


SALT LAKE COUNTY FELONY DRUG COURT

Family Booklet

Felony Drug Court Family Booklet provided by:

DIVERSE Criminal Justice Services

145 East 1300 South, Suite 501
Salt Lake City, Utah 84115
SALT LAKE COUNTY 801-799-8466
<http://www.criminaljustice.slco.org>

For information on substance abuse treatment, please see

- <http://kap.samhsa.gov/products/brochures/pdfs/WhatIsTx.pdf>
- www.nida.nih.gov/drugpages/treatment.htm
- www.phoenixhouse.org

Information on prevention:

- www.nida.nih.gov/drugpages/prevention.htm

National substance abuse resources:

National Institute on Drug Abuse (NIDA) -
www.drugabuse.go and www.nida.nih.org

- **National Institute on Alcohol Abuse and Alcoholism (NIAAA)** - www.niaaa.nih.org
- **National Institute of Mental Health (NIMH)** -
www.nimh.nih.org

What is Drug Court?

Drug Court is an intensive, highly structured program that identifies and treats addicts whose criminal activities are related to substance abuse. Drug Court's mission is to break the vicious cycle of drug addiction by offering the essential addiction recovery tools, e.g., counseling, educational and employment assistance, and community support group familiarization.

The program is a hybrid of substance abuse treatment and judicial interaction. Participants must attend regular court sessions during which their treatment compliance and drug testing is monitored and discussed. In addition, a Drug Court detective checks on the participant's progress through home visits and a case manager reviews progress during office visits.

What is the Drug Court Team?

The Drug Court team is responsible for enforcing the rules of Drug Court, and tracking participant's progress through the program. The Drug Court team consists of a judge, district attorney, defense attorney, case manager, treatment representative and a Drug Court detective. The team continually shares information on each participant in the program and meets together prior to each court session to review progress. Together, the team maintains a critical balance of authority, supervision, support, and encouragement.

What services are available during Drug Court?

Individual and group counseling, outpatient treatment, inpatient treatment, 12-step programs, GED classes, life skills classes, employment assistance, and vocational rehabilitation are among the many services available. The case manager

assists with referrals to other agencies to help address the participant's education, employment and other needs.

A support network of Drug Court graduates, called the Alumni Association, is also available to provide help and guidance throughout the program.

What kind of treatment will participants receive?

In order to determine what level of treatment is appropriate, Drug Court participants initially undergo a substance abuse assessment by a licensed therapist for treatment along three levels: standard outpatient, intensive outpatient, and inpatient. Relapse may result in reassessments to determine the appropriate level of treatment.

There are a variety of evidence-based treatment approaches available in Drug Court. Treatment can include behavioral therapy such as individual or group counseling, cognitive therapy, or contingency management. The specific type of treatment or combination of treatments will vary depending on the participant's individual needs and the types of drugs they use. The severity of addiction and previous efforts to stop using drugs can also influence a treatment approach. People who are addicted to drugs often suffer from other mental, physical, occupational, legal, family and social problems that should be addressed concurrently.

In addition, behavioral therapies can help motivate people to participate in drug treatment, offer strategies for coping with drug cravings, teach ways to avoid drugs and prevent relapse, and help individuals deal with relapse if it occurs.

How can I help my family member in Drug Court?

Family and friends can play critical roles in motivating individuals with drug problems to enter and stay in treatment. Your positive support and cooperation with the Drug Court team will help in providing the intended outcome for your participating friend or family member. The following section will provide more specific information from local and online resources.

APPENDIX

Where can family members go for information on treatment options and support?

First, identify resources near you by contacting www.211ut.org or by calling 211.

The State of Utah's Substance Abuse and Mental Health Services Administration (**SAMHSA**) is available at <http://www.dsamh.utah.gov> or 1-800-662-HELP.

Utah's office of National Alliance on Mental Health (**NAMI**) is a nonprofit, self-help support organization for patients and families dealing with a variety of mental disorders: <http://www.namiut.org> or 801-323-9900.

DRUG ADDICTION AND TREATMENT

(please see “appendix” for more specific information)

What is addiction?

Drug addiction can be viewed as the physical, psychological, and/or emotional dependence on drugs. For more information on understanding drug abuse and addiction, see the last page of this booklet for a list of online and local resources.

What causes relapse?

There are many causes of relapse: cravings, stress, peer pressure, living situation, work, etc. Relapse is not uncommon in substance abuse treatment. One of the best things you can do to help your friend or family member avoid relapse is to be involved in their recovery.

If relapse does occur, it does not mean that they have failed and cannot be helped. Ask questions about their treatment plan, and encourage them to get involved with a support network like Narcotics Anonymous, Alcoholics Anonymous or the other many groups in the community. They can get a list of such

groups from their case manager or by calling 211. Relapse does not mean treatment is not working, or that the participant is a failure. They can succeed.

How long does Drug Court last?

Drug Court is designed to span fifty-two weeks, divided into four separate phases. However, the average participant completes in eighteen months. Participants are eligible to complete the program once they have successfully completed all necessary requirements of the four phases.

How much does Drug Court Cost?

Drug Court participants are expected to pay for their treatment and for each of their drug and alcohol tests. Program fees will not exceed \$1080, although this may be subject to change; costs for drug testing are separate. Participants may make payments over the course of their time in the program. If they have a legitimate financial hardship, they can apply for special financial consideration. To do this they must speak to their case manager.

How often does drug testing occur?

Participants are randomly drug tested throughout the program and testing can occur several times a week, depending on the particular program phase. Participants are required to call the drug testing lab daily to find out if they need to test that day. Drug tests cost \$13.50 per test, but may be subject to change.

What are the requirements of Drug Court?

Participants of Drug Court are required to attend all meetings and court sessions punctually. Failure to appear in court may result in the issuance of an arrest warrant. If the participant is not doing well in his/her recovery, the judge may order increased drug testing, more meeting attendance, a short or ex-

tended time in jail, or other graduated sanctions. Abstinence from alcohol and other drugs is an ongoing requirement.

The four phases of Drug Court are explained below:

Phase One - Participants are required to produce "clean" UAs, meaning they no longer test positive for illegal and prohibited drugs. Three preliminary classes are required: Drug Education, DARE 101, and AIDS Awareness. In addition, participants are required to attend five sessions of acupuncture. After finishing these classes, participants will enter their plea, and begin Phase Two.

Phase Two - There are four weekly requirements: a substance abuse group (SAG), a Cognitive Restructuring/Life Management class, and two community support meetings. Participants must pay \$360 of program fees to complete this phase.

Phase Three - Participants continue to attend SAG and their community support meetings. In addition, they must perform 40 hours of community service. Participants must also pay \$360 of program fees, in order to complete Phase 3. An elective assignment may also be required.

Phase Four - Participants attend Continuing Care classes twice a month and community support groups. A final payment of \$360 in program fees is required to complete this phase.

How does someone graduate from the program?

Participants must successfully complete all phases of the program, have a significant period of clean time prior to graduation (6 months, typically), have paid all fines and program costs, and, in the opinion of the Drug Court team, be ready to graduate from the program.

Why does Drug Court impose jail time for sanctions?

Participants have agreed to complete the program in lieu of a prison/full jail term. Sanctions are imposed for several reasons (e.g., missing treatment, positive drug tests, dishonesty, etc.). The Drug Court team discusses each client and their progress prior to each court session. Sometimes, due to the extent of the non-compliance with the program, a jail sanction may be ordered

How is someone terminated from the program?

A participant may be terminated from Drug Court by receiving new felony charges, tampered drug tests, or not complying with the program's rules and requirements.

What information will you provide to me?

The Drug Court team is bound by HIPAA and CFR 42 regulations of protected/confidential information. Case managers can provide general information about the Drug Court process and requirements, but cannot share specifics about an individual's progress unless the participant is willing to sign a Release of Information Form. While he/she may be limited by these regulations, the participant's case manager is available to listen to your concerns and bring them to the attention of the Drug Court team, if necessary.