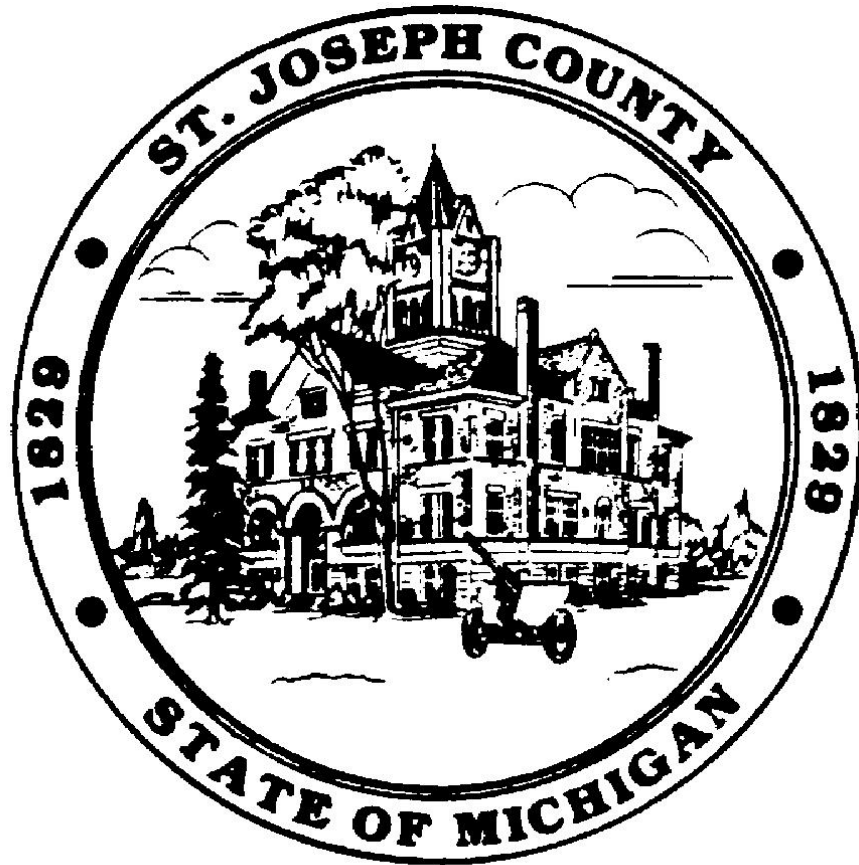


St. Joseph County 3-B District Court Sobriety Court Program



Participant Handbook

Welcome to the 3-B Judicial District Sobriety Court program. This program is consisted of a team approach to a very serious personal social problem. Sobriety Court consists of the District Court Judge, Sobriety Court Probation Officer(s), Prosecutor, Community Corrections Personnel,

Law Enforcement, and Substance Abuse Treatment Providers. They are all here to assist you in achieving and maintaining sobriety.

To maintain sobriety and be in Sobriety Court, you need to follow three simple rules:

BE HONEST! We can work through almost any kind of problem together if you are truthful, open and honest with us. It is very difficult, if not impossible, for us to help you if you are dishonest or lie.

DON'T WHINE! This program is built on accountability and responsibility. Sobriety is a challenge, it is not always easy. It does not come easy for most people. Things in life worth having often require dedication, work, and personal sacrifice.

SHOW UP! This applies to court hearings, meetings with your probation officer, required alcohol/drug testing, substance abuse treatment appointments and group meetings. If you don't show up on time you are not doing what you need to do to be in Sobriety Court. Ultimately, this program is about self-respect and respect for others.

This program is built on a team approach. It is not just you, but also the Sobriety Court Team, and other participants in the program with you. The Sobriety Court Team is here to help you. This program will provide you with every tool needed to accomplish and succeed in your sobriety. We look forward to working with you toward your successful completion of this program and having a clean and sober life.

The Sobriety Court Team
3-B District Court

INTRODUCTION

Welcome to the 3-B District Sobriety Court. This program was designed for those who have multiple drinking and driving convictions and/or serious substance abuse dependence. You enter this program by pleading guilty and being sentenced into the 3-B Judicial District Sobriety Court Program. Most, if not all, jail time will be deferred. If you fail in the program, those deferred jail days can be imposed and you will serve jail time. Driver's license sanctions are imposed by the Secretary of State, not by 3-B District Court.

As a person whose legal problems stem from alcohol and/or drug abuse, this program is specially designed for you. This program provides an intensive level of court supervision. It is designed to motivate you to work on changing your lifestyle and becoming free from alcohol and/or drugs. This program is accessible to all eligible offenders regardless of race, religion, sex, ethnic origin, sexual orientation, marital status, age, or physical and/or mental disability.

PROGRAM RULES

If you follow three simple rules you will succeed in this program:

1. **BE HONEST.** Of all the rules, this is the most important and often the most difficult. The program staff and the court expect you to be honest in all areas of your life. Do not tell us what you think we want to hear, attempt to conceal or change what you have done, tamper with or dilute urine tests, hide the fact that you have consumed any alcohol, drugs or non-prescribed medication. It won't work; eventually the Sobriety Court Team will find out and/or you will fail in Sobriety Court.
2. **DON'T WHINE.** Effort is necessary to complete this program. It will be necessary to make sacrifices in order to be fully engaged in recovery and to successfully complete this program. This program is work; don't complain about it, do it. Complaining will make it harder.
3. **SHOW UP.** Be on time for your court appearance, your meetings with your probation officer, your alcohol and/or drug testing, your substance abuse treatment individual and group meetings. It is your responsibility to keep track of your court review dates, your probation report dates and all the other appointments you have. Showing up, being on time, is you taking responsibility for your life; it builds self-confidence and self-worth.

COST OF THE PROGRAM

There are a variety of costs associated with participation in this program. If you do not have the money to pay up front, or as you move through the program, a payment plan can be established with the Court until all fines, and associated costs are paid in full. You are expected to pay for all alcohol and drug testing. The cost of your substance abuse treatment can vary greatly depending on your income, if you have insurance, and the agency you choose to provide your treatment.

TREATMENT

Sobriety Court Participants must have a substance abuse assessment before or immediately after entering Sobriety Court and participate in substance abuse treatment, in some way, throughout the program. The substance abuse treatment provider and assessment determines the required level and type of treatment needed. There is very little tolerance for missed counseling appointments. If you believe you do not need treatment, or refuse to participate in treatment, you do not belong in the Sobriety Court. The court requires regular communication from your substance abuse treatment provider regarding your attendance and level of participation. The Sobriety Court Team reserves the right to alter or change your treatment at any time.

THE SOBRIETY COURT TEAM

The key to the success of any sobriety court program is the team approach. Our Sobriety Court Team consists of the District Court Judge, Sobriety Court Probation Officer(s), Prosecutor, Community Correction Coordinator, Law Enforcement, Treatment Provider(s), and YOU. Each participant or case is regularly discussed by Sobriety Court Team members and reviewed on a regular basis by the team members prior to all court review hearings.

COURT REVIEW HEARINGS

Participants in Sobriety Court are required to attend Sobriety Court review hearings every two to four weeks. The Sobriety Court Team and other drug court participants attend these hearings. Participant's sponsors, family members and friends are also invited to attend these hearings. The judge will review your progress; your probation officer, along with the other Sobriety Court Team members will report to the judge their view of your progress. This is done to help the judge determine what rewards, sanctions or adjustments are appropriate for you in your Sobriety Court journey. You are encouraged to ask the judge any questions and voice any concerns you may have about your Sobriety Court experience. You will be given written notice of your next report day and the date of your next court review hearing.

REPORT DAY

Participants in the Sobriety Court are expected to report to their probation officer on their assigned report days. All Sobriety Court probationers are required to provide proof of 12-step meeting attendance and alcohol/drug test records (if applicable) every report day. Participants must sign a release of information with their substance abuse treatment provider so participation in treatment can be verified. Sobriety Court is designed to change your life. If you have changes in your life such as address, room-mates, employment, etc., you must inform your probation officer immediately. This is part of being honest.

EMPLOYMENT AND/OR SCHOOL

While in Sobriety Court, you are required to obtain/maintain employment or enroll in a vocational/educational program. Sobriety Court requires that participants without a high school diploma pursue a general equivalency diploma (GED) or complete high school.

If you do not have a job upon entering the Sobriety Court program you are expected to get one. If you have a job, you are expected to keep it. If you lose your job while in the program, you will be given a period of time to secure another job. While searching for employment, you may be required to participate in job training or community service. You are permitted to change jobs while in Sobriety Court; however, you must notify your probation officer prior to the change. Being employed is an important part of Sobriety Court.

Sobriety Court staff will routinely verify employment through a phone call to your employer or by copies of your paycheck stubs. We strongly encourage you to notify your employer of your participation in Sobriety Court including the required court appearances and other obligations that may impact your employment. Sobriety Court is not intended to, and will do all that it can to not, compromise your employment.

ALCOHOL & DRUG TESTING

Participants in Sobriety Court are expected to submit to five alcohol tests and random drug tests for the first ninety days of the program. Thereafter, the frequency of regularly scheduled alcohol and drug tests may decrease, or increase, depending on your performance. At times, you will be subjected to random alcohol and drug tests as directed by the court, a probation officer, any police officer, or a testing agency. You are required to pay for all alcohol tests, PBT's and drug screens.

If you miss an alcohol or drug test, you must call your probation officer immediately. Any sanction or consequence for missing a test will generally be immediate, as directed by your probation officer. However, under certain circumstances, the consequence of a missed test may be brought in front of the Sobriety Court Team for discussion. In this case, the sanction or consequence would not be immediate.

PBT's You are responsible for finding out and following the rules of your testing site. Most testing sites will instruct you not to consume anything orally for a minimum of 15 minutes before you take your PBT (NO smoking before taking a PBT). You are never to use any substances (such as mouthwash) or medications (such as cough syrup) which contain alcohol before taking a PBT or without a physician's prescription.

URINE SCREENS In order to participate in Sobriety Court, you must be able to provide a urine specimen on a random basis. NO EXCEPTIONS. All urine screens will be witnessed. You must provide a list of all pre-approved prescribed medications you are taking to your testing agency before you begin testing.

NOTE: Diluted Urine Screens: any dilute urine screen results, intentional or unintentional, will be treated as a positive or dirty urine specimen.

SANCTIONS

Violation of any program rules will be met with sanctions ordered by the Sobriety Court Probation Officer and/or the Judge. Program rule violations include but are not limited to: any missed appointments (court review hearings, probation reporting, substance abuse treatment appointments, 12-step meetings {AA/NA}), positive alcohol and/or drug tests, violations of law, failing to turn in proof of 12-step meetings or testing (as directed). Sanctions may include: increased monitoring, community service, jail work program, writing assignments, phase reduction, and/or jail time. The severity of sanctions will generally increase for multiple violations.

HOME VISITS

During your involvement in Sobriety Court, probation officers, St. Joseph County Sheriff officers, and other court personnel will be conducting home visits of your residence. These will be done on a random basis, and the officers will administer a PBT while conducting the home visit.

DISCHARGE

You may be terminated from this Sobriety Court program for a variety of reasons including:

- You petition the court for voluntary termination (may result in jail time).
- You have repeated violations of Sobriety Court program rules.
- You fail to satisfactorily participate in program requirements (lie, don't show up).
- You exhibit violent behavior or make threats of violence towards self or others.
- You display inappropriate, disruptive or non-compliant behavior.
- You are charged with another criminal offense (case by case basis).
- The judge determines, at his/her sole discretion, that any other just cause exists.

GRADUATION

Graduation comes after successful completion of the program. Minimum requirements for successful completion and graduation from this Sobriety Court program include:

- 12 months in the program without a violation and/or any substantiated substance use.
- 13 - 24 months in the program when there have been violations, sanctions, and/or substantiated substance use.
- 90 days of abstinence immediately prior to completion/graduation.
- Court and Day Reporting Center (DRC) fees are paid in full.

SOBRIETY COURT PROGRAM DESCRIPTION GUIDELINES

STABILIZATION & TREATMENT

Phase I: Minimum 90 days

- Five alcohol tests per week, for alcohol related offenses
- Three drug tests per week, for drug related offenses
- Random alcohol/drug screens upon request
- Meet with Sobriety Court probation officer two times a month
- Attend Sobriety Court review hearings two times a month
- Obtain a substance abuse treatment provider; complete a substance abuse assessment, begin substance abuse counseling, provide verification, have no missed appointments
- Attend two 12-step meetings per week, with verification
- Obtain an AA or NA sponsor, provide verification
- Cooperate with random home visits by probation/police officer(s)
- Begin to make regular payments toward fines and costs
- Be clean for ninety days
- Follow an 11:00pm to 5:00am curfew

HEALTHY LIVING

Phase II: Minimum 90 days

- Three alcohol tests per week, for alcohol related offenses
- Three drug tests per week, for drug related offenses
- Random alcohol/drug screens upon request
- Meet with Sobriety Court probation officer two times per month
- Attend Sobriety Court review hearings two times per month
- Maintain regular substance abuse treatment attendance, with verification
- Attend two 12-step meetings per week, with verification
- Maintain relationship with sponsor, provide verification
- Cooperate with random home visits by probation/police officer(s)
- Complete ten hours of community work service with payment
- Seek and maintain employment, or full-time education
- Continued payment of fines and costs
- Be clean for ninety days
- Follow an 11:00pm to 5:00am curfew

MAINTENANCE OF RECOVERY

Phase III: Minimum 90 days

- Two alcohol tests per week, for alcohol related offenses
- Two drug tests per week, for drug related offenses
- Random alcohol/drug screens upon request
- Meet with Sobriety Court probation officer once per month
- Attend a Sobriety Court review hearing once a month
- Maintain regular substance abuse treatment attendance
- Attend two 12-step meetings per week, with verification
- Maintain relationship with sponsor, provide verification upon request
- Cooperate with random home visits by probation/police officer(s)
- Complete ten hours of community work service and payment
- Seek and maintain employment, or full-time education
- Continued payment of fines and costs
- Write a narrative description of the lifestyle changes you have made
- Be clean for ninety days
- Follow a 12:00am to 4:00am curfew

SOBRIETY, RECOVERY AND GIVING BACK

Phase IV: Minimum 90 days

- One alcohol test per week, for alcohol related offenses
- One drug test per week, for drug related offenses
- Random alcohol/drug screens upon request
- Meet with Sobriety Court Probation Officer once per month
- Attend Sobriety Court review hearing once a month
- Maintain regular substance abuse treatment attendance, focus successful completion with aftercare sobriety support planning
- Attend one 12-step meeting per week, with verification upon request
- Maintain relationship with sponsor
- Cooperate with random home visits by probation/police officer(s)
- Complete ten hours of community work service and payment
- Seek and maintain employment, or full-time education
- Complete payment of all fines and costs
- Be clean for ninety days
- Curfew: 12:00am to 4:00am

PLEASE NOTE: The above phase items are intended to provide a general description and guidelines for completion of Sobriety Court. The time required to complete a phase is often more than three months. The number and type of testing is random and frequently changed. The number of court review hearings and meetings with your probation officer may change. Substance abuse treatment and support group meetings are required but vary on a case by case basis.