatment is missed and excused by the Judge. IT IS POSSIBLE TO HAVE NO SANCTIONS BUT NOT BE ON THE ROCKED IT DOCKET.

**Wild Card:** Wild Cards are given to clients who have had 10 CONSECUTIVE ROCKED IT DOCKET appearances. Wild Cards must be held by the client- no replacement cards will be given. Clients may only have possession of one Wild Card at a time. Wild Cards can be used to excuse ONE missed treatment session, Savio session, or TSM. Wild Cards CANNOT be used for a missed, positive, or dilute UA/substance monitoring. The team must approve the use of your Wild Card. If the Wild Card is used, the client will NOT receive a sanction for the missed appointment, but the client will NOT be on the Rocked it Docket for the week.

Big Deal Board: Clients will be on the Big Deal Board for phasing, graduating, or other major accomplishments (such as gaining employment or housing).

Fishbowl: Clients who are on the Rocked it Docket can draw from the fishbowl to win incentives.

Meinster Money: Clients can earn Meinster Money through being on the Rocked it Docket or completing tasks that the Court asked. Meinster Money can be saved up to “buy” an incentive out of the incentive closet.

### Program Violations

Any of these program violations can result in a sanction:

- Substance use - including alcohol, marijuana, and other mind-altering substances
- Misuse of prescription medications (including failure to provide prescriptions, failure to comply with a pill count, inaccurate pill count, or failure to sign releases for any prescribing medical professional)
- Missing UAs/substance monitoring
- Providing positive, dilute, or altered UAs/substance monitoring
- Failure to attend substance abuse treatment
- Failure to attend any appointment with your Savio worker or meet with your caseworker as required
- Failure to complete a sanction by the court ordered deadline

### Sanctions

Sanctions must be completed with documentation by the deadline imposed, which is usually the next Court date. When choosing a sanction, the treatment team considers your:

- Ability to complete the task required
- Honesty
- Length of time in the program
- Number of previous sanctions for same behavior

Program violations will result in one or more of the following sanctions:

- Writing Assignments
- Art or other special projects
- Presentation during FIT Court docket
- Community Service and Work Crew (up to 40 hours)
- Sitting through the entire FIT Court or other Court docket
- Jail (up to 10 days)
- Phase regression
- Other personalized sanctions

Writing Assignments: If you are sanctioned with a writing assignment, the Court will let you know what topic you will be covering in the assignment. There typically are no page requirements. You may be asked to read or discuss your writing assignment during your next Court date.

Community Service and Work Crew: If you are sanctioned with Community Service or Work Crew, you must sign up at the Jefferson County Community Services Office (Suite 1500 on the Administration side of the Courthouse) to complete an intake and schedule your work crew or community service assignment. The office is open Monday through Friday from 7am to 5pm. No appointments necessary- just walk in. You will not be able to complete your sanction hours until you complete an intake.

**Work Crew:** Work crew runs every day of the week and meets at the north side of the Remington Building (11011 W. 6<sup>th</sup> Ave) between 7:45-8:00am. Work crew day ends between 3:30-4:00pm.

Be prepared to work outdoors. You are allowed to bring your lunch and something to drink. You must wear closed-toed shoes. Work crew does a lot of work for the Fairgrounds, The Action Center, picks up the County's recycling, does road and bridge work, park clean up, trash pickup, and more.

Each day you work, you are credited 8 hours; however, if you become ill during the day and must leave, you typically are given credit for the amount of hours you have worked up until that point. If you have to take a UA or have another appointment, you will not get credit for hours worked, and you must reschedule the entire day.

**Community Service:** Community service hours and requirements vary with the agency you are set up with. The Community Services Office will help you find a location that meets your schedule and needs. It is your responsibility to submit your completed timesheet to the Community Services Office prior to your FIT Court hearing.

### **FIT Court Feedback**

It is important to the FIT Court team that we receive your feedback about your experience. Only you can tell us what it is like to participate. Our goal is to use this feedback to improve the program, services, and outcomes for future families. We would appreciate any feedback you have about what was helpful, not helpful, and ideas for a better program to keep families together and children safe. You will be asked to complete the survey once per quarter, during "Survey Week". The survey is found at the following link: <http://www.surveymonkey.com/s/NLTTDZZ>

- Your completion of this survey is voluntary and private. However, we do ask that you sign into the survey, where you may decide not to participate. In order to be on the "Rocked it Docket" for Survey week, you must show the team that you signed in to the survey. You will NOT be sanctioned for not signing in.
- Your responses will not be used in any way to make decisions in your Dependency and Neglect case
- The FIT Court Team will only review the overall responses to the survey questions every three to six months
- The team will not be able to determine which individual provided a certain answer to a certain question

**Your comments will make a difference, so do not hesitate to share your thoughts, opinions, and suggestions – be honest**

# RESOURCES

## Substance Abuse Treatment Providers

### **Norchem Sentry Hotline**

303-515-7619

### **ICCS**

1651 Kendall Street  
Lakewood, CO  
303-232-4002

### **Professional Testing Services (PTS)**

3206 W. Colfax Ave  
Denver, CO 80204  
303-825-0006

### **Creative Treatment Options (CTO)**

6475 Olde Wadsworth Blvd  
Arvada, CO 80003  
303-467-2624

### **Mile High Behavioral Health Care**

655 Broadway, Suite 200  
Denver, CO 80203  
303-825-8113

### **National Institute for Change (NIC)**

3225 S. Wadsworth Blvd  
Lakewood, CO 80227  
303-231-0090

### **The Addiction Research and Treatment Services (ARTS)**

393 S. Harlan St.  
Lakewood, CO 8003  
303-935-7004

### **Sobriety House**

121 Acoma St  
Denver, CO 80223  
720-381-4337

### **Arapahoe House**

8801 Lipan St.  
Thornton, CO 80250  
303-657-3700

## Sober Living Support Groups

### **Phoenix Multisport**

Sober Active Community  
[www.phoenixmultisport.org](http://www.phoenixmultisport.org)  
303-440-0547

### **Access to Recovery**

[www.ATRColorado.org](http://www.ATRColorado.org)  
888-CARE 616

### **Alcoholics Anonymous**

[www.aa.org](http://www.aa.org)  
303-322-4440

### **Cocaine Anonymous**

[www.ca.org](http://www.ca.org)  
866-488-0110

### **Women for Sobriety**

[www.womenforsobriety.inc](http://www.womenforsobriety.inc)  
215-536-8026

### **Beyond Betty**

[www.beyondbetty.org](http://www.beyondbetty.org)  
303-284-3255

### **Narcotics Anonymous**

[www.na.org](http://www.na.org)  
303-832-DRUG

### **Pills Anonymous**

[www.pillsanonymous.org](http://www.pillsanonymous.org)  
303-292-6183

### **Crystal Meth Anonymous**

[www.crystalmethanonymous  
hotline.org](http://www.crystalmethanonymous hotline.org)  
720-295-4409

### **Unhooked**

1-800-811-4142

### **Betty Ford Children's Program**

[bettyfordcenterkids.org](http://bettyfordcenterkids.org)  
877-872-7712

### **Rational Recovery**

[www.rational.org](http://www.rational.org)

## Community Service and Work Crew

### **Jefferson County Community Services Office**

#### **Intakes:**

Jefferson County Justice Services Division  
(Court House, 1st floor)  
Court Services Unit  
100 Jefferson County Parkway, Suite 1500  
Golden, CO 80419  
303-271-6520

### **Work Crew Site Pick up/Drop off:**

Remington Building  
11011 W 6th Ave  
Lakewood, CO 80215  
(1<sup>st</sup> floor NE corner door)

## Medical Resources

### **The Kids & Teen Clinics at Stein Elementary and Jefferson High School**

Medical Services for children 0-18  
(well child exams and immunizations,  
treatment of common childhood illnesses, etc)

#### **Stein**

80 South Teller Street  
Lakewood, CO 80226  
303-238-4662

#### **Jefferson High**

2305 Pierce  
Edgewater, CO 80214  
303-237-2764

#### **Parenting Tips:**

1-800- 448-3000  
<http://www.parenting.org/hotline/index.asp>

### **Metro Community Provider Network**

Well child visits, immunizations, physicals,  
chronic disease management, assistance in  
applying for medical programs like Medicaid,  
Colorado Indigent Care Program (CICP), and  
Child Health Plan Plus (CHP+)

Financial Intake and Appointments  
303-360-6276

### **Denver Health Nurseline**

303-739-1211

### **The Children's Hospital Parent Smart Nurse line**

720-777-0123  
[www.momslikeme.com](http://www.momslikeme.com)

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*"Believe you can and you are half way there."*

*Theodore Roosevelt*

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## General Resources

**United Way Resource and Referral line**  
2-1-1

**Jefferson County Action Center**  
8755 W 14th Avenue  
Lakewood, CO 80215  
303-237-7704  
Services: shelter, emergency assistance such as food, clothing, household items

**The Gathering Place**  
Services: Drop in day shelter with emergency support services  
1535 High Street  
Denver, CO 80218  
303-321-4198

**Stout Street Clinic**  
2100 Broadway, Denver  
303-293-2220  
Services: medical and mental healthcare for homeless

**Women in Crisis**  
Domestic Violence Victim 24 hour crisis line:  
303-420-6752

**Colorado Works Career and Family Services**  
303-271-4748  
[www.jeffcoworkforce.org](http://www.jeffcoworkforce.org)

**Karlis Family Center**  
Domestic Violence support and education  
Supervised parenting time  
303-462-1315

**Haven's Hope**  
Wheatridge-303-432-7234  
Lakewood-303-986-5553  
Arvada-303-420-6607  
Services: Diapers and resource referrals

**Jefferson Center for Mental Health**  
303-425-0300

**Birth Certificates:**  
*Jefferson County Vital Record's office*  
800 Jefferson County Parkway, suite 1300  
Golden, CO 80401  
303-271-6450  
Fax: 303-271-6451

*Department of Public Health and Environment*  
Vital Records  
4300 Cherry Creek Drive South  
Denver, CO 80246-1530  
303-692-2200  
[www.cdph.state.co.us/certs](http://www.cdph.state.co.us/certs)

**RTD Trip Planner**  
<http://www.rtd-denver.com/>  
Bus route and schedule  
303-299-6000

**RECC**  
GED services  
11011 W 6th Ave Suite 280  
Lakewood, CO 80215  
720-497-7758

**Metro Crisis Services**  
Crisis Hotline 88-886-1222

**Jefferson County Head Start**  
900 Jefferson County Parkway  
Golden, CO 80401  
303-271-4690  
<http://headstart.jeffco.us>

**Aspen Family Services**  
Low income child care assistance program (CCAP)  
303-604-1043

**Qualistar Colorado**  
Childcare resource and referral information  
303-561-2244  
[www.qualistar.org](http://www.qualistar.org)

**Child Care Resource & Referral**  
877-338-2273

**Legal Aid of Metro Denver**  
303-847-1313

**Early Intervention Colorado For Infants, Toddlers & Families**  
Developmental Assessment and Service coordination  
1-888-777-4041  
[www.eicolorado.org](http://www.eicolorado.org)

**Colorado Quit Line Smoking cessation line**  
1-800-QUIT-NOW (1-800-784-8669)  
[www.coquitline.org](http://www.coquitline.org)

## My Treatment Team

### My Sober Support People

Name:	Phone Number:

### My FIT Court Team:

My Caseworker:	Phone Number:

Main Phone Number: 303-271-4015  
900 Jefferson County Parkway  
Golden, CO 80401

My Savio Worker:	Phone Number:

Main Phone Number: 303-225-4100  
**Emergency Cell phone: 303-681-5880**  
325 King Street  
Denver, CO 80219

My Attorney:	Phone Number:

Guardian ad Litem:	Phone Number:

### Substance Monitoring:

<b>Norchem Sentry Hotline:</b>	303-515-7619
My Norchem Client ID:	