

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.

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

Faribault, Martin & Jackson Counties

Family Dependency Treatment Court (FDTC)



Participant Handbook

Family – where life begins and love never ends.

**WELCOME TO THE FARIBAULT, MARTIN & JACKSON COUNTY
FAMILY DEPENDENCY TREATMENT COURT**

Notes

This Handbook was designed to answer your questions and to help you successfully complete the requirements of the Family Dependency Treatment Court program. As a participant, you are expected to follow the instructions given to you by the Family Dependency Court Judge and your FDTC case manager. You are also expected to comply with the treatment plan developed for you by an approved treatment provider and the case plan developed for you by your social service workers.

If you are reading this Handbook, it means that you have been accepted into FDTC based upon your history of drug/alcohol use and encounters with social services that have led to the removal or risk of removal of your children from your home. It also means that we are confident that FDTC will help you learn how to make successful choices, free of the influence of drugs or alcohol. FDTC is divided into five milestones that must be successfully completed in order to graduate from the program. This Handbook details what is expected of you as a FDTC participant. It reviews general program information as well as what specific things you must do to complete each phase of the program.

OVERVIEW

The FMJ Family Dependency Treatment Court (FDTC) is a year-long intervention program for adults who have struggled with maintaining a healthy environment for their children and who are having difficulty staying clean and sober. The FDTC Program is for addicted offenders. The program treats a drug as a drug and an addict as an addict, regardless of the drug of choice. It is a collaborative effort between the 5th Judicial District Court, the County Attorney's Office, a defense attorney, the Health and Human Services Agency, Area Law Enforcement Agencies, Chemical Dependency Treatment Providers, and Mental Health Agencies. By working together, as an FDTC Team, we seek to provide a variety of programs and consistent supervision tailored to support and help you maintain a drug-free life. Our goal is to help you stop using drugs in order to achieve safety and permanency for your children, and our community.

FDTC involves intensive supervision of clients by a case managers, frequent court appearances, mandatory drug and alcohol counseling, regular attendance at self-help groups (NA, AA, SMART Recoveries, or supportive relationships agreed upon by the team) and random drug testing, curfews, parenting classes, employment services, educational resources, and other community based programing. The Court awards incentives for compliant behavior and imposes sanctions for negative behavior. Participants who do not comply with the rules will not progress in the program and a variety of other sanctions may be imposed. Participants may also be terminated from FDTC. All of the staff working with FDTC will assist you to make sure you understand what is expected of you.

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
- Continued noncompliance with the program rules/regulations.

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 a \$360.00 onetime fee for participation in the program. The fee should be paid in monthly installments of \$30.00 at court.

Please be sure to make progress towards payment of your fees throughout the program. You will be required to pay portions of the fee prior to moving forward in the program.

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

THE FDTC TEAM

The FDTC Judge makes all decisions regarding your participation in the FDTC Program with input from the FDTC Team. In addition to the Judge, the FDTC Team consists of the following members:

- Assistant County Attorney
- Defense Attorney
- FDTC Coordinator
- Case Manager (FDTC)
- Case Manager (Human Services)
- Treatment Provider/s
- Mental Health Liason
- Social Services
- Guardian ad-Litem

PROGRESS REPORTS

Before your FDTC hearing, the Judge is given a progress report presented by your FDTC Case Manager, Social Services Case Manager, Treatment Provider and Mental Health Counselor. The progress report discusses your drug test results, attendance, participation and cooperation in the treatment program, employment or other requirements that were imposed. The Judge may ask questions about your progress and discuss any problems you may be having. If you are doing well you may be given an incentive. If you are not doing well, the Judge will discuss this with you and determine future action, which could include a sanction, in order to help you remember your goals in the program.



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

If I am in crisis or feel like I am going to use I will I call:

Sponsor Name: _____

Phone Number: _____

Treatment: _____

WARMLine: _____

Other recovery supports:

Name: _____ Number: _____

Name: _____ Number: _____

Helpful Phone Numbers	
FMJ-FDTC Coordinator	Tracy Henning – 507-381-3749
FMJ-FDTC Case Manager	Jackie Murray – 507-338-2181
FMJ-FDTC Social Worker	
Crisis Phone Number	1-800-247-2809
Martin County Law Enforcement	507-238-4481
Faribault County Law Enforcement	507-526-5148
Jackson County Law Enforcement	507-847-4420

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 milestones ➤ Completing treatment ➤ Educational achievements ➤ Pro-social events 	<ul style="list-style-type: none"> ➤ Praise from the judge ➤ Less restrictive curfew ➤ Certificates ➤ Gift cards ➤ 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

I agree to execute appropriate releases of health care information so that any and all of my health care and mental health care providers may provide written and/or oral reports of my progress to the Team.

I agree to personally appear for all required sessions of the FDTC. I understand that failure to appear could result in an assessment of sanctions and possible termination from FDTC.

I agree to start a treatment program at a level to be determined by the treatment provider and the FDTC team. I will begin attendance immediately upon acceptance into the treatment facility. I understand that failure to successfully complete the required treatment program is grounds for termination from the FDTC.

I understand that as part of my treatment plan I will be required to follow all of the rules, attend all of meetings, attend all therapy sessions, subject myself to random testing of blood, breath or urine and follow any other treatment requirements set forth by my treatment provider, FDTC team and/or ordered by the Judge.

I agree to remain free of alcohol, illicit drugs and drugs not prescribed to me throughout the course of my participation in FDTC.

Important Points to Remember

Personal Responsibility

You alone are responsible for what goes in your body. Do not come to 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 Medication

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 treatment court rules.

When You Are Not Sure

When in doubt, DON'T TAKE IT. Ask your doctor, treatment provider or pharmacist. If you have any questions at all about any medication you are taking or planning to take, contact your case manager.

Court Schedule

The FMJ-FDTC program has bi weekly court sessions. These sessions are scheduled on Tuesday's from 1:15 p.m. to 2:30 p.m. You are expected to attend each court session unless you have received prior permission from the court or one of its representatives to miss. Participants must be at court at 1:30 p.m. to hand in journals, and other schedules to case manager. Please have any requests outlined in your journal and on your weekly schedule for the team to discuss.

The FMJ-FDTC team meets prior to each court session at 1:15 p.m. on Tuesday's. Occasionally the team may ask you to join us in the staffing. Our goal is to get to know each of the participants better through these meetings.

Items to be submitted for each Court appearance:

- Judge's Journal
- Participant's Weekly Schedule
- Participant Handbook with Support Group attendance
- School report (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

Non-Discrimination Policy

It is the policy of the FMJ - Multi-County Family Dependency Treatment Court that no person will be discriminated against on the basis of race, color, religion, national origin, gender, and marital status with regard to public disability, sexual orientation or age.

CONFIDENTIALITY

State and federal law requires that your identity and privacy be protected. In response to these regulations, FDTC personnel, case managers and treatment providers have developed policies and procedures to help protect your privacy. You are required to sign Consent for Release of Information forms. This disclosure of information is for the sole purpose of hearings, reports, and supervision concerning your specific FDTC case. Failure to sign this release will result in a sanction or dismissal from the program.

GRIEVANCE POLICY

Participant are notified that s/he has the right to file a grievance if s/he believes s/he has been treated unfairly or that there is a conflict existing between the participant and a team member. A grievance is any form of unfair treatment, harassment, bullying, or disrespect. A grievance shall not apply to situations that might result in a participant's termination from the program. All parties involved in the conflict will be questioned and given the opportunity to present their respective arguments.

A participant wishing to file a grievance will be directed to contact the Courts Coordinator. If the coordinator is the source of the complaint, s/he will be directed to the Fifth Judicial District Drug Court Manager, Sonja Kruger, (507) 344-4947 or the current presiding Chief Judge of the Fifth Judicial District, found at <http://www.mncourts.gov/Find-Courts/Fifth-Judicial-District.aspx>

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, Guardian ad-litem, Case Manager, Social Worker, and other Court Personnel. The following rules and regulations for courtroom conduct must be followed in all FDTC Hearings: Prior to each FDTC session, the FDTC team members familiarize themselves with your progress or lack of progress through notes provided by Case Manager, CD Treatment Counselor, and Mental Health Case Worker. The team then discusses each participant's issues separately. The Judge will then discuss the progress with you during the FDTC session.

- Punctuality is a must. You will be on time for all court appearances.
- Do not speak when the Judge 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.

Participation Contract

I have provided personal information to FDTC to assess whether I am a suitable participant for FDTC. For the duration of time that I am a participant I agree to provide any and all additional personal information that the Team might need to assess whether I am following the terms of this contract.

I hereby authorize the release of all information, either in written reports or verbal testimony, regarding my treatment, my child protective services case status, Law enforcement involvement and my legal status to all members of the FDTC team for the limited purpose of determining my progress in meeting my treatment plan goals. I authorize the Court and the FDTC team to staff my case prior to court appearances. My authorization to release treatment information including alcohol and other drug test results is with the understanding that such information will not be used by the County Attorney for any prosecution of criminal charges against me. I further understand and agree, however, that such information can be considered by the court in determining whether I should remain in the program.

I understand that my alcohol/drug treatment records are private and protected from disclosure by federal regulations (42 CFR, Part 2) and cannot be disclosed without my written consent unless otherwise provided for in the regulations. Furthermore I understand that I have provided written consent for the release of private drug/alcohol treatment records for use by the FDTC team. I also understand that no FDTC team member is authorized to re-disclose my treatment information to parties or agencies outside the FDTC team unless I have executed a separate release of information. I hereby allow the FDTC team to discuss my treatment plan and progress among themselves, as well as disclose information about my case in open court. Furthermore I understand that Team members are obligated to report child abuse or cases of danger to self or others and may be required to disclose information to the proper authorities in cases of medical necessity.

I understand that I will be hearing private treatment and child protection information regarding other participants during FDTC hearings and that this information is not to be disclosed or discussed with any other individuals outside the FDTC Team or participants. I further understand that disclosing confidential treatment information is subject to civil and criminal penalties under state and federal law and is grounds for termination from the FDTC program.

Medication Contract

1. I will inform all medical professionals that I am an FDTC participant and I am in recovery 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 them 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.

- 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.

CHEMICAL TESTING

You will be drug tested randomly throughout your entire FDTC Program. You will be provided with a copy of the chemical testing policy of Faribault, Martin & Jackson Counties FDTC.

- You will be observed to ensure freedom from errors.

The following will count as a positive (dirty) test:

- If you miss a test
- Stalling - If you are unable to provide a sample within a reasonable amount of time (normally 15 minutes) or if it is not of sufficient quantity to test
- Any ADULTERATING/DILUTING of any sort.
- If a positive test needs to be sent to a commercial laboratory for confirmation, you will be required to pay for the cost of the test. If the participant requests a hair follicle confirmation the participant will be responsible for the cost. All tests will be given within one week of the request.
- A positive PBT or a missed curfew check will be viewed as a violation of the FDTC rules. (If you do not come to the door after the person testing you calls and knocks it is viewed as a missed and/or positive test. They will not return to your home).

If you have a positive test during any part of FDTC, the Judge, based on recommendations from the FDTC team, will apply immediate sanctions including THE POSSIBILITY OF YOUR CHILDREN BEING REMOVED FROM YOUR HOME FOR THEIR PROTECTION

Drug Testing Call-In Line Information

Call (507) 697-0538 between 6:00 a.m. and 12:00 noon every day, 7 days per week.

Your code is: _____

Report to your assigned testing location: _____

Between any one of these testing windows: _____



5th Milestone - Children at Home Certificate:

- Consistently parenting my child (ren) and demonstrating good supervision and care of them
- Actively participating in child (ren)'s activities including medical appointments, school, daycare, counseling
- Actively participating in CD and MH treatment programming or have successfully completed programming
- Attending all scheduled appointments with your case managers
- Actively working on the goals and tasks of your child protection case plan - including parenting education
- Calling test line daily and reporting for drug testing as required
- 10:00 pm curfew
- Paid the entire treatment court fee
- Completed the Taking Care of Me Certificate
- 40 structured hours per week
- Attending support group meetings and have strengthened support system
- Earned GED/License
- Have employment
- Additional Goals:

4th Milestone – Return Home Certificate:

- Consistently having unsupervised parenting time, including overnights, and demonstrating good supervision and care of my child (ren).
- Actively participating in child (ren)'s activities including medical appointments, school, daycare, counseling
- Actively participating in CD and MH treatment programming
- Attending all scheduled appointments with your case managers
- Actively working on the goals and tasks of your child protection case plan – including parenting education
- Calling test line daily and reporting for drug testing as required
- 10:00 pm curfew
- Paying \$30 per month on the FDTC Fee
- Working on the Taking Care of Me Certificate
- Attending support group meetings and have strengthened support system
- Active participation in recovery activities – attended or volunteered at:
 - Working on GED/License
 - Have employment
 - 35 structured hours per week
 - Additional Goals:

The goal of the FMJ Family Dependency Treatment Court (FDTC) Program is to help you achieve a life free of dependence from mood-altering substances in order to achieve safety and permanency for your children. The Judge, court staff and the FDTC Team are here to guide and assist you, but the final responsibility is yours. To succeed, you must be motivated to make this commitment to a drug free life.

Family Dependency Treatment Court is a minimum one year program. Throughout the year, each participant will be working towards five milestones leading to graduation of the program. Upon completion of each milestone a certificate and incentive is awarded.

The Four Major Dimensions of Recovery are reviewed for each participant:

1. Health – Overcoming or managing one's disease(s) or symptoms and making informed, healthy choices that support physical and emotional well-being
2. Home – Maintaining a stable and safe place to live
3. Purpose – Conducting meaningful daily activities, such as a job, school or volunteerism and having the independence of income, and resources to participate in society
4. Community – Having relationships and social networks that provide support, friendship, love and hope

1st Milestone – Engagement Certificate:

- Informing the Team about your child (ren)
- Attending all scheduled appointments with your case managers
- Compliant with parenting time as outlined in your child protection case plan
- Compliant with the conditions in your case plan
- Completion of FDTC Orientation
- Attending Court
- Attending CD treatment programming
- Calling test line daily and reporting for drug testing as required
- Active health insurance
- 9:00 pm curfew
- Additional Goals:

2nd Milestone – Commitment to Recovery Certificate:

- Compliant with parenting time and any restrictions
- Addressing any additional safety concerns
- Attending all scheduled appointments with your case managers
- Actively working on the goals and tasks of your child protection case plan
- Calling test line daily and reporting for drug testing as required
- 9:00 pm curfew
- Paying \$30 per month on the FDTC Fee
- Working on completing a mental health diagnostic assessment or parenting assessment
- Actively participating in CD treatment programming
- Attending two support group meetings per week
- Working on GED and/or part time employment
- Have safe, sober and stable housing and transportation
- 25 structured hours per week
- Additional Goals:

3rd Milestone – Strengthening Myself and My Family Certificate:

- Consistently attending parenting time and demonstrating good supervision and care of my child (ren)
- Actively participating in child (ren)'s activities including medical appointments, school, daycare, counseling
- Actively participating in CD and MH treatment programming
- Attending all scheduled appointments with your case managers
- Actively working on the goals and tasks of your child protection case plan – including parenting education
- Calling test line daily and reporting for drug testing as required
- 10:00 pm curfew
- Paying \$30 per month on the FDTC Fee
- Working on the Taking Care of Me Certificate
- Attending support group meetings and have strengthened support system
- Working on GED/License
- Have employment or approved method of meeting your family's needs
- 30 structured hours per week
- Additional Goals: