

Faribault, Martin & Jackson County FDTC



Participant Handbook



Welcome to Family Dependency Treatment Court!

We hope this handbook answers your questions about FDTC, provides you information about the program and explains what we expect of you. We encourage you to take control of your life by quitting drugs and alcohol and entering recovery. We hope to see positive changes in your life as you progress through the FDTC Program. The program is committed to providing you with support and encouragement as you find your way to a clean and sober life.

Do Not Lose This Book!

You must take this book with you to all appointments and court dates. We encourage you to share this handbook with your family and friends for their support and encouragement.

FDTC Team Phone Numbers

Coordinator	507-402-9375
Coordinator FAX	507-238-1913
Social Worker	
Treatment	507-238-4382
County Attorney	
Defense Attorney	
Human Services	
Law Enforcement	

Prohibited Acts

I shall not violate any city, state, or federal laws. I will report any arrest or contact with police to my Recovery Specialist within 24 hours.

I shall not commit any acts of violence or threats of violence.

I shall not have in my possession, use, sell, distribute or have under my control, any paraphernalia or drug except as prescribed for me by a licensed physician.

I shall not use or possess any alcoholic beverage nor shall I frequent any establishment where alcoholic beverages are exclusively sold or used.

I shall not attend any program under the influence of alcohol or any illicit drug.

I shall not attend any program while in the possession of a weapon of any form including firearms or knives.

I shall not miss any scheduled probation meeting, court appearance, or urine test, family session or any other group, class or program.

”There is no mountain too high to climb and no task too hard to handle when you’re supported by others.”

Required Acts

I shall attend all required meetings and be on time. In the event I am unable to attend I will call the Recovery Specialist at least two hours in advance.

I shall submit to urine, alcohol or other tests as required. Refusal, stalling (15 minutes or more) or adulteration will be considered a positive test.

I shall submit any required reports to the FDTTC as ordered.

I shall keep the FDTTC Recovery Specialist informed of my current address, phone number and whereabouts. I shall not change my address or phone number without notifying the Court in advance.

I recognize that full-time employment, work on GED while maintaining employment; or an alternative plan pre-approved by FDTTC team is required. I will provide proof of employment or employment search to the FDTTC team. I will report any employment changes within 48 hours.

I shall submit to any rehabilitative, medical or psychological program as directed by FDTTC.

I shall pay all FDTTC Program fees and costs or fines as ordered by the Court.

I shall comply with directives of the FDTTC Judge, FDTTC Team, CD Treatment Providers and FDTTC Recovery Specialist.

I shall make satisfactory progress in the program as measured by each level requirement.

Courtroom Rules

The FDTC Court approach involves a Substance Abuse Court Judge, Prosecutor, Defense Counsel, Substance Abuse Court Coordinator, Recovery Specialist, Law Enforcement, Treatment Provider and Court Personnel. The following rules and regulations for courtroom conduct must be followed in all FDTC Hearings:

- Punctuality is a must. You will be on time for all court appearances.
- Do not speak when the Court is speaking.
- You will stand when addressing the Court or when addressed by the Court.
- You shall not approach the bench unless permission is obtained or if the Court invites the participant to do so.
- You shall not sit on the counsel table in the courtroom.
- It is forbidden to be under the influence of any intoxicating beverage and/or illicit drug when in court.
- All weapons are banned from the courtroom.
- All cell phones or pagers must be turned off.

Court Dress Code

Tops:

- Must cover shoulders. Halter tops, tube tops and spaghetti straps are not allowed.
- Men cannot wear muscle shirts or undershirts.
- Must cover waist of the bottom apparel. The abdominal area shall not be exposed. There can be no gap, front or back, between the pants and top.
- Cannot be transparent.

Bottoms:

- Must fit and be worn at the waist (i.e., sagging is not permitted)
- Must be at or below the knee. No short shorts or miniskirts allowed.

Shoes:

- Footwear must be worn at all times.
- No flip flops.
- No bedroom slippers.

Hats and Headwear:

- Baseball hats, stocking caps and knit caps must not be worn in the courtroom.
- Sunglasses may not be worn unless the individual suffers from a visual disability.

General Prohibitions:

Clothing must not display inappropriate writing or pictures, including references to violence, alcohol, drugs or sexual matter.

Items to be submitted for each Court appearance:

- Judge's Journal
- Participant's Weekly Progress Report
- Participant Handbook with Support Group attendance
- School report (if applicable)
- Proof of completed CSW (if applicable)
- Other assignments as ordered

All advancements, incentives, sanctions, commencement and terminations are subject to the discretion of the Court!



“There are no excuses, only choices!”

Judge Bernard E. Boland

Children Learn What They Live

By Dorothy Law Nolte

- ❖ If a child lives with criticism, she learns to condemn.
- ❖ If a child lives with hostility, he learns to fight.
- ❖ If a child lives with ridicule, she learns how to be shy.
- ❖ If a child lives with shame, he learns to feel guilty.
- ❖ If a child lives with tolerance, she learns to be patient.
- ❖ If a child lives with encouragement, he learns confidence.
- ❖ If a child lives with praise, she learns to appreciate.
- ❖ If a child lives with fairness, he learns justice.
- ❖ If a child lives with security, she learns to have faith.
- ❖ If a child lives with approval, he learns to like himself.
- ❖ If children live with acceptance and friendship, they learn to find love in the world.

Program Phases

The program is divided into four phases. Listed in each phase are the expectations you will be asked to meet before moving to the next phase. Phases in FDTC are based on your progress towards reunification.

Phase 1-Supervised Visitation

Objectives: begin abstinence and chemical dependency treatment, develop trigger awareness and identify outside support system.

- Chemical Dependency treatment has begun.
- Mental health/trauma screening is complete. Diagnostic assessment has begun, if recommended.
- Parenting assessment is scheduled, if recommended.
- Family Group Decision Making conference scheduled.
- Attending biweekly court hearings.
- Meeting with child protection social worker once per week.
- Regular attendance at treatment and other required appointments, such as mental health and parenting classes, if recommended.
- Complying with drug testing – generally three random tests per week.
- Abiding by a 9 pm curfew.
- Attending sobriety support meetings.
- Abiding by a visitation plan.
- Submit to FDTC team proof of 30 hours of structured activity per week.
- No other safety concerns remain that would prevent unsupervised parental contact.

Phase 2-Unsupervised Visitation

Objectives: Continued abstinence, establishment of recovery and development of educational and/or vocational goals.

Requirements:

- Continued compliance with the chemical dependency treatment plan.
- Follow the recommendations of a diagnostic assessment or parenting assessment, if applicable.
- Parent has means to support children (housing, income/assistance of some sort and plan for daycare).
- Stable housing is in place.
- Attending biweekly court hearings.
- Meeting with child protection social worker once per week.
- Regular attendance at required meetings (treatment, mental health, peer mentor)
- Complying with drug testing – generally two random tests per week.
- Abiding by a 10 pm curfew.
- Attending sobriety support meetings.
- Abiding by a visitation plan.
- Submit to the FDTC team proof of 35 structured hours per week.
- Submit a manageable household budget to the FDTC team.
- Completion of a safety plan with the social worker – no other safety concerns remain that would prevent returning the children to the home for a trial period.

Phase 3-Trial Home Visit

Objectives: In this phase human services retains legal custody however you have physical custody of your children for a trial period. This is the phase you've been working so hard for, but for many it is also the hardest. Be careful, take care of yourself and please do not be afraid to ask for help.

Requirements:

- Continued compliance with chemical dependency treatment.
- Regular attendance at required meetings (treatment, mental health, peer mentor).
- Meeting with child protection social worker once per week.
- Maintain stable housing and a means to support children.
- Attending biweekly court hearings.
- Meeting with human services social worker as scheduled.
- Regular attendance at required meetings (treatment, mental health, peer mentor).
- Complying with drug testing – generally two random tests per week.
- Abiding by a 10 pm curfew.
- Submit to the team proof of 40 hours of structured activity per week.
- Attending sobriety support meetings.

“I’m worth being sober!”

Submitted by Lindsay, Adult Drug Court Graduate

Phase 4-Commencement – typical length 6 months

Objectives: The final phase of FDTC is a period of maintenance. In this phase you will have reunited with your child(ren) and regained legal custody. In order to **graduate** from the program, FDTC expects the following:

- Continued compliance with chemical dependency treatment plan.
- Regular attendance at required meetings (treatment, aftercare, mental health, peer mentor).
- Meeting with human services social worker as scheduled.
- Maintain stable housing and a means to support children.
- Attending monthly court hearings.
- Meeting with human services social worker at least once per month.
- Complying with random drug testing –generally two random tests per week.
- Abiding by an 11 pm curfew.
- Attending sobriety support meetings.
- Completion of a volunteer project.
- Completion of life plan.



Goals throughout the Program

➤ _____

➤ _____

➤ _____

“Although the world is full of suffering, it is also full of the overcoming of it.”

Helen Keller



Compliance and Consequences

The Judge shall order progressively increasing sanctions and incentives. The table below summarizes compliant and non-compliant behavior and the corresponding incentives and sanctions.

Achievements	Incentives
<ul style="list-style-type: none"> ➤ Attending Court ➤ Periods of sobriety ➤ Treatment attendance ➤ Compliance with treatment plan ➤ Securing employment and/or housing ➤ Completing phases ➤ Completing treatment ➤ Educational achievements ➤ Pro-social events 	<ul style="list-style-type: none"> ➤ Praise from the judge ➤ Less restrictive curfew ➤ Candy/pop/toys ➤ Gift cards ➤ Money off of fees ➤ Less frequent court appearances ➤ Food coupons ➤ Photo frames ➤ Increasingly less supervised time with your child(ren) ➤ Graduation ceremony
Infractions	Sanctions
<ul style="list-style-type: none"> ➤ Use of mood-altering substance ➤ Refusing to submit to a test or tampering/diluting a test ➤ Unexcused absence ➤ Failure to follow Court order/comply with sanction ➤ Failure to report address or employment change ➤ Leaving the three county area without permission ➤ Not turning in required paperwork to court ➤ Uncooperative behavior ➤ Failure to attend support group meetings 	<ul style="list-style-type: none"> ➤ Verbal reprimand ➤ Essay on a topic related to violation ➤ Community service ➤ More restrictive curfew ➤ Daily check in ➤ Increased testing ➤ Pay for positive test ➤ End unsupervised visitation or trial home visit ➤ Goodbye letter ➤ Termination from FDTC

Termination

The FDTC Judge makes the final determination if a participant is to be terminated from the program or not. Repeated violations for any of the following can result in termination (this is not the complete list):

- Positive urine tests
- Missed or refused urine tests
- Failure to attend court
- Failure to participate or cooperate in family intervention
- Failure to participate or cooperate in counseling
- Failure to report to social worker
- Failure to attend outside programs
- Failure to attend school or work
- Failure to cooperate at home

The serious violation of new child protection allegations does not automatically terminate a participant from the program. If the charge is of a violent nature and the prosecutor files charges, the participant will be unsuccessfully terminated and referred to the prosecutor's office for further proceedings.

FDTC Fees

FDTC charges \$30 per month for participation in the program. As much as half the monthly fee may be waived for excellent program participation and completion of program milestones.

Please be sure to make progress towards payment of your fees throughout the program. You will be required to include repayment of this fee in your budget submitted to the FDTC team by the end of Phase 2.

Fees must be paid in full by the time of graduation.

Medication Contract

1. I will inform all medical professionals that I am an FDTC participant and not permitted to take any narcotic medication unless the medical professional makes the decision to prescribe such a medication to me with full knowledge of my addiction and participation in FDTC.
Remember to use the Doctor Card!
2. If a narcotic is prescribed, I will contact my social worker immediately.
3. I understand I am responsible for informing and providing documentation of all prescription medications I am taking or may take. I am also responsible for notifying my case manager if there are any changes to any and all prescriptions.
4. I understand the FDTC reserves the right to limit me to seeing one primary medical professional.
5. I will fill prescriptions at one pharmacy of my choosing, _____, unless an emergency were to arise and this pharmacy were not available to me. In that situation I will inform my social worker by calling and leaving a message informing her of the situation.
6. I understand that I shall inform my social worker of any over-the-counter medications that I am using or may be using. The medications must be non-addictive and not contain alcohol (i.e. mouthwash, cough syrup, etc.). I am responsible for verifying with a pharmacy or medical professional that these medications are non-addictive and do not contain alcohol.
7. If I am given a prescription and decide against taking it or do not take the entire amount prescribed, I will ask my social worker how to destroy the remaining amount of the prescription.
8. If directed by your social worker, treatment provider or the court I will make my prescription available in order to count the number of pills from the date the prescription was filled.
9. Once the prescription has expired or by the time all pills should have been used, none of the pills will be in my possession. A positive test after that time because I took "left over" medication will be considered a positive test and appropriately sanctioned.

Medication: Important Points To Remember

- **Personal Responsibility**

You alone are responsible for what goes in your body. Do not come to drug court with an explanation that illegal or prohibited drug use is anyone's fault but your own. You are responsible for that.

- **Other People's Medications**

Never take medication that has been prescribed for someone else (your mother, brother, boyfriend, girlfriend, etc...). Using medication prescribed to another person is in violation of the law and drug court rules.

- **When You Are Not Sure**

When in doubt, DON'T TAKE IT. Ask your doctor, treatment provider or drug court personnel. If you have any questions at all about any medication you are taking or are planning to take, contact a member of the FDTC team.

- **Read the Label**

Read the label when you buy cough syrup, cold medicine, mouthwash or other over-the-counter liquids. MAKE SURE THEY DO NOT CONTAIN ALCOHOL. Listerine contains alcohol. Dayquil and Nyquil contain alcohol. There are over-the-counter products that do not contain alcohol.

- **Poppy Seeds**

Never eat poppy seeds or “everything bagels” because they can give you a false positive for morphine. Don’t even try to explain away a positive drug test by saying you ate poppy seeds. It will not work!

- **Making Recovery More Difficult**

Taking prohibited drugs can only make your recovery harder.

- **In Case of Emergency**

Carry your drug court doctor signature card with you in your wallet or purse and show it to any medical personnel in the case of an emergency.

Support Group Meetings

Day and Time	Location	Phone Number
Monday		
Noon AA Fairmont	Big Book 214 Downtown Plaza	Bonnie 507-238-9299
6:30 pm AA Worthington	Discussion Group 1127 Sherwood St.	Rick or Kathie 507-372-2455
7 pm AA Blue Earth	United Hospital 515 S. Moore St.	Kathy 507-653-4386
7 pm AA Fairmont	Fevered Brains 214 Downtown Plaza	Barb 507-236-8259
7 pm AA Jackson	Ashley House 308 W. Ashley St.	Tom P. 507-847-4242
7 pm AA Lakefield	Sparks Park. N. Hwy 86	Stan 507-662-6704
7:30 pm AA Windom	Fire Hall across from Post Office	Lorri C. 507-831-6107
8 pm AA Bricelyn	210 N. State St.	Nathan B. 507-553-5210
8 pm AA Fairmont	One-to-One 214 Downtown Plaza	Jeff K. 507-235-3399
Tuesday		
Noon NA Fairmont	Ties That Bind 214 Downtown Plaza	Cindi C. 507-236-9373
6 pm AA Windom	Hispanic Speaking , Fire Hall by Post Office	Dave R. 507-831-2843
7 pm NA Fairmont	House of Addicts House of Hope 1100 Indus St.	Kim R. 507-399-9754
7:30 pm AA Wells	Wells Alano Group United Methodist Church	Bill 507-553-5871
8 pm NA Windom	American Lutheran Church, 906 Prospect Ave.	Kelly 507-832-8184
8 pm AA Fairmont	Big Book 214 Downtown Plaza	Bonnie 507-238-9299
Wednesday		
9:30 am AA Windom	Fire Hall across from Post Office	Lorri C. 507-831-6107
Noon AA Fairmont	Big Book 214 Downtown Plaza	Bonnie 507-238-9299
6 pm NA St. James	Midweek Serenity 202 Armstrong Blvd S.	Dan Z. 507-621-0613

6:30 pm NA Worthington	Sanford Hospital 1018 6th Ave.	Wendy H. 507-329-5273
7 pm NA Bricelyn	Wild Side NA 407 N. 3rd St.	Mike K. 507-525-1536
8 pm NA Fairmont	Wonders of Recovery 214 Downtown Plaza	Cindi C. 507-236-9373
8 pm AA Fairmont	Big Book 214 Downtown Plaza	Bonnie 507-238-9299
8 pm AA Truman	Truman Community Bldg 313 N. 1st Ave W.	Duane 236-1154 or Jim 380-6590
Thursday		
Noon AA Worthington	Downtown Group 1127 Sherwood St.	
5:30 pm AA Windom	Sisters in Sobriety 41445 US Hwy 71	507-831-1619 Assembly of God
7 pm NA Fairmont	Adolescents in Recovery	Lakyn 507-236-2188
7 pm AA Fairmont	House of Hope	
7 pm AA Sherburn	Sherburn Community Bldg on Main St.	Dianne P. 507-236-7487
7:30 pm AA Heron Lake	Sacred Heart School 800 9 th St.	Joe 507-793-2353
8 pm AA Fairmont	Big Book	Bonnie 507-238-9299
8 pm AA Worthington	Moving Forward 1127 Sherwood St.	Tom H. 507-360-3173
Friday		
Noon AA Fairmont	Big Book 214 Downtown Plaza	Bonnie 507-238-9299
6:30 pm NA Fairmont	True to Ourselves 214 Downtown Plaza	Al J. 507-236-0908
7 pm AA MN Lake	Trail's Group 103 Main St.	Jill 507-317-8987
8 pm AA Fairmont	One-to-One 214 Downtown Plaza	Dan 507-236-4049
8 pm AA Windom	Fire Hall across from Post office	Lorri C. 507-831-6107
Saturday		
9 am AA Worthington	Step Study 1127 Sherwood St.	Scott H. 507-372-2353
11 am AA Windom	Sat. Morning Live Fire Hall by post office	Lorri C. 507-831-6107
Noon NA Worthington	1720 N. Burlington Ave. American Ref. Church	Wendy 507-329-5273

2 pm AA Fairmont	House of Hope	
6:30 pm NA Bricelyn	Wild Side NA 407 N. 3 rd St.	Mike K. 507-525-1536
7 pm AA Jackson	Step Meeting Ashley House	Tom P. 507-847-4242
8 pm – AA Bricelyn	Bricelyn Alano Group 210 N. State St.	Nathan B. 507-553-5210
8 pm – AA Fairmont	Speaker Meeting 214 Downtown Plaza	Jerry S. 507-236-8259
10 pm – NA Fairmont	Candlelight Meeting 214 Downtown Plaza	Al J. 507-236-0908
Sunday		
7 pm NA Fairmont	Hopeless to Dopeless 214 Downtown Plaza	Al J. 507-236-0908
7 pm AA Blue Earth	Afflicted & Fearless, Sr. Citizen Center 118 W 7 th St.	John M. 507-893-3535 or 520-6676
8 pm AA Fairmont	Big Book 214 Downtown Plaza	Darrell D. 507-399-9330
8 pm AA Worthington	Worthington AA 1127 Sherwood St.	Clarence 507-372-5809



“May I have the serenity to accept the things I cannot change, the courage to change the things I can, and the wisdom to know the difference!”



