

**Lake County Family Recovery Court
The Honorable Judge Thomas P. Stefaniak, Jr.**

Participant Handbook



Acknowledgment and Dedication

It is with great pleasure that the Lake Superior Court-Juvenile Division has this opportunity to support the families and children of Lake County who need recovery due to substance dependency. This Court acknowledges that many Children in Need of Services (CHINS) cases in Lake County deal with at least one parent needing recovery services to overcome substance dependency.

This Court expresses its gratitude to The Honorable Judge Thomas P. Stefaniak Jr. of Lake County Juvenile Court, his Family Recovery Court Team, and all of the other courts that assisted, including Grant County, Marion County, Allen County, and Porter County. It is with their guidance and support that Lake County was able to embark on this amazing opportunity.

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WELCOME

Welcome to the Lake County Family Recovery Court (FRC). This handbook is designed to provide information about this court's intervention program for which you have been chosen and to answer questions you may have. As a participant, you will be expected to follow the instructions from the Judge or Magistrate and actively participate in the treatment plan developed between you and the Family Recovery Court.

You are reading this Handbook because you have been chosen to be a participant in FRC due to your history of substance use and your involvement with DCS or classified as a CHINS (Child in Need of Services). Family Recovery Court is confident that your successful partnership with your support team will help you learn the skills necessary to make low-risk life and parenting choices free from the influence of drugs and/or alcohol.

OVERVIEW

The Family Recovery Court program is a 9-12 month program for parents whose children are involved with DCS or are children in need of services (CHINS). Program length is based on the participant's progress.

Participants must be deemed appropriate for FRC and meet specific eligibility requirements. Requirements: 1-That the parent, guardian, or custodian is involved with a Child(ren) in Need of Services (CHINS) case or allegation. 2-The Participant acknowledges substance use or has Judicial determination of substance use. 3-The Participant is not currently participating in another Adult Drug Court program. 4-There is a willingness to be assessed for FRC participation. 5-Substance abuse of Opioids (prescription or illicit), narcotics, methamphetamines, cocaine, synthetic marijuana, and/or alcohol, as well as additional qualifying high-risk criteria.

FRC is a collaborative effort among families identified as being affected by drug dependency. The Lake Superior Court – Juvenile Division, the Lake County Department of Child Services (DCS), Parents Attorneys, Guardian Ad Litem, Court Appointed Special Advocates, various treatment providers, and other community support agencies help to facilitate the successful closure of CHINS cases through safe, stable reunification for children with drug-free family. This program provides a variety of services with consistent supervision and monitoring aimed at supporting you toward obtaining sobriety. Then, continue to work with you toward maintaining a drug-free lifestyle while providing a safe and stable home for your child(ren). FRC involves frequent court appearances, substance abuse treatment, random drug testing, and active involvement with community

supports. You will receive support from your FRC team while you work towards accomplishing goals. Participants are expected to comply with all rules and treatment recommendations set forth by the Court and service providers.

The Court rewards participants with incentives for positive behavior and choices such as negative drug screens, meeting weekly contacts, and completing assessments. Incentives could be gift cards, tangible items from the 'Incentive Closet,' positive affirmation from the Court, reduced court appearances, or Court Cash used to purchase various items. Sanctions or therapeutic adjustments are given for non-compliant behaviors such as missed appointments, missing court, or positive drug screens. Sanctions could be verbal admonishment from the Judge, increased drug screens, daily reporting, community service work, jail, or termination from the program. Therapeutic Adjustments would be determined by the FRC team in consultation with treatment providers. Services may be increased, added, or changed based on your needs. Some examples include increased self-help attendance, increased court attendance, being ordered into a halfway house, therapeutic re-assessment, increased treatment services, apology letters, 90 meetings in 90 days, or any other adjustments required by the Judge. Behaviors or conduct that could result in termination from the program would be a new arrest, elopement, or providing an adulterated and/or diluted drug test sample. Assaulting an FRC client or staff member will result in immediate termination from the program and criminal charges filed. Throughout your involvement with Family Recovery Court, your team will ensure you understand what is expected of you.

There will be no cost to you to participate in the Family Recovery Court, including drug screening, treatment services, home detention, or any other

programs and services offered by the FRC. No court fees will be collected as part of the FRC. If you are participating in MAT- Medication Assisted Treatment, there may be a fee from the MAT provider that is not paid for by the FRC.

The DCS has contracted with Cordant Toxicology Laboratory for the randomized drug screening process. Cordant randomly selects the participants for daily screens. You must call the dedicated Cordant phone number daily to see if you have been selected to screen. If chosen, the participant will be required to meet with the drug screener and give their sample. Participants will be screened two to three times a week on average.

THE FAMILY RECOVERY COURT (FRC)TEAM

The Family Recovery Court team's purpose is to assist you in making positive, meaningful changes that will help you to develop a safe home and support system for your family, which will not require the intervention of this Court. The Family Recovery Court team will meet regularly to monitor your participation and services closely. Modifying any existing services, visitation, and placement will be made to maximize positive outcomes for you and your family. In addition to the Magistrate or Judge presiding, the FRC team consists of the following members:

- Parent's Attorney
- DCS Attorney
- Guardian Ad Litem
- Court Appointed Special Advocates
- DCS Family Case Manager (Your Case Manager)
- FRC Coordinator & Case Specialists
- Substance Use Disorder Programs
- Drug Screening Record
- Other community supports and providers as identified by your individual needs

The FRC Judge or Magistrate will make final decisions and orders regarding your compliance and benefit from services.

PROGRESS REPORTS

Prior to your Family Recovery Court hearings, the FRC team discusses your success, current needs, supports, visitation with your children, and placement of your children in order to have an accurate, up-to-date, safe plan for your family for the Court's Judge or Magistrate to review.

The team reviews your progress with the Judge or Magistrate. Areas of review will include your progress in meeting Court ordered services and their recommendations, drug screen results, your attendance and participation at visitation with your children, and the activities completed within the **PHASES**. When you appear in the courtroom, the judge may ask questions about your progress or any problems you may be experiencing. If you are doing well, you will be rewarded with various incentives. On the other hand, if you are experiencing challenges, the Court may impose sanctions as a means of encouraging you to change behaviors or may make adjustments to your treatment to assist you in your recovery.



FAMILY RECOVERY COURT HEARINGS

While in the Family Recovery Court program, you will be required to appear in Court on a regular basis alongside other FRC participants. The number of times you will attend Court depends upon your current PHASE of the program. You are expected to be quiet and attentive in the courtroom so you can benefit from the interaction between each participant and the judge or magistrate. Failure to appear in a scheduled hearing may result in consequences requiring sanctions. If you have questions about your court appearances, you may contact the FRC Coordinator. A sample of the phases of Family Recovery Court is listed on the next page. Each phase is curtailed based on the participant's needs.



SAMPLE PHASES OF COURT

Family Recovery Court is a 9-12 month program based on the participant's progress and needs, which are divided into 3 Phases. A participant must successfully complete each phase before transitioning to the next phase. Each phase has a specific focus and will be tailored to fit the participant's needs. Prior to phase advancement, participants must submit phase advancement questions to the FRC team to be reviewed.

Often, you will hear FRC team members refer to “contacts.” Program contacts consist of treatment groups, self-help meetings, supervised visits with your children, pro-social/pro-family events, therapy/counseling, and DCS appointments, to list a few. If you have questions about whether or not something will count as a “contact,” be sure to ask your case manager, the coordinator, or the Judge or Magistrate.

Phase One:

Key Focus:

Detoxification from Drugs and Alcohol

Activities:

- Weekly Court Attendance
- Complete Clinical Assessment
- Substance Use Disorder Assessment (SUDA)
- Establish a Recovery Plan & Develop Goals
- Meet with Recovery Coach to complete MIRT Intake
- Attend Visitation with Children Consistently
- Apply for Insurance Coverage, if applicable
- Schedule a Complete Physical Exam, and Complete a Dental Exam.
- Schedule a Family Planning Consultation and Testing for STIs and Hep C.
- Schedule and Attend a Gynecological Appt. (if appropriate)
- Last 30 days of negative drug screens
- Last 30 days of all Contacts made
- Obtain Safe Housing Conducive to Recovery
- Attend Case Management Appointments
- Random Drug Testing (3X's weekly)
- Participate in Treatment Groups, if applicable
- Individual Therapy, as Referred
- Self-Help Meetings (min. 2 per week), if requested by the team
- Obtain a Sponsor, if applicable
- Daily Contacts with the Team: Examples include visitation with your child(ren), attending therapy, counseling, a doctor's appointment, a CFTM, attending groups, submitting to a drug screen, enrolling/engaging in a healthy hobby, Speaking, and/or Meeting with Team Member.
- Present Phase Advancement Presentation in Court

Phase Two:

Key Focus:

Education/Employment & Coping Skills to Prevent Relapse

Activities:

- Bi-weekly Court Attendance
- Comply with Psychotropic Medication and/or Medication Assisted Treatment (MAT) and follow physician's recommendations
- Regular Attendance, Participation, and Engagement in Treatment
- Current on Attendance of Self-Help Meetings
- Attend CASA Appointments
- Attend 2 Pro-Social Events or Hobbies
- Obtain a Formal Recovery Support Person, i.e., Sponsor, if appropriate.
- Complete Parenting Assessment & follow recommendations.
- Attend Child and Family Team Meeting with a Sober Support Person Present (sponsor, recovery coach, supportive family)
- Review and/or Modify the Recovery Plan to make Adjustments
- Obtain Employment/Enroll in Job Training, if applicable
- Start GED or HSE, if applicable
- Apply for SSI/SSD, if applicable
- Attend Case Management Appointments
- Work with providers: Gain Concrete Housing Conducive to Recovery
- Random Drug Testing, twice weekly.
- Attend Treatment Groups, as referred
- Attend Individual and/or Family Therapy, as referred
- Self-Help Meetings (min. 2 per week)****
- Daily Contacts with the Team: Examples include visitation with your child(ren), attending therapy, counseling, a doctor's appointment, a CFTM, attending groups, submitting to a drug screen, enrolling/engaging in a healthy hobby, Speaking, and/or Meeting with Team Member.
- Last 30 days Negative drug screens
- Last 30 days No Sanctions
- Present Phase Advancement Presentation in Court

Phase Three:

(Minimum 90 days)

Key Focus:

Safe/Stable Housing & Develop/Maintain Recovery Environment

Activities:

- Monthly Court Attendance
- Maintain Compliance with Psychotropic Medication and or Medication Assisted Treatment, if applicable
- Review and/or Modify Recovery Plan
- Complete Parenting Education, if referred/recommended
- Attend 2 Pro-Social Events or Hobbies
- Attend Child and Family Team Meeting with a Sober Support Person
- Maintain Employment, if applicable
- Obtain GED/HSE, if applicable
- Obtain or be in the process of obtaining SSI/SSD, if applicable
- Maintain housing conducive to recovery
- Random Drug Testing
- Consistently Attend Treatment Groups, if appropriate
- Consistently attend Individual Therapy, if appropriate
- Self-Help Meetings (min. 2 per week)
- Minimum 3 Contacts per Week
- Complete All Services Set up for Transition of Case Closure
- Advancement Presentation in Court

Graduation Requirements:

- Complete all Recommended Treatment
- Complete Post-FRC Recovery Plan & Relapse Prevention
- CFTM 30 days before graduation
- Maintain Employment/Income
- Maintain Housing
- The child(ren) Returned to Parent Care
- Last 90 days Negative Screens
- Last 60 days, no Sanctions

At the completion of Phase Three, Participants are eligible for an FRC Ceremony!



CONFIDENTIALITY

Federal regulations, 42 CFR Part 2, requires that your identity and privacy be protected. In response to these regulations, Family Recovery Court and its team members have developed policies and procedures that guard your privacy. You will be asked to sign a “Consent for Disclosure of Confidential Substance Abuse Information.” This disclosure of information is for the sole purpose of hearings and reports concerning your specific Family Recovery Court case.



FAMILY RECOVERY COURT RULES

As a participant, you will be required to abide by the rules outlined in the participant contract, including, but not limited to, the following:

1. You are required to attend all FRC court sessions. Failure to appear at a Court hearing may result in a body attachment being issued for your arrest.
2. You must abstain from all illegal drugs and alcohol. You will not possess or consume any alcoholic beverages. You are not permitted to enter any bars, taverns, liquor stores, or establishments whose primary function is the selling or promoting alcohol. If you are unsure if you are permitted to enter an establishment, check with an FRC team member.
3. As a participant of FRC, you are responsible for what goes into your body that may affect drug test results. You agree to consult with your treating physician about the availability of non-narcotic or non-addictive medications or drugs as alternatives to any narcotic or addictive drugs which your physician may consider prescribing. You must provide consent for release to the FRC Team for all of your treating physicians, which will allow the Team to discuss your medications with your physicians. Prior to taking medication of any kind, even non-prescription medication, you agree to confirm that it is non-narcotic, non-addictive, and does not contain any alcohol. In the event that your treating physician

wishes to treat you with narcotics or addictive medications, that fact must be disclosed to the Team, a release provided, and you will be required to verify that you are taking those medications as prescribed and for only the duration that is medically necessary. If you are undergoing any medication-assisted addiction therapy before entering the Program, you must verify to the Court that it is being provided by a licensed physician and that it is medically necessary. If it is properly verified, the Team will work with your provider throughout the course of therapy while you are in FRC. Your misuse or abuse of prescribed medication, delivery of your medication to others, and/or failure to take medication as prescribed **WILL RESULT IN A SANCTION AND COULD RESULT IN TERMINATION OF THE PROGRAM**. You may not take any over-the-counter substances that contain alcohol, codeine, and ephedrine. **READ LABELS!** Any synthetic substance used to replace a narcotic or banned substance is also not allowed. You may not consume or use CBD or Delta products. If you have any questions, ask your Family Case Manager or FRC Coordinator.

4. You will submit to random drug screens as referred by your DCS Family Case Manager. You will follow the recommended frequency for testing defined by your substance abuse assessment assessor, case manager, or therapist. **A positive drug screen will not be debated if there is the appropriate lab confirmation.**
5. You will complete a substance abuse assessment, follow all treatment recommendations, and comply with your individualized treatment plan.
6. You will keep and attend all scheduled appointments. You will sign any necessary releases for the sharing of information among agency partners in FRC.

7. You will not associate with people who use or possess drugs and/or alcohol. You will not reside with or borrow money from any other active FRC participant.
8. You will obey the law and not commit a criminal offense.
9. You will not purchase, own, or have in your possession a firearm or any other weapon while in the FRC program. You will disclose the presence of any weapons possessed by anyone else in your household.
10. You will keep the Court, FRC team, case manager, treatment provider, and other supports informed of your current address and phone number at all times. You agree to allow the FRC team and service providers in your home.
11. You must follow the Dress Code for all FRC-related activities.
12. You must abide by any other rules and/or regulations imposed by the FRC team as part of your individualized case plan.



INCENTIVES

Compliance with Family Recovery Court rules will result in rewards called “incentives.” Incentives are awarded to participants upon the recommendation of the team and may include:

- Praise by the Judge or Magistrate & Team
- Gift Certificates
- Advancement to the Next Phase
- Sobriety Certificates
- Various Small Items for Adults and/or Children
- Court Cash redeemable for incentive items
- Other donated or available tickets, memberships, admissions, or passes for positive social activities.

SANCTIONS

Failure to comply with rules may result in “Sanctions.” These may include:

- Writing Assignments
- Increased Supervision and/or daily reporting
- Community Service Hours
- Delayed Phase Advancement and/or Repeating a Phase
- Increased Drug Testing/ Self-Help Attendance
- Increased Court Attendance
- Incarceration
- Electric Home Monitoring
- Termination from the Program
- Other, as determined by the Court



Family Recovery Court RCA Ceremony

Once you have completed the requirements of the three phases of Family Recovery Court, you will successfully complete the program. Completion of the program is recognized as a very special event called a Family Recovery Court Ceremony. R.C.A stands for “Reflection, Celebration, and Anticipation.” This special ceremony is held to celebrate your successful completion of the program. Your Family Recovery Court team and your family will be invited to the event to congratulate you on achieving your goals of establishing a drug-free lifestyle and providing a safe and stable home for your family.

DRESS CODE

As a participant in Family Recovery Court, you will be required to follow the dress code for all FRC events. Short-shorts, micro-mini skirts, tank tops, muscle shirts, halter/tube tops, see-through clothing, low-cut tops, clothing that exposes bare midriff and/or undergarments, hats, head coverings (except those worn for religious purposes), pajamas, slippers, clothing that depicts or promotes illegal activity, alcohol/drug use, violence, sex acts or profanity are not permitted at any time you are present for an FRC function. Failure to follow the dress code will get you turned away from your appointment, and you will not get credit for being there. If you have any questions regarding what is appropriate, ask the FRC Coordinator or Case Manager.

ACKNOWLEDGEMENT OF ORIENTATION INFORMATION

I have been given a copy of the orientation packet, which includes the following:

1. Program Purpose and Services
2. Rules and Disciplinary actions
3. Client Rights

My signature below acknowledges that I have received this packet and have read it or have had it explained to me.

Client Signature

Date