



# **Family Integrated Treatment Court**

## **Program Handbook**



December 2015

This handbook is here to answer questions, provide general information, and explain requirements of the program. Please read this handbook carefully. It is your responsibility to understand the expectations of the FIT Court program. If you have additional questions or concerns, please contact your attorney, your caseworker, or the FIT Court coordinator. We encourage you to share this information with your friends and family who support you in recovery.

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## Welcome!

Welcome to Jefferson County's Family Integrated Treatment (FIT) Court program! FIT Court was created to work with parents and children who have become involved with the Jefferson County Division of Children, Youth, and Families (JCDCYF) as a result of child abuse or neglect that is directly related to the parent's substance abuse. FIT Court is based on a National Drug Court model and takes pride in incorporating Family Drug Court best practices. This is a voluntary, family-based program within the Dependency and Neglect System.

**FIT Court's Mission:** The Family Integrated Treatment Court is a collaborative effort that offers families the support, services, and treatment necessary to assist parents in establishing and maintaining sobriety while providing safety for their children. FIT Court strives to empower families to look beyond compliance and abstinence, encouraging them to make a commitment to a lifestyle of recovery.

FIT Court is here to help you become clean and sober. The goals of the FIT Court program are to:

- *Get you into treatment quickly and support you in staying in treatment until you have the skills you need to stay in recovery and provide safety for your children*
- *Return your children home as soon as safely possible*
- *Keep your children with family or friends if safely possible instead of in foster care*
- *Close your case with your children living with you, or if not possible, with family*
- *Help you and your support network develop the skills needed so your children do not need Child Protection services in the future*

## Overview

FIT Court parents are required to **participate in substance abuse treatment and random drug testing, attend frequent court reviews, attend support group meetings/activities, complete a parenting program and/or family therapeutic services, show your ability to care for your children's needs, create a Recovery Plan, and demonstrate progress with any other treatment plan requirements such as mental health treatment and domestic violence treatment.**

Addiction is a **family disease** and impacts every person in the family, including your children, no matter how old they are. In addition to providing services to the participant, the FIT Court team will see what **services your children may need** and will help you put those services in place. This may include educational, developmental, therapeutic, medical, or mentoring supports. Your FIT Court team may also provide services to help **heal the relationship between you and your children.**

These requirements, along with any other orders given by the Court, will become part of your Treatment Plan. The Court will closely monitor your progress and compliance with these requirements and respond with rewards (incentives) and consequences (responses). The FIT Court program consists of 5 phases and takes a **minimum** of 11 months to complete, although most families complete the program in 12-18 months.

***It is very important to understand that compliance with FIT Court program requirements does not guarantee that your children will be returned to you. There may be circumstances in which, even with full compliance, the Court determines that returning home is not in the best interests of the children.***

## Eligibility Requirements

FIT Court is a specialized voluntary program in a Dependency and Neglect case. It is your decision whether or not you want to participate in FIT Court. FIT Court is a hard program, as it is tough work to get and stay clean and sober.

In order to participate in FIT Court, you must meet all of the following requirements:

1. Family has an open Dependency and Neglect case through the Jefferson County Division of Children, Youth, and Families.
2. Parent must be 16 years or older.
3. Family includes at least one child 12 years old and under.
4. Substance abuse is the primary presenting issue.
5. The family's final risk level on the *Colorado Risk Assessment of Abuse and Neglect* completed by the JCD CYF intake caseworker is "**Moderate**" or "**High**."
6. The *Colorado Safety Assessment* identifies a safety concern for the children related to alleged or observed **substance use**.
7. Parent agrees to all requirements listed in FIT Court Agreement and Waiver, which outlines legal rights and responsibilities.
8. Parent must sign the FIT Court Agreement and Waiver and Release of Information and enter into the program within 30 days of their case being filed or prior to adjudication, whichever occurs first.

## Discharge from the Program

If you decide to enter into this program, FIT Court requirements will become part of your Court-ordered treatment plan. If any party involved in your case, including you, believes you should be discharged from the program, a written motion must be filed. You will meet with your team to discuss what discharge from the program would mean for your case and your family. Then a Court Hearing will be held to decide whether or not you should be discharged from the program. If you do discharge from FIT Court, you will continue participating in the dependency and neglect process and will continue to have a Court-ordered treatment plan through a regular track dependency and neglect case.

## Program Changes

Occasionally, changes are made to the FIT Court program. If this occurs while you are a participant, the following procedure will be followed:

- Program changes will be approved by the Steering Committee and the Presiding Juvenile Judge.
- Current participants will have the opportunity to review the new version of the FIT Court Agreement and Waiver with their attorney and
  - o Sign the new FIT Court Agreement and Waiver and continue in the program, **OR**
  - o Discharge from the program.

## Regular-track Parents

Often one parent is involved in FIT Court (FIT Court parent) while the other parent is not (regular-track parent). Because FIT Court is a family program in the Dependency and Neglect system, family issues involving the regular-track parent may often come up. The regular-track parent is always welcome and encouraged to attend any FIT Court hearing. It is important to know that any decisions involving the regular-track parent CANNOT be made without that parent or their attorney present. It is also important to know that the regular-track parent will receive updates regarding your progress in FIT Court through written Court Orders and Family Services Plans. The regular-track parent is required to be present at Permanency Planning Hearings.

## Your Treatment Team and Their Roles

There are many people on your treatment team. The team works together to help you and your family, but everyone has a different role. Your FIT Court Treatment Team includes:

### **Most importantly: YOU, your children, your extended family, and your support and safety network**

Each team member knows that YOU and your support and safety network have the skills and knowledge to change your life.

### **FIT Court Judicial Officer**

The FIT Court Judge is the lead member of FIT Court and presides at all team staffings and Court hearings. The Judge will make all final decisions about your FIT Court progress and your case based on input from you and the treatment team.

### **FIT Court Coordinator**

The FIT Court coordinator helps the program run smoothly, collects information about your UAs and treatment, and tracks your phase progress. The coordinator makes sure the team is following FIT Court's rules and policies.

### **Jefferson County Division of Children, Youth, and Families (JCDCYF): Supervisor and caseworker**

The JCDCYF caseworker will work with you and your family to refer you to needed services and resources that will help you complete your treatment plan, and will support you in getting those services. The caseworker's goals are to help your children achieve safety, permanency, and wellbeing.

### **Savio: Supervisor and Savio worker**

The Savio worker is a service provider who helps you with hands-on life skills, parenting coaching and education, therapeutic services, and treatment support. Savio may also supervise your parenting time with your children.

### **Guardian *ad litem* (GAL)**

The GAL is a lawyer who represents your children's best interests.

### **Respondent Parent Counsel (your attorney)**

If you are eligible, you will be appointed an attorney to advocate for your rights and wishes. You may also hire your own attorney.

### **County Attorney**

The County Attorney represents JCDCYF.

### **Your treatment and service providers**

Substance abuse, mental health, domestic violence, peer support, and other treatment providers provide the team with information about your progress and offer suggestions.

## FIT Court Basics

By following these suggestions, you can greatly increase your chances of successfully completing FIT Court.

- **Show Up and Be Honest!**
- Attend all court hearings, meetings, and appointments on time.
- **Show** how you are making progress on your treatment plan – actions, not words.
- Stay in touch with your caseworker and your attorney. Be sure they have your current phone number and address.
- Be as organized as possible. You will need to keep track of lots of meetings, court dates, and appointments.
- Take care of yourself: live a healthy lifestyle, eat and sleep well, and surround yourself with healthy people.
- Live in a home free of alcohol and drugs and people who are using alcohol and drugs.
- Be engaged in your recovery process – don't just go through the motions.

## Program Structure and Expectations

FIT Court is held every Thursday beginning at 1:30 in Division 10 at the Jefferson County Courthouse. You will attend Court weekly, every other week, or once a month; this depends on your phase in the program. The Judicial Officer will speak directly with you about your progress during your FIT Court hearing. The Judicial Officer will make all final decisions. If you do not appear for a Court hearing and have not been previously excused from attending Court by the Judge, a bench warrant may be issued for your arrest.

Prior to your FIT Court hearing, the Judge and your treatment team meet and review your progress at a staffing. Your attorney will represent you during the pre-court staffing.

You will have different types of hearings while in FIT Court. Most of your hearings will be **FIT Court Review Hearings**. At these hearings, the Judge will talk with you about your treatment, sobriety, support meetings, and recovery. The Judge will also talk with you about parenting time, your relationship with your children, and your children's needs. The second Thursday of each month is called **Family Week**. Every FIT Court parent is set during the Family Week docket, regardless of what phase they are in. FIT Court often has special celebrations, resources, and speakers during Family Week.

Along with these hearings, you will also have **Permanency Planning Hearings (PPHs)/Court Reviews** about every 90 days. For these hearings, your caseworker will write a report about your overall progress with your treatment plan. The Judge will review how you are doing in meeting the requirements of your case and will discuss permanency options for your children.

FIT Court also has 3 types of team meetings. **Team Decision Making Meetings**, or **TDMs**, typically last 1½ to 2 hours. They are usually held at the Jefferson County Division of Children, Youth, and Families. These meetings are led by a trained facilitator who works for the Division, but who does not have any role in your family's case. These meetings include you, your family and support network, your FIT Court professional team members, treatment counselors, and others involved in your case. TDMs are held for emergency removals, considered removals and anticipated placement changes. All TDMs must be held prior to removal and / or placement change with the exception of Emergency Removal TDMs which must be held the next business day.

The second type of meeting is called a **Family Engagement Meeting**, or **FEM**. These meetings will review what the worries have been for the safety of your children, what is going well to address these worries and to demonstrate safety, and to outline next steps. There are multiple purposes for FEMs which include case planning, crisis intervention, etc, all of which have an underlying focus on permanency. At minimum FEMs are held every 90 days for out-of-home cases or every 6 months for in-home cases until case closure.

The third type of meeting is called a **Treatment Support Meeting**, or **TSM**. TSMs are 30 minute to 1 hour meetings for your treatment team to come together and discuss you and your children's needs, progress, concerns, and requests. You can bring any support person you want to these meetings. You will have a TSM within 1-2 weeks of joining FIT Court, called your "Orientation TSM." You will also have a TSM once per month, prior to the Thursday Court hearing during "Family Week."

**A typical week in Phase 1 will include the following:**

- Weekly Court appearance
- Monthly TSM
- 2-3 treatment appointments per week
- Calling the UA line daily, with multiple UAs
- Parenting time with your children
- Meeting with your Savio worker 1-3 times per week and your GAL and Caseworker as needed

**TREATMENT** is the most important part of your recovery. Because of this, the Court and your treatment team expect you to make treatment your top priority. You are expected to be present and participate in all required treatment sessions, including your substance abuse intake. Only the **JUDGE** can excuse you from past or future missed treatment. Your caseworker, counselor, Savio worker, or attorney **CANNOT** excuse you from treatment. The Judge typically only excuses missed treatment if you are so sick that you needed to go to the Doctor, and you can provide a doctor's note. Otherwise, you are expected to be at treatment.

Courtroom Expectations

FIT Court is a program for families. **Children are welcome to come to Court with you.** Please know that the Judge may occasionally ask the children to leave the Courtroom, such as before a response is given or a difficult topic is discussed.

You are expected to be at Court on time. **Roll Call** will be called at the beginning of each docket.

FIT Court is a time to speak with the Judge and to listen to your fellow participants and their experiences. After you check in with your attorney and team, please sit in the front rows so you can listen and support your fellow participants. We expect you to spend as much time as possible in the Courtroom listening to other families.

When you come to Court, you are expected to follow these guidelines:

- Do not be under the influence of any substances or impaired by medications.
- Dress appropriately when appearing in court. **Clothing with alcohol/drug/violent slogans, graphics, or brands will not be tolerated.**
- Remain quiet while you are in the Courtroom. If you need to talk with a team member, please go into the hallway.
- Do not use cell phones in the courtroom. Make sure your phone ringer is on silent.

*"Nobody can go back and start a new beginning, but anyone can start today and make a new ending."*

*Maria Robinson*

## Phases

There are five phases in the FIT Court program, which are listed below. Each phase has its own purpose to support you in building your recovery and getting your children home with you. The time frames show the minimum amount of time it takes to complete each phase. These are **estimates**; the actual time it takes will depend on each parent's circumstances and progress. Typically, the program takes 12-18 months to complete.

Phase advancement:

- You must complete each task with documentation given to FIT Court Coordinator at Court.
- Final decision regarding phase advancement is made by the Judge. You will submit a phase proposal to move into phase 3, 4, and graduation. This proposal will help the Judge make the decision about whether or not you are ready to move to the next phase.
- The Judge can order more frequent Court appearances if the team believes you need more support.

### Requirements in All Phases

Task	Who will help you
Attend all court hearings	Parent, Team
Attend all meetings: TSMs/FEMs/TDMs	Parent, Team
Communicate with the GAL and caseworker	Parent, Team
Meet with your Savio worker as scheduled (until no longer required)	Parent, Team
Attend all scheduled parenting time	Parent, Team
Complete all responses prior to phasing	Parent, Team



*"Every passing minute is another chance to turn it all around."*

*Cameron Crowe*



**Orientation Phase—"I'm on my way..."**

Length- First 2-4 weeks  
Court appearances- Weekly

<b>Task</b>	<b>Who will help you</b>
Complete all paperwork and sign ROIs	Attorney, caseworker
Participate in Orientation TSM	Caseworker
Apply for Medicaid (if eligible) and check status of assistance programs (Food Assistance, TANF, etc.)	Savio worker, caseworker
Check status of parent's ID and family's birth certificates and social security cards	Savio worker
Start UAs	Caseworker
Participate in substance abuse treatment intake, have ongoing treatment scheduled and begin attending treatment	Caseworker, Savio worker, Substance Abuse Treatment Provider
Participate in other needed assessments/evaluations	Caseworker
Meet with caseworker to discuss family's strengths and needs, and develop treatment plan	Caseworker, Attorney, GAL
Understand parenting time schedule and requirements	Caseworker, GAL
Provide information about children's medical/dental/educational /developmental/mental health needs to team and caregiver	Caseworker, Savio worker, GAL
Complete "What's Your Story" writing assignment.	Coordinator

*"Right Actions in the future are the best apologies for bad actions in the past."*

**Phase 1—“...To a better life...”**

Length- Minimum of 30 days

Court Appearances- Weekly

Task	Who will help you
Demonstrate 30 consecutive days of sobriety	Parent, Team
Attend and participate in 4 consecutive weeks of treatment	Parent, Team
Start requesting birth certificates and social security cards for self and children	Savio worker
Apply for needed assistance programs	Savio worker
Complete one Recovery Plan section: <ul style="list-style-type: none"> <li>• #1 My Support System, <i>or</i></li> <li>• #2 Understanding My Drug Use</li> </ul>	Savio worker
Review and update Relative Affidavit	Attorney
Complete “Barriers to Expand Parenting Time/Return Home” paper with team	Team
Demonstrate awareness of children’s current medical/dental/educational/developmental/mental health appointments and needs	Caseworker, Savio worker, GAL
If in inpatient, completed with program and able to participate fully in all FIT Court requirements	Parent, Team



**Phase 2—“...For my kids and me.”**

Length- Minimum of 120 days  
Court Appearances- Every 2 weeks

<b>Task</b>	<b>Who will help you</b>
Demonstrate 90 consecutive days of sobriety	Parent, Team
Attend 16 weeks of outpatient treatment	Parent, Team
Hold family’s birth certificates and social security cards	Savio worker
Re-evaluate needs for assistance programs	Team
Complete 5 Recovery Plan Sections: <ul style="list-style-type: none"> <li>- #1 My Support System <i>or</i> #2 Understanding My Drug Use</li> <li>- #3 Time Management</li> <li>- #4 Coping Skills</li> <li>- #5 My Mental Health Needs</li> <li>- #6 My Children’s Safety Plan</li> <li>- #7 Financial Stability</li> <li>- #8 My Goals</li> </ul>	Savio worker
Review and update Relative Affidavit	Attorney
Update “Barriers to Expand Parenting Time/Return Home” paper with team	Team
Show documentation of a minimum of 8 community support activities	Coordinator
Actively engaged in meeting children’s medical/dental/educational/developmental/mental health needs	Caseworker, Savio worker, GAL
Expand or progress in parenting time	Team
Identify parenting program (educational or therapeutic as needed) with a plan to complete before graduation	Team
Create plan for attending Betty Ford Children’s Program	Team
Complete Phase 2 Proposal with approval from Judge	Coordinator, Team

**Phase 3—"I succeeded!"**

Length- Minimum of 90 days  
Court Appearances-Every 4 weeks

<b>Task</b>	<b>Who will help you</b>
Demonstrate 90 consecutive days of sobriety	Parent, Team
Complete active treatment, as recommended by treatment provider, and have plan for maintenance treatment	Parent, Substance Abuse Treatment Provider
Complete the 2 remaining Recovery Plan Sections	Savio Worker
Complete all Division funded services, including Savio	Caseworker
Actively participating in parenting program (therapeutic or educational)	Team
Show documentation of a minimum of 10 Community Support activities	Coordinator
Actively searching for employment or education or other activities approved by the team	Parent, Team
Taking over responsibility for meeting children's needs	Parent, Team
Actively and independently parenting children in your home without parenting restrictions	Team
Complete Betty Ford Children's Program	Parent, Team
Complete Phase 3 Proposal with approval from Judge	Coordinator, Team

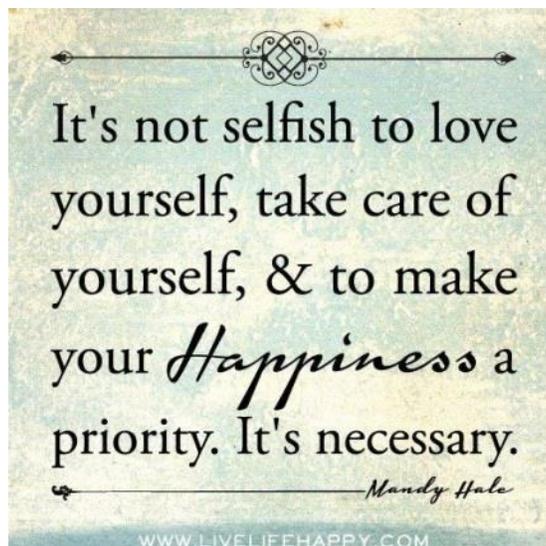


**Phase 4- "A Life Worth Living!"**

Length- Minimum of 90 days  
Court Appearances- Every 4 weeks

Task	Who will help you
Demonstrate 90 consecutive days of sobriety	Parent, Team
Submit Parenting Program Certificate or Completion	Parent, Coordinator
Attend maintenance treatment as recommended by treatment provider	Parent, Substance Abuse Treatment Provider
Participate in Graduation FEM	Caseworker
Show documentation of a minimum of 12 Community Support activities	Coordinator
Engaged in employment, education, TANF requirements, or other activity as approved by team	Parent, Team
Independently parenting children without restrictions	Team
Complete Graduation Proposal with approval from Judge	Coordinator, Team

**\*\*While in phase 4, if your children are removed from your care or you are required to go back into any level of substance abuse treatment (inpatient or outpatient) due to a relapse, you will move back to phase 3.\*\***



## Phase Components Explained

### Medicaid and Assistance Programs and IDs, Birth Certificates, and Social Security Cards

Getting and staying sober is very hard work, and it is even harder if your basic needs, like food, housing, clothing, and medical/dental care, are not being met. This is why we ask you to apply for Medicaid and other assistance programs, like food assistance and housing programs, as soon as we start working together. If you are eligible, Medicaid can help you with costs for many medical, dental, mental health, and substance abuse treatment services. These are very helpful and important supports for you and your children, so we ask that you apply and turn in any needed documentation to ensure your Medicaid and assistance programs stay active.

Many of these programs require your ID and your family's birth certificates and social security cards in order to apply for services. This is why we ask you to begin applying for those vital documents if you do not already have them in your possession. It can take a few months to get them, so we want to work on this early in the program.

### Treatment

Your caseworker will refer you to a community treatment agency that can meet your needs. Every participant's treatment is unique. Once you complete your intake, you and your treatment provider will decide what level of treatment will help you best. This recommendation will then become your "required treatment" for FIT Court, and any missed treatment will result in a response. Your success in this program and in your long-term recovery depends greatly on your progress in treatment. Because of this, treatment is expected to be your top priority. You should not schedule other appointments of any type during your treatment time. If you miss a treatment appointment or your treatment intake, you will likely receive a response. Only the **Judge** can excuse past or future missed treatment. If you are sick enough to miss treatment, the Judge expects you to have a doctor's note. If you did not need to go to the doctor, you did not need to miss treatment. The Judge may also excuse treatment if your treatment provider sends you home from treatment because you were too sick to participate.

### Maintenance Treatment

In order to move into phase 4, you will need to be completed with your "active treatment". This is a decision made between you and your treatment provider. You and your treatment provider will also discuss if any "maintenance treatment" would help support you as you move into phase 4 and graduation. This could be an individual once a month, a group once a week, or weekly sober support activities, among other plans. In order to move to phase 4, you will submit a plan describing what ongoing "maintenance treatment" and sober support you plan to continue in phase 4 and after graduation. Your involvement in this plan will be considered when looking at if you are ready for graduation.

### Other Assessments and Services

We know that addiction often involves issues other than just substance abuse. Many families in FIT Court are also receiving services for mental health, domestic violence, sexual assault, physical health and dental needs, family therapy, couples counseling, and parent-child relationship therapy, among others. We want to help you with any issues that may keep you from getting and staying sober, or keep you from providing a safe and stable home for your children. Because of this, we may ask you at different times in the program to meet with certain professionals, have additional evaluations for needs other than substance abuse, or participate in services other than substance abuse treatment.

### Community Support Meetings/Activities

Research, along with many people in long-term recovery, discusses the importance of community support meetings. FIT Court wants to ensure you are connected to sober support before you graduate. For this reason, attendance at community support meetings or activities throughout your time in the phase is a requirement of phasing. There are different types of community support meetings and activities. Some are 12-step meetings and others are not. FIT Court encourages you to try different types of meetings and activities until you find one that works for you. You can find meeting lists in the courtroom, or talk to your team about suggestions.

### Recovery Plan

FIT Court parents will develop a Recovery Plan throughout the case to help you understand your alcohol/drug use and work on recovery skills. You will also identify your support people who will help you stay focused on your recovery and help keep your children safe if a relapse does occur. Having a plan will help you keep recovery as your #1 priority, avoid relapse, or bounce back quickly if you do relapse. It is better to plan more than necessary, rather than not enough. This is ultimately YOUR PLAN for YOUR RECOVERY- not just an assignment for graduation. The Recovery Plan will be completed before moving into Phase 4.

### Education and Employment

Starting in phase 3, the team will encourage you to start looking into education and employment opportunities. Not only will continued education and/or employment help you provide stability for your family, but being engaged in education or employment will also support you in your recovery. In order to graduate, you will be working or in school, or in another activity approved by your treatment team.

### Days of Sobriety (DOS)

Your days of sobriety will be calculated based on your first clean urine screen and are determined by negative drug tests. DOS are one measurement of success in the program. Your days of sobriety will be reset to zero if you have a positive, missed, diluted, or altered urine screen/sobriety monitoring, missed/inaccurate pill count, misuse of medication, or admission of use. You start earning days again on the date of your next negative drug test.

### Phase Proposals

In order to move to phases 3, 4, and graduation, you will be given phase proposal questions to complete. We would like you to spend time and thought on these questions. They were created to help your team hear your perspective about your skills, supports, plans, needs, and relationship with your children. The coordinator will give you the phase proposal about a month before you are eligible to phase. You will need to turn in your proposal by the due date so the team has time to review your proposal before your phasing eligibility date. The Judge must approve your proposal in order for you to phase.

### Parenting Time

The time your children have with you is so important, and the FIT team will support you in making this time a priority in your schedule. Parenting time for your children may be emotional for you or your children, especially at the beginning of the case. There are a few ways to make parenting time go smoothly. Be on time or early if at all possible. Be prepared for your parenting time with supplies (food, toys, diapers). Engage in activities with your children like games, meals/snacks, crafts, and homework. Parenting time may begin as supervised at the Division, Savio House, or in the community. Please talk with your team if you feel you need more support during your parenting time. If the team notices the need for more support, services may be put into place during parenting time to support you and your children's relationship.

To move out of phase two, you will need to expand or progress in your parenting time in some way.

To ensure your children are safe, the team may put a safety or support plan into place regarding your parenting time. This may include who can or cannot be present during your time, where your time can or cannot take place, and how long/what time of day your time will occur, among other guidelines. **You are expected to follow your safety plan 100%.** These plans are very important so the team knows that your children are safe.

### Barriers to Expand Parenting Time/Return Home

We know that being involved with Child Protection services can be overwhelming and scary. It may seem to you at times that it is impossible to expand your time with your children or be able to have your children returned home to you. We want to communicate with you as clearly as possible about what needs to happen before you can expand your parenting time and/or have your children returned home. In phase 1 and 2, you will work on a worksheet on your own and with the team called “Barriers to Expand Parenting Time/Return Home”. This process will help you understand from the team what the barriers are to moving forward with parenting time or returning the children home. **Please understand that these barriers may change from time to time as things change in your life.** The team tries to be as open as possible with you about what needs to happen in order to move forward.

### Return Home

We know that Return Home is your goal, and it is ours too! Having your children return home, although very exciting, can also be a very stressful time for the whole family. We want to be able to support your family before, during, and after your children return home. Because of this, **in order to move to phase 4, your children must be in your care full-time, with no restrictions in place by the team.** This means that if you are required to be supervised with your children or have check-ins, you will not yet be eligible for phase 4. Having the children in your care during phase 4 will allow you and your team to see what life will look like after the case closes.

While planning for expanding your parenting time or returning the children home, we may ask you to complete assignments about safety planning, managing schedules and children’s needs, and babysitters and safe people to be around your children.

### Meeting Children’s Needs

Throughout your case, you will be asked to show your ability to understand and meet your children’s needs, such as educational, medical, mental health, and developmental. In orientation phase, you will provide information about your children’s appointments, doctors, needs, favorites, and other information the team may need to know. In phase one and two, the team will work with you to understand your children’s needs and how to meet them. In phase three, the team wants to see you taking full responsibility to meeting your children’s needs.

### Parenting Program- Therapeutic or Educational

Parenting is a very hard job! We want to support you in becoming the best parent you can be. In phase 2, you and your team will look into what type of parenting program would be helpful to you and your children. This will look different for everyone, depending on your relationship with your children, the age of your children, and you and your team’s goals. Educational parenting programs are intended to help you increase your parenting knowledge and skills. Therapeutic parenting programs are designed to help enhance and repair your relationship with your children. In order to graduate from FIT Court, you must complete the chosen parenting program.

### Betty Ford Children’s Program

Betty Ford is a community-based program for children ages 7-12 from families that have struggled with alcohol or drug addictions. Children learn that addiction is not their fault, that they are not alone, to express their feelings, and much more. Many of our families in FIT Court have been through the program and reported that it was a fun and healing experience for both the children and the parents. The parents reported that they felt supported and not judged by the program. Because of all of the great benefits of this program, attending the Betty Ford program is required for families who have children between the ages of 7 and 12 and whom the team decides are appropriate for the program. This is a 4 day program in Aurora that occurs each month from a Thursday through Sunday, and lunch and snacks are provided. Children attend all 4 days, and parents (or other family members) attend Thursday morning, Saturday, and Sunday. Children should bring their bathing suit and towel. Please see your caseworker for more information.

[www.bettyfordcenterkids.org](http://www.bettyfordcenterkids.org); 1-877-872-7712.

## Sobriety

FIT Court's goal is to help you get clean and sober. In order for FIT participants to succeed in recovery and remove all drug dependence from their lives, it is FIT Court's belief and expectation that there must be **abstinence** from the use of all addictive substances. This includes prescription pain medication and medication/substances that impact your ability to safely supervise, protect, and care for your children, are mind-altering, and/or have a high potential for abuse. You are expected to show your sobriety from the following drug classes: alcohol, cannabinoids, opioids, stimulants, club drugs, dissociative drugs, hallucinogens, designer drugs, and inhalants.

FIT Court recognizes that you may be prescribed mind-altering, mood-changing, or habit-forming substances for mental health purposes such as anxiety, depression, or insomnia. FIT Court wants you to receive appropriate, helpful treatment for your health and mental health. However, it is often difficult to determine whether a substance is being used for treatment of a diagnosed issue or as a means to get high. **It is important that you examine your motives when taking/using any substance, and discuss this with your substance abuse counselor and your prescribing doctor.** Ultimately, your use of any substance, prescribed or not, that impacts your ability to safely supervise, protect, and care for your children will be a concern to the Court.

It is also important to keep in mind that the use of many substances can make it more difficult for you and your brain to recover and/or can trigger relapses. These include: **caffeine, nicotine, energy drinks/supplements, workout supplements, diet pills, cough syrups, some medication, and excessive candy/sugar.** While FIT Court does not ban or monitor for these substances, the team may ask about your use of these substances and your motives for using these substances. Your treatment team may encourage you to discontinue your use. It is also important to recognize that some of these substances may cause a positive or dilute UA result. **You are responsible for what goes in your body.**

## Sobriety Monitoring

All participants will be set up on Norchem's Sentry randomization hotline **303-515-7619** during the Orientation Phase and will be given a Norchem Client ID number. You must call the hotline between the hours of **5am and 5pm EVERY DAY**. You will enter your ID number, and you will be told if you need to go provide a urine screen that day.

You will provide your UA samples at your identified UA location. Please confirm the open hours for you to provide your UA sample with your UA agency. Most locations do not allow you to bring children onto their property- please make safe arrangements for your children's care.

- You may be asked at any time to provide a urine screen, oral swab, or breathalyzer by a treatment team member. If you do not comply with this request, this will be considered a missed and positive test, and your DOS will reset to zero.
- If you have a positive drug/alcohol screen and deny use during the first Court hearing after the positive UA, a confirmation test will be completed. If the positive screen is confirmed, you may receive a more severe response.
- A positive screen is viewed by the Court as use. **YOU** are responsible for what goes in your body.

### Suggestions:

- Program this Norchem Sentry hotline number **303-515-7619** into your phone under "UAs."
- Write your Norchem ID down somewhere safe, and make a note in your cell phone with your Norchem Client ID.
- Call this UA phone number for a possible UA **EVERY DAY**. You could be called for a UA each day. It is random.
- Remember to bring your photo ID.
- Provide a UA earlier in the day to avoid missing your time window.

**Sobriety Monitoring Issues**  
**YOU ARE RESPONSIBLE FOR WHAT GOES IN YOUR BODY**

Dilute Urine Screens

You need to know how to prevent your urine test from being “dilute” (watered down from drinking too much liquid). Dilute urine tests are considered positives and you will receive a response for them. Here are some things to know to prevent dilute urine tests:

- Provide your urine test in the morning
- Limit your liquid intake to two 8-ounce beverages within 2 hours before providing your urine test

Following your FIRST dilute urine screen ONLY, your sobriety days are placed on “pending” status. Additional DOS will continue to accrue during this time. If you do not have another dilute, missed, altered, or positive test in the next **45 days**, your DOS will be reinstated. Any additional dilute screen DURING THE REST OF YOUR TIME IN FIT COURT will result in a response and a loss of ALL Days of Sobriety.

Marijuana

Marijuana in any form (medical, recreational, edibles, etc) is NOT allowed at ANY point in FIT Court. If you are testing positive for marijuana, you will be given a “marijuana-clean” date that is 30 days past your last use. If you continue testing positive during this period and report no new use, you will not receive a response. You will also not earn DOS and will not move through the phases. If you test positive after your “marijuana-clean” date, you will receive a response.

Alcohol

Alcohol is a drug. You are not allowed to consume any form of alcohol while you are in FIT Court.

Alcohol can be found in many products, including over-the-counter medications, mouthwashes, beauty products, and some foods. Use/consumption of these may result in your urine testing positive for alcohol. It is your responsibility to understand this risk and to always read labels to prevent a positive alcohol test. Read labels of EVERYTHING you consume (drink or eat) or spray/use on your body. Look for **ethyl alcohol (ethanol)** as an ingredient to avoid. There are alternatives to nearly every product containing ethyl alcohol. If you test positive for alcohol, you will receive a response.

Common products containing ethyl alcohol:

- Cough syrups and other liquid medication like Nyquil
- Non-alcoholic beer and wine
- Flavoring extracts like vanilla or almond extract
- Herbal supplements like Gingko Biloba
- Food cooked with alcohol
- Mouthwashes and breath strips
- Hand sanitizers
- Hygiene products like aftershave, colognes, hair spray, mousse, and bug spray
- Solvents and lacquers- used in construction and at home

“Designer” Drugs

The possession or consumption of any “designer” drugs such as “Spice,” “bath salts,” etc., whether purchased legally or illegally, is strictly prohibited. Such substances are often sold or marketed under false labels like “Not for Human Consumption,” though they are purchased for the purpose of getting high. You may occasionally be tested for these substances. A positive UA or admission of use will result in a response.

### Poppy seeds

Do not consume poppy seeds or products containing poppy seeds. Consuming poppy seeds or products containing poppy seeds may result in your urine testing positive. Consuming poppy seeds will **not** be an accepted explanation for a positive urine test.

## **WHEN IN DOUBT, DON'T USE IT!**

### Prescription drugs

Certain prescription medications are well known to have a high potential for abuse. These medications can also cause participants to be impaired. This can impact a participant's ability to safely parent his/her children. For this reason, FIT Court participants' use of prescription medications which are considered controlled substances is closely monitored and requires a true medical/mental health need. If your prescribed medication impacts your ability to safely supervise, protect, and care for your children, your treatment team will discuss your options with you.

Your choices about the medications you take should be made with your doctor and in the context of your recovery.

- In order to move into Phase 1, you must disclose any and all medications that are prescribed to you or in your possession, sign an ROI between your prescribing doctor(s), substance abuse treatment provider, caseworker, GAL, and attorneys, provide contact information for your doctor(s), and begin pill counts if required by the Court.
- If you receive a new prescription at any time during the case, you must disclose the prescription to the treatment team immediately and prior to the team receiving a positive UA result.
- It is important that you inform your doctor of your substance abuse history so they can appropriately treat you.
- You may be asked to do a pill count on a regular basis by any member of the treatment team to ensure you are taking your medication as prescribed.
- All medication must also be reported at the time of each UA at your UA agency.
- You may receive a respond for misuse of prescription medication or for not letting your team know about the prescription.

Participants with a history of abusing prescription drugs, or who have been prescribed medication with a high abuse potential, may be given additional requirements by the Court. These may include:

- Being restricted to one prescribing physician, dentist, and pharmacy
- Agreeing to work with your physician and substance abuse treatment counselor to discontinue use of a medication with a high abuse potential

## Medically Assisted Treatment (MAT)

Medically Assisted Treatment, or MAT, is a type of treatment where medications such as Methadone, Suboxone, Antabuse, Vivitrol, or Naltrexone are used to help treat people with addictions. MAT can be helpful if it is appropriately used and used WITH treatment.

FIT Court does allow the use of MAT if it is being overseen by a doctor. If you are thinking about using MAT, it is important that you talk with your doctor and treatment provider about the benefits, side effects, costs, and length of treatment. MAT can be a very long and costly treatment option. Many people who use MAT remain on it for years or for life.

If you decide to use MAT, you will be responsible for the costs of this treatment. Medicaid often covers or lowers the cost of MAT. FIT Court expects you to follow the Prescription Drug Policy in regards to MAT.

Like any other medication, some MAT options have the potential for abuse. If MAT impacts your ability to safely supervise, protect, and care for your children, your treatment team will discuss your options with you.

## **Responding to Behavior – Incentives and Responses**

Each time you come to court, the Court will decide whether you will receive an incentive, a response, both, or neither. This decision depends on several factors, including your attendance and participation in treatment, drug screen results, and general progress in the program. While incentives and responses may not be exactly the same for everyone, they will be fair, and the Judge will explain the reasons for the response chosen.

When deciding on incentives and responses, the treatment team considers your:

- Ability to complete the task required
- Honesty
- Length of time in the program

## Incentives

To help you stay motivated and reward your hard work, here is a list of incentives you may earn:

- Applause and praise from FIT Court Judicial Officer and Team
- Standing ovation
- Reduced Court appearances
- Phase Advancement
- Bracelets
- Certificates of Achievement or other Specialized Certificates
- “Rocked It Docket”
- “Wild Card”
- “Big Deal” board
- “Fishbowl”
- Sobriety stones
- Other personalized incentives
- Graduation from the program

**Rocked it Docket:** The Rocked it Docket is for parents who were 100% compliant since their last Court appearance. This means, with NO EXCEPTIONS: attendance at every treatment appointment, Savio appointment, and TSM/TDM, following all safety plans, and all negative (no missed, positive, altered, or dilute) UAs/substance monitoring. You are NOT eligible for Rocked it Docket if treatment is missed and made up, or if treatment is missed and excused by the Judge. IT IS POSSIBLE TO HAVE NO RESPONSES BUT NOT BE ON THE ROCKED IT DOCKET.

**Wild Card:** Wild Cards are given to parents who have had 10 CONSECUTIVE ROCKED IT DOCKET appearances. Wild Cards must be held by the parent- no replacement cards will be given. Participants may only hold one Wild Card at a time. Wild Cards can be used to excuse ONE missed treatment session, Savio session, or TSM. Wild Cards CANNOT be used for a missed, positive, altered, or dilute UA/substance monitoring. The team must approve the use of your Wild Card. If the Wild Card is used, the participant will NOT receive a response for the missed appointment, but he/she will NOT be on the Rocked it Docket for the week.

**Big Deal Board:** Parents may be on the Big Deal Board for phasing, graduating, children returning home, major sobriety milestones, or other major accomplishments (such as gaining employment or housing).

**Fishbowl:** Parents who are on the Rocked it Docket can draw from the fishbowl to win incentives.

### Program Violations

Any of these behaviors may result in a response:

- Substance use - including alcohol, marijuana, and other mind-altering substances
- Misuse of prescription medications (including failure to provide prescriptions, failure to comply with a pill count, inaccurate pill count, or failure to sign releases for any prescribing medical professional)
- Missing UAs/substance monitoring
- Providing positive, dilute, or altered UAs/substance monitoring
- Failure to attend substance abuse treatment
- Failure to attend an appointment with your Savio worker
- Failure to complete a response by the court ordered deadline

### Responses

Program violations will result in one or more of the following responses:

- Writing Assignments
- Art or other special projects
- Presentation during FIT Court docket
- Community Service and Work Crew (up to 40 hours)
- Jail (up to 10 days)
- Sitting through the entire FIT Court or other Court docket
- Increased Court appearances
- Individualized treatment responses
- Community support meetings/activities
- Contact with a support person, team members, or designated professional
- Other personalized responses

Responses must be completed with documentation by the deadline given, which is usually the next Court date.

**Community Service and Work Crew:** If you are given Community Service or Work Crew as a response, you must sign up at the Jefferson County Community Services Office (Suite 1500 on the Administration side of the Courthouse) to complete an intake and schedule your work crew or community service assignment. The office is open Monday through Friday from 7am to 5pm. No appointments necessary- just walk in. You will not be able to complete your hours until you complete an intake.

**Work Crew:** Work crew runs every day of the week and meets at the north side of the Remington Building (11011 W. 6<sup>th</sup> Ave) between 7:45-8:00am. Work crew day ends between 3:30-4:00pm. Each day you work, you are credited 8 hours.

Be prepared to work outdoors. You may bring your lunch and something to drink. You must wear closed-toed shoes. Work crew does a lot of work for the Fairgrounds, The Action Center, picks up the County's recycling, does road and bridge work, park clean up, trash pickup, and more.

**Community Service:** Community service hours and requirements vary with the agency you are set up with. The Community Services Office will help you find a location that meets your schedule and needs. It is your responsibility to submit your completed timesheet to the Community Services Office prior to your FIT Court hearing.

**FIT is not a  
destination.  
It is a way of  
life.**



Because you're  
worth it