
PARTICIPANT HANDBOOK

Weld County – Adult Treatment Court
Program

This book belongs to:



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WELCOME!



This handbook is designed to provide you with tools and information you need to be successful in the program. As you enter this program, you need to be motivated to work toward changing your lifestyle and becoming free of alcohol and chemical addiction. Please read carefully as you will be required to follow the instructions and rules outlined in the handbook.

First, **Congratulations** are in order! Entering the Adult Treatment Court Program is a monumental first step in recognizing you have an addiction and you are ready to fight.



You are no longer powerless. Many addicts are undermined because they believe they are powerless to change the situation. This is not true! You do have the power to make change. It may be very slow and painful at times. It may result in periods when you fall backward but you have the power to pick yourself up, wipe yourself off, and regain your control. Use your power to take one minute at a time, one hour at a time, and one day at a time. As you move forward use your power to look one week into the future, one month into the future.

The biggest hurdle to fighting addiction is to make a decision that it is



time to make a life change. That life change will reflect your desire to end your addiction. Your life change will require one or many changes be made to accomplish your goal.

The Adult Treatment Court will provide you with the following tools that will be used to help you to be successful. As you progress through treatment, you will become more familiar with these tools and how to use them to your advantage as you move toward a **sober, drug-free** and **alcohol-free** lifestyle.



- ◆ Incentives and sanctions
- ◆ Accountability through Court reviews
- ◆ Assignments
- ◆ Use monitoring
- ◆ Your daily planner/journal
- ◆ Meetings with your treatment provider
- ◆ Daily sober living activities and/or support groups

Placing value in these things will help combat addiction.

(obtained from: http://www.peelee.net/7tools/7tools_chapter1.html)



- **ACHIEVEMENT**—accomplishing constructive and socially valued goals, such as participating in athletics, being involved in your community, getting an education, succeeding at work, or providing for your family

- **CONSCIOUSNESS**—being alert, awake, and aware of your surroundings; using your mind to make sense out of your life and experience



- **ACTIVITY**—being energetic in daily life and engaged in the world around you

- **HEALTH**—eating well, exercising, getting health care, and choosing an overall healthy lifestyle

- **RESPONSIBILITY**—fulfilling your commitments as well as doing what the law obliges you to do



- **SELF-RESPECT**—caring for and about yourself and, by extension, all people

- **COMMUNITY**—being involved in the communities of which you are part (your town, school, work organization, religious group, neighborhood, political party) and contributing to the welfare of these groups—and the larger world

Confidentiality



The Health Insurance Portability and Accountability Act of 1996 ("HIPAA"), 45 C.F.R. Parts 160 & 164 require that your identity and privacy be protected. In response to these regulations, Drug Court has developed policies and procedures to guard your privacy. You will be asked to sign a Release of Information for the sole purpose of hearings and reports concerning your specific Adult Treatment Court case.



Adult Treatment Court Program Rules

As a participant, you will be required to abide by the rules outlined in the participant contract, Probation Terms and Conditions and North Range Behavioral Health's rules and guidelines, including but not limited to the following:

1. You must abstain from the use of all illegal drugs and alcohol as well as other use of addictive or mind altering substances not authorized by the treatment team.
2. You must inform your treating physicians you are a recovering addict and may not take narcotic or addictive medications or drugs.
3. Attend Court reviews and treatment sessions as scheduled and on time. Personal appointments must be scheduled around Adult Treatment Court requirements, which include but is not limited to Court reviews, treatment, probation appointments and drug testing.
4. You must submit to random alcohol and drug testing at the required location and date.
5. Do not possess any weapons while in the Adult Treatment Court program.
6. Keep the Adult Treatment Court Team informed of your current address and phone number at all times.
7. Dress appropriately for Court reviews and treatment sessions. (Please refer to Dress Code Guidelines on page 15).
8. Cell phones must be turned OFF before entering the Courtroom or treatment session. (No silent ring, no vibrate mode) Do not leave the courtroom to use your cell phone unless there is an emergency and you have received permission. Be respectful to others. Any disruption may be cause for sanction.
9. You must complete a mental health evaluation and take all prescribed medications.
10. If you fail to comply with any of the phase requirements, you may be regressed back to an earlier phase.
11. Abide by all other rules and regulations imposed by the Adult Treatment Court.
12. You must comply with the curfew established with your Probation Officer. The curfew means being in your own home during the restricted hours and not at other individuals' residences.
13. Once stable in the program, you must provide work of legal employment, consistent volunteer hours and/ or attending an educational program.

How it all works

Upon entering Adult Treatment Court, you will meet with your probation officer to develop a case plan. You and your PO together will develop a case plan that sets *attainable*, short-term goals with clearly defined action steps.



Contact with your PO and treatment provider is based on initial assessments, your personal case plan, and phase level minimum contact guidelines. Each treatment phase has its own treatment goals and skill sets you will be responsible for achieving. You will progress through one phase to the next based on the recommendations of your PO and your treatment provider.

PHASE 1-ORIENTATION



Duration – minimum 4 weeks (28 days)



Orientation is the starting point of your involvement with the Adult Treatment Court. It is during this period you will make initial contact with your probation officer, treatment provider and monitoring agency.

You will be required to:

- ◆ Attend all scheduled Court appearances;
- ◆ Attend all scheduled probation meetings;
- ◆ Attend drug/alcohol evaluation and intake appointment(s) and any scheduled treatment appointments;
- ◆ Submit to drug screens (UA, BA, patch, swab, etc.) as directed;
- ◆ Use your daily planner/journal;
- ◆ Attend AA/ NA or other support groups on days that no other treatment contacts are scheduled; and
- ◆ Participate in sober living activities.
- ◆ Participate in DREAM Sober Group or life skills group on a weekly basis.
- ◆ Comply with your curfew, as specific by your Probation officer.

To advance to Phase 2, you will have completed the following (check off when completed):

- I have developed a personal treatment plan;
- I am in compliance with sobriety and treatment requirements; and
- I will write an essay requesting advancement into the next phase and give specific reasons why I feel my request should be granted.



PHASE 2 - STABILITY



Duration – minimum of 12 weeks (84 days)

You have proven to yourself and Adult Treatment Court that you can be successful in the choices you make. Now, you must stabilize your life! Have you struggled with maintaining a job, caring for yourself and/or your children? During the stability phase you must have a safe place to live with other sober individuals, and develop a schedule.

You will be required to:

- ◆ Attend all scheduled Court appearances;
- ◆ Attend all scheduled probation meetings;
- ◆ Use your daily planner/journal;
- ◆ Submit to drug screens (UA, BA, patch, swab, etc.) as directed;
- ◆ Attend all weekly treatment appointments identified in your treatment plan;
- ◆ Attend AA/NA or other support groups on days that no other treatment contacts are scheduled; and
- ◆ Participate in sober living activities.
- ◆ Participate in DREAM Sober Group life skills group on a weekly basis.
- ◆ Comply with your curfew, as specific by your Probation Officer.

To advance to Phase 3, you will have completed the following (check off when completed):

- I am maintaining sobriety;
- I have scheduled an appointment for a medical evaluation either through Sunrise Clinic or through a private provider;
- I have applied for a health insurance plan, which may include Medicare and Medicaid.
- I have obtained employment or I am attending school or a vocational training program;
- I am maintaining safe and sober housing;
- I have an approved sponsor or accountability partner;
- I am making positive progress in my treatment as indicated by my treatment provider.
- I will begin to write "My Story";
- I will write an essay requesting advancement into the next phase and gave specific reasons why I feel my request should be granted.
- I am maintaining or adhering to all of the prior phase requirements.



PHASE 3 - SOBER LIVING SKILLS



Duration – minimum 6 months (180 days)

Graduation to Phase 3 is an accomplishment and triumph. The power and control you have proven has earned you this great accomplishment. Next, sober living skills will empower you in recovery by teaching healthy life skills that can support your ongoing progress.

You will be required to:

- Attend all scheduled Court appearances;
- Attend all scheduled probation meetings;
- Use your daily planner/journal;
- Submit to drug screens (UA, BA, patch, swab, etc.) as directed;
- Attend all weekly treatment appointments identified in your treatment plan;
- Attend AA/NA or other support groups on days that no other treatment contacts are scheduled;
- Participate in sober living activities; and
- Participate in DREAM Sober Group or life skills group on a weekly basis.
- Comply with your curfew, as specific by your Probation Officer.

To advance to Phase 4, you will have completed the following (check off when completed):

- I am maintaining sobriety;
- I am becoming financially responsible and created a personal budget and discussed a payment plan with my Probation Officer that includes treatment costs and court fines;
- I am maintaining suitable employment or attending school or a vocational training program;
- I am maintaining safe and sober housing;
- I have completed "My Story";
- I have completed I.O.P.;
- I am making positive progress in my treatment as indicated by my treatment provider;
- I have written an essay requesting advancement into the next phase and gave specific reasons why I feel my request should be granted.
- I am maintaining or adhering to all of the prior phase requirements.



PHASE 4 - RELAPSE PREVENTION



Duration – minimum of 12 weeks (84 days)

The road to recovery is usually long and hard and no one travels it gracefully. Take a minute and look at the progress you have made so far. **Way to go!** As you continue through the program, you may encounter obstacles. In this phase, you will learn how to pick yourself up when you fall, brush off the dust, and keep going.

You will be required to:

- ◆ Attend all scheduled Court appearances;
- ◆ Attend all scheduled probation meetings;
- ◆ Use your daily planner/journal;
- ◆ Submit to drug screens (UA, BA, patch, swab, etc.) as directed;
- ◆ Attend all weekly treatment appointments identified in your treatment plan;
- ◆ Attend AA/NA or other support groups on days that no other treatment contacts are scheduled;
- ◆ Pay for part or all of your treatment;
- ◆ Participate in sober living activities; and
- ◆ Participate in DREAM Sober Group or life skills group on a weekly basis.
- ◆ Comply with your curfew, as specific by your Probation Officer.

To advance to Phase 5, you will have completed the following (check off when completed):

- I am maintaining sobriety;
- I am financially responsible and following my approved budget;
- I am maintaining suitable employment or attending school or a vocational training program;
- I am maintaining safe and sober housing;
- I am making positive progress in my treatment as indicated by my treatment provider;
- I am a positive role model for new participants entering the Adult Treatment Court program;
- I have spent time with an approved service organization which may have included attending official meetings and/or helped with fundraising or community service projects; and
- I have written an essay requesting advancement into the next phase and gave specific reasons why I feel my request should be granted.
- I am maintaining or adhering to all of the prior phase requirements.



PHASE 5 - MAINTENANCE



Duration – minimum of 12 weeks

CONGRATULATIONS! You made it to the final phase

of the Adult Treatment Court. You should be proud of your accomplishments this far. **Now, other participants will look to you for leadership and support.** Upon completion of this phase, you will be eligible for graduation. Please see Graduation Requirements on page 10.

You will be required to:

- Attend all scheduled Court appearances;
- Attend all scheduled probation meetings;
- Use your daily planner/journal;
- Submit to drug screens (UA, BA, patch, swab, etc.) as directed;
- Attend all weekly treatment appointments identified in your treatment plan;
- Attend AA/NA or other support groups on days that no other treatment contacts are scheduled;
- Participate in sober living activities;
- Complete a community service project that has been approved by the Adult Treatment Court Team;
- Participate in DREAM Sober Group or life skills group on a weekly basis.
- Comply with your curfew, as specific by your Probation Officer.

To be eligible for graduation, you will have completed all the requirements on page 11.



PHASE REQUIREMENTS



PHASE	DURATION	DRUG TESTING	SUPPORT GROUPS	DREAM Sober Group	PROBATION MEETINGS	TREATMENT CONTACTS
1	Min 4 weeks	Min 6x month	Daily	Weekly	Min 1x week	Min 2x week
2	Min 12 weeks	Min 5x month	Daily	Weekly	Min 4x month	Min 2x week
3	Min 6 months	Min 4x month	Daily	Weekly	Min 2x month	Min 1x week
4	Min 12 weeks	Min 3x month	Daily	Weekly	Min 2x month	Min 1x week
5	Min 12 weeks	Per case plan	Daily	Weekly	Min 1x month	Min 1x week

GRADUATION



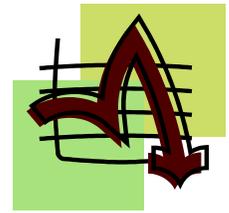
Graduation from the Adult Treatment Court program is recognized as a very important event. Your loved ones will be invited to join you at a special ceremony as the Adult Treatment Court Team congratulates you for successfully completing all the phases of the program and achieving your goal to reclaim a drug-free life.

In order to be eligible for graduation, the following criteria must be met.

- I have completed all required treatment and progressed through the phases within a reasonable period of time;
- I have completed all of the terms and conditions of probation;
- I have demonstrated a substantial period of sobriety as determined by treatment team (minimum of 90 days documented sobriety);
- I am able to support and maintain myself financially through legal means;
- I have maintained a stable living situation that is supportive of my sobriety;
- I have developed a support system that can help me maintain sobriety and assist me with any problems that may arise;
- I have developed a long-term sobriety plan that has been approved by the Court;
- I have completed my community service project;
- I have presented "My Story" and my relapse prevention plan.

TERMINATION FROM ADULT TREATMENT COURT

Termination from the Adult Treatment Court program is at the discretion of the Judge. Upon termination, your case will return to regular criminal court on a probation revocation. Dismissal from Adult Treatment Court program may occur for various reasons including, but not limited to:



- ✘ You request termination from the Drug Court program.
- ✘ You fail to complete assessment and evaluation prior to second Adult Treatment Court review.
- ✘ You disappear from Probation supervision and fail to contact probation and request participation in Adult Treatment Court.
- ✘ You move away from area in which necessary service providers can provide treatment. This criterion does not apply if you are being served by a private provider unaffected by your residence.
- ✘ You are arrested for an offense that disqualifies you from participation whether the conduct occurred before or after participation in the program began. An arrest for a non-disqualifying offense will not suspend participation unless you are incarcerated in another jurisdiction. Participation could terminate if the sentence for the new offense renders you unable to successfully complete Adult Treatment Court.
- ✘ You are determined to have a condition that would prevent you from participating in or achieving benefits from the Adult Treatment Court program.
- ✘ You fail to move through each of the Phases of treatment within a reasonable amount of time.
- ✘ You are absent from Court appearances other than those truly beyond your control after seeking assistance from your PO before your in-Court review.
- ✘ You make threats or engage in acts of violence toward treatment providers while in the program.

DRUG SCREENS



Since achieving and maintaining sobriety is one of the main goals of the Adult Treatment Court program, you will be tested randomly throughout the entire Adult Treatment Court Program.

REMEMBER:

- ▶ Testing will be done on a random basis. The number of tests per week may vary. You must call in daily to verify if you are required to test or not test.
- ▶ You will be observed to ensure freedom from errors.
- ▶ Methods of testing are determined by the Adult Treatment Court Team and are not negotiable.
- ▶ You must test at the agency you have been referred to and during the day required. Testing at another agency without permission may result in sanction and loss of sober days.
- ▶ If you **miss a test or submit a dilute test**, it will count as a positive test.
- ▶ Any detectable level of alcohol, drug or mood altering substance is considered a positive test.
- ▶ If you have a positive test in any Adult Treatment Court phase and you have **not** been honest about your drug, alcohol or other substance use before testing positive, the Judge will apply an immediate sanction. This could include time in jail to help you stop your drug/alcohol-using behavior.
- ▶ If you ask for a confirmation test, you may be charged for the confirmation test if it comes back positive for alcohol and/or controlled substances.

SANCTIONS & INCENTIVES

Incentives are rewards for positive behavior.



Sanctions are the imposition of a consequence for negative behavior.

Using Incentives in Adult Treatment Court

Frequent Court reviews afford the Adult Treatment Court Team the opportunity to respond quickly to your behaviors, whether positive or negative. When you demonstrate compliance and progress in treatment, you will be awarded incentives.

Incentives used by the Court may include:

- 👍 Praise by the Judge and the Adult Treatment Court Team members
- 👍 Gift certificates and gift cards
- 👍 Promotion to the next phase
- 👍 Reduction in court costs or treatment fees



Using Sanctions in Adult Treatment Court

If you continue to use illegal substances or violate program rules, you will be subject to sanctions. Sanctions will be imposed every time an undesirable or non-compliant behavior occurs. The sanctions imposed will increase in severity for serious violations as well as repeated violations. Sanctions will be imposed for the entire period you are involved in the Adult Treatment Court program.

Sanctions used by the Court may include:

- 👎 Time in custody
- 👎 Jury box
- 👎 Increased testing
- 👎 Community service (agency must be approved in advance through BI)
- 👎 Essay
- 👎 Increased supervision



Adult Treatment Court Etiquette

All participants shall dress appropriately at all times so to maintain the dignity, integrity, decorum, and professional atmosphere of the Court and the justice system. All participants shall follow the same guidelines when attending Adult Treatment Court related activities.

Examples of inappropriate wear:

- ↳ Tank tops, cami tops or halter tops
- ↳ Clothing depicting or glorifying alcohol and/or drugs
- ↳ Hats, caps, bandanas, etc.
- ↳ No obscene or profane language or illustrations on clothing, or gang-related clothing.
- ↳ No revealing clothing (Clothing must cover all undergarments for both men and women).

All participants scheduled for review, must remain in the courtroom unless you have permission to leave.

Cell phones are to be turned **OFF** before entering the courtroom and remain **OFF** until the Court reviews are over. Do not leave the courtroom to use your cell phone during court sessions.

No food or drink is allowed in the Courtroom.

All adult treatment court participants are responsible for any guest invited to adult treatment court that they also adhere to the adult treatment court etiquette.



D.R.E.A.M. Sober Group

(Devoted, Recovering, Empowered, Achieving, Miracles)

One of the primary purposes of D.R.E.A.M is to provide support and encouragement to fellow participants as they embark on the difficult journey of recovery. Likewise, it is also, our purpose to support and encourage fellow participants to become law-abiding, productive citizens who lead healthy, sober, and meaningful lives.

In addition, another purpose of D.R.E.A.M is to reach out to our community and offer help and support to those who need it. D.R.E.A.M members meet once a week for lunch to plan activities and discuss old and new business.

The group meetings follow a set agenda and is governed by agreed upon bi-laws. All decisions are reached and approved on by a 50% majority vote.

Life Skills Group

Life Skills Groups is required of every participant during phase one of the program as well as phase five of the program. Life Skills is designed to help you develop sober life skills which will help you long term in a life of recovery.

Continuing Care & Mentorship



The Adult Treatment Court Team strongly encourages those who successfully complete the program remain involved in support groups and other activities that will assist them in their ongoing recovery efforts.

Graduates are also encouraged to maintain their connection with the Adult Treatment Court Team by attending Adult Treatment Court, continuing mentorship, peer support, attending alumni activities and graduation ceremonies.

Peer support/mentorship activities including speaking to groups, meeting with other adult treatment court participants who are struggling, and helping participants connect with a community support group.

Useful Community Resources

AL-ANON Family Groups	(970) 350-0116
Alcoholics Anonymous	(970) 351-0240
Behavioral Interventions 810 9th Street, Ste 100, Greeley	(970) 395-0333
Colorado Child Care Assistance Program 315 N. 11 th Avenue, Greeley, Colorado www.co.weld.co.us/departments/social_services/childcare.html	(970) 352-1551
Employment Services of Weld County 1551 N. 17 th Avenue, Greeley, Colorado www.eswc.org/	(970) 353-3800
Intervention 920 11 th Avenue, Greeley, Colorado	(970) 584-2500 Color Line: (970) 584-2490
Labor Ready 1911 9 th Street, Greeley, CO 80631	(970) 352-7785
Narcotics Anonymous	(970) 346-6933
North Range Behavioral Health 1300 N. 17 th , Greeley, Colorado 80631 www.northrange.org/	(970) 347-2120
Quick Care 2928 W. 10 th Street, Greeley, Colorado 80634	(970) 351-8181
Sunrise Clinics <ul style="list-style-type: none"> • Monfort Family Clinic • Monfort Children's Clinic • Family Dental Clinic • Weld County Prenatal Clinic • Kidz Care Clinic 	(970) 353-9403 (970) 352-8898 (970) 952-0048 (970) 304-6425 (970) 348-1100
United Way 2-1-1 814 9 th Street, Greeley, Colorado 80631 www.unitedway-weld.org	(970) 353-4300
Weld County Department of Human Services 315 N. 11 th Avenue, Greeley, Colorado 80631 www.co.weld.co.us/departments/socialservices.html	(970) 352-1551
Weld County Housing Authority 903 6 th Street, Greeley, Colorado 80631 www.co.weld.co.us/departments/housingauthority.html	(970) 353-7437





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Small Claims
 County Court
 District Court
 Probate Court
 Juvenile Court
 Water Court
WELD County, Colorado
 Court Address: 901 9th Avenue, Greeley, CO 80632

 THE PEOPLE OF THE STATE OF COLORADO

 v.

 Attorney or Party Without Attorney: (Name & Address)

Phone Number:
 FAX Number:
 E-mail:
 Atty. Reg. #:

▲ COURT USE ONLY ▲

Case Number:

Div.: DG Ctrm: 12

ADULT TREATMENT COURT PARTICIPANT CONTRACT

The mission of the Weld County Adult Treatment Court is to integrate substance abuse treatment, mental health treatment, intensive supervision and judicial oversight to promote public safety and individual responsibility, to reduce crime, and to improve the quality of life for participants and their families.

- _____ I understand that by entering into this Adult Treatment Court contract, I am bound by its terms.
- _____ I understand that if I enter this program and fail to complete it, I may be barred from future participation.
- _____ I understand that the validity of this contract is conditioned upon my eligibility for the Adult Treatment Court program. If at any time after the execution of this agreement and in any phase of the Adult Treatment Court program, it is discovered that I am, in fact, ineligible to participate in the program, I may be immediately terminated from the program and will result in the filing of a complaint to revoke probation.
- _____ I understand that participation in the Adult Treatment Court involves a minimum time commitment of eighteen months.
- _____ I agree to cooperate in an assessment/evaluation for planning and individualized treatment program adequate to my needs. I understand that my treatment plan may be modified by the treatment provider or Adult Treatment Court Team as circumstances arise,

and I agree to comply with the requirements of such modifications.

_____ I understand that my probation officer is my primary contact person in the Adult Treatment Court. I will meet with my probation officer on a regular basis.

_____ I understand that participating in Adult Treatment Court requires me to be drug and alcohol free at all times. I will abstain from the use of all illegal drugs and alcohol as well as other use of addictive or mind altering substances not approved by the treatment team. I will not associate with people who use or possess illegal or non-prescription drugs, nor will I be present while drugs or alcohol are being used by others.

_____ I understand that I will be tested for the presence of drugs in my system on a random basis according to procedures established by the Adult Treatment Court Team and/or treatment provider.

_____ I understand that by participating in the Adult Treatment Court program, I must disclose that I am in possession of a medical marijuana card and will sign a release. I understand I will not be able to use marijuana in any form while participating in this program.

_____ I understand that I may not use or possess medical marijuana. I also understand that I may not be present while medical marijuana is being used by others.

_____ I will inform all treating physicians that I am a recovering addict and may not take narcotic or addictive medications or drugs. If a treating physician wishes to treat me with narcotic or addictive medications or drugs, I must disclose this to my treatment provider and get specific permission from the Adult Treatment Court Team to take such medication, unless it is an emergency situation.

_____ I agree to be responsible for what goes into my body that may affect drug test results. Before taking medication of any kind, I will check with the pharmacist to ensure that it is a non-narcotic, non-addictive and contains no alcohol. I will notify my treatment provider of any and all medications I take, prescribed or over the counter.

_____ I agree that I will not leave any treatment program without prior approval of my treatment provider and the Adult Treatment Court Team.

_____ I understand that my individual course of treatment may include residential treatment, education, and/or self improvement courses such as anger management, parenting or relationship counseling.

_____ As a condition of participation in this program, I agree to the search of my person, property, place of residence, vehicle or personal effects at any time with or without warrant, and with or without reasonable cause, when required by my probation officer, Adult Treatment Court Team and/or law enforcement.

_____ I understand I must complete a mental health evaluation and take all prescribed medications.

_____ I understand that sanctions may include time in custody, increased supervision, increased testing, jury box, community service and such other sanctions may be deemed appropriate by the Adult Treatment Court Team.

_____ I agree to sign any and all releases of information. I understand that any information obtained from this release will be kept apart from the Court file.

_____ I understand that my failure to successfully complete and graduate from the Adult Treatment Court Program will result in the filing of a complaint to revoke probation.

_____ I understand that any violation of Adult Treatment Court or violation of North Range Behavioral Health may result in termination from the program.

_____ I understand that if I am not in treatment or there are no treatment options for me, I will be terminated from Adult Treatment Court.

_____ I understand that while in the program I have a curfew that I must comply with. This curfew means I am in my own home during the restricted hours. In order to attend work or a pro-social activity during my restricted time I must receive approval from my Probation Officer.

_____ I understand that I am subject to all provisions of the handbook.

I have read the above contract and I understand what I have read. I am willing and voluntarily entering into this agreement with the Weld County Adult Treatment Court Program.

_____ Defendant Date

_____ Defendant's Attorney Date

_____ District Attorney Date

APPROVED

_____ District Court Judge Date



TRUE NORTH CLIENT HANDBOOK

FOR INTENSIVE OUTPATIENT (IOP), ENHANCED OUTPATIENT (EOP), & RELAPSE PREVENTION (RP) TREATMENT PROGRAM INFORMATION, RULES, AND GUIDELINES

There are several distinct parts to the True North IOP, EOP, and RP programs. These parts work together to help you in developing insight, learning skills, and gaining support for a recovery lifestyle. Program requirements include: Groups, Homework, Self-Help meetings, sobriety monitoring, and as needed individual sessions. Participation in all of these is required, and is essential for you to gain the greatest benefit from the program. Failure to comply with any of the program rules or guidelines can lead to unsuccessful/noncompliant discharge from the program.

FEES

Treatment fees are set according to NRBH sliding scale. To receive a reduced co-pay for your fees you must complete the application for fee reduction and provide the necessary documentation to support your request for reduced fees.

If another agency is paying your treatment fees, or any portion of your fees, payment authorization must be received by NRBH prior to those services being provided. If you are paying your own treatment fees, payment is required at the time the services are provided.

DRUG/ALCOHOL USE

Every client is required to have a minimum of 5 days without the use of addictive, habit forming, or mind altering substances prior to attending any treatment group. Use of any of these substances while in any True North program is prohibited. This includes addictive prescription medications. If you need to take prescription meds which are addictive, inform your counselor. Your treatment program will be discontinued until you no longer need the addictive medications. Some over-the-counter and behind-the-counter medications are also prohibited. These would include any type of medication that contains any pseudoephedrine or any amount of alcohol. (Many liquid medications, including Nyquil, do contain alcohol. Some cold, allergy, and decongestant medications contain pseudoephedrine.) Before taking any medication, read the label and know what is in it. Do not eat or use anything containing poppy seeds as these have been known to show positive for opiates on a drug test.

Compliance with monitored sobriety is required. When you enroll in a treatment program you will be assigned colors for drug/alcohol testing and you will be given a phone number which you are to call daily. Any day your color is on the list, you are required to provide the appropriate test. Also, be aware that any staff person may request a drug test at any time. Any test that is not provided, or that lab results show as anything other than negative (dilute, leaked, adulterated, etc.) will be treated the same as a positive test.

Any positive drug test may lead to discharge from the program. If you are positive on a test and are allowed to stay in the program, you will be placed on a behavior contract. You may also be required to go to detox for a period of time. You will not be allowed to attend groups until 5 days after your last use, and at your first group after your relapse you will be required to admit to your relapse and process it in group. Continued drug use may result in discharge and/or referral to a higher level of treatment.

CONFIDENTIALITY

Violating another person's confidentiality is a serious offense and can result in your immediate discharge from the program. Do not disclose the name, or any other information, about anyone you see, or hear about, in treatment or at this facility. Client names and other information are confidential. Your own information and issues you can feel free to discuss with anyone at any time. However, any information about another client is not to be disclosed or discussed outside of group.

GROUPS

Consistent group attendance is required. You are to make attending treatment groups a priority and no missed group is considered excused. If circumstances arise where you cannot attend group (such as court appearances or health emergencies) contact your counselor prior to the scheduled group time and bring documentation showing the date and time of the conflicting event. Missed groups are to be made up at the end of your treatment episode. If at any time you reach 3 or more missed groups, your situation will be reviewed by staff and you may be discharged.

Please arrive for groups at least 15 minutes before the time your group is scheduled to begin. This is to allow you to get checked in and still be in the group on time. If you are late you will not be allowed in and it will be documented as a missed group.

Cell phones must be OFF and out of sight prior to entering group. If it is not off, or if your phone is any type of distraction, you will be told to leave the group and it will be documented as a missed group.

No food, beverages, candy, gum, chew, dark glasses, or hats are allowed in groups.

Group participation, not just attendance, is a requirement for successful completion of the program. Participation means working on your own issues and problem areas, as well as offering feedback to peers. Inadequate participation will lead to discharge and/or a less than positive prognosis and most likely a referral to a higher level of care.

GROUP SCHEDULE

When you begin your treatment program, you will need to decide whether you want to attend morning groups or evening groups. You will work out the specific days and times of your group attendance with your counselor during your intake appointment.

Once you start in the morning groups or in the evening groups, it is generally not permitted to switch to the other time period. If your work schedule or other circumstances require that you change your group time, you will be required to provide documentation to justify the change.

BREAKS

A 10 minute break is taken during each group. During breaks you can stay in the group room or go outside. Do not go into any residential areas of the building. Breaks are 10 minutes. Be sure to return to the group on time. Phone calls are not allowed during break times.

HOMEWORK

You will be given both reading and written homework assignments to complete while in the program. You may also be given behavioral assignments such as practicing new behaviors or engaging in new activities which will support your recovery program. All assignments must be completed on time, and your counselor may want you to discuss them in groups.

INDIVIDUAL SESSIONS

Individual sessions will be scheduled as your counselor feels is appropriate. You are expected to pay for, or have funding for, individual sessions. Sliding fee scale rates are applicable.

SELF-HELP MEETING ATTENDANCE

All clients are required to attend a minimum of 2 self-help meetings each week while in the program. Self-help meetings include Alcoholics Anonymous (AA), Narcotics Anonymous (NA), Crystal Meth Anonymous, and Celebrate Recovery (CR). You will need to document your attendance on an attendance sheet. Fill the attendance sheet out completely including: The date and time of the meeting, the type of meeting, name of the meeting, topic discussed, and what you learned. Each meeting must also be signed by the chairperson of that meeting. Your attendance sheet must be turned in to the front desk staff by 5:45 p.m. every Friday. Be sure to put your name on the sheet before turning it in. Clients are also encouraged to get a 12 step sponsor.

INTERACTION WITH PEERS

Avoid physical contact with peers. Horseplay, hugging, massaging, etc. are not permitted.

Relationships of a “dating” intimate/sexual nature among IOP clients, EOP clients, RP clients, residential clients, Family Treatment Court (FTC) clients, residential clients, or involving staff are inappropriate and prohibited. All involved parties will be discharged. Starting a relationship while you are still in treatment with a person who has been in treatment at the same time as you will result in you being immediately discharged from the program. You will be discharged even if the other person has already completed or dropped out of the program.

Appropriate dress is required at all times. Tank tops, cami tops, or halter tops are not appropriate. Clothing depicting or glorifying alcohol, drugs, or violence is not allowed. Any clothing or apparel representing a gang, or gang affiliation, is not allowed. Staff have discretion in determining what is appropriate.

Any weapons, physical fighting, harassment, threats, and sexual harassment are prohibited. Any gestures or other behaviors intended to intimidate peers, staff, or anyone else are prohibited and will lead to immediate discharge.

Generally it is not allowed for you to bring any items to any residential clients. (Things like cigarettes, medications, clothing, etc.) If you feel a need to bring something to a residential client, it must be approved in advance by staff.

FACILITY RULES

Always enter through the main entrance on the east side of the building. Never use any other entrance. Upon entering the facility you are to immediately check in with the receptionist. She will collect any required fees and you will need to give a BA test. You will then be given a receipt. When group begins, you will need to show the counselor your receipt. You will not be allowed in group without your receipt. Be sure to arrive at the facility early enough to get checked in and have your receipt before group starts (at least 15 minutes early).

After checking in, you can wait in the reception area or outside. Do not wander into other areas of the building.

Never enter a bedroom of any residential client. If you do you will be immediately discharged. No exceptions.

Do not use the residential client phone.

Use of tobacco products, tobacco substitutes, and electronic/vapor cigarettes inside the facility is prohibited. This includes chewing tobacco. If you want to smoke please go to the south or west side of the building. Do not smoke on the east side by the main entrance. Smoking within 25 feet of the building is not allowed.

No pets are allowed in the building or on the grounds.

If you need to use a restroom, use the restroom in the front hallway to the left of the reception area.

Do not park in the staff parking lot on the south side of the building. If some one else is picking you up tell them not to wait in the staff parking area for you to get out of group.

CONTACT INFORMATION

It is essential that our agency have current information on how to contact you. If your phone number or address changes while you are in a treatment program, be sure to provide updated information to your counselor within 48 hours.



TRUE NORTH

**INTENSIVE OUTPATIENT (IOP), ENHANCED OUTPATIENT (EOP),
& RELAPSE PREVENTION (RP)**

TREATMENT PROGRAM RULES AND GUIDELINES

I acknowledge that I have received a copy of the True North Intensive Outpatient (IOP), Enhanced Outpatient (EOP), and Relapse Prevention (RP) Program Rules and Guidelines. I have read them and I have had my questions regarding them answered. I agree to follow these rules while in any of the True North treatment programs. I understand that if I do violate any of the rules, sanctions may be imposed up to and including unsuccessful/noncompliant discharge from the program.

Client Signature

Date

Staff Signature

Date

Northern Colorado NA Meetings



Narcotics Anonymous®

Off The Wall Area Meetings

Northeastern Colorado – Berthoud, Estes Park, Fort Collins,
Greeley, and Loveland
July 22nd, 2010

SUNDAY

9:00 AM – Fort Collins – Buena Voluntad – 2008 E. Lincoln Ave. (Serenity Club) – OD, NS, Spanish Speaking
11:00 AM – Fort Collins – Mass Addicts – 6712 S College Ave (Coffee Shop) – OD, NS, WA
4:00 PM – Greeley – Addicts Seeking Sanity - 3800 W 20th St (SE entrance) – OD, NS, WA, BD every Sun
7:00 PM – Loveland – Freedom Springs Group - 3448 North Taft Ave (church - enter east side, downstairs) – ST, NS, BD – Sundays, GC – Thurs b4 ASC
7:30 PM – Greeley – Esperanza de Vida – 705 13th Street – OD, H+, Spanish Speaking
8:30 PM – Loveland – Clean Serene Freaks - 102 E 3rd St (Unity Club) – OD, WA, NS, GC – last Sun

MONDAY

Noon – Fort Collins – When at the End of the Road – 1201 Riverside Ave (modulars behind main bldg) – OD, NS
Noon – Greeley – NA Nooner – 1324 10th Ave (use south door) – OD, NS
7:00 PM – Fort Collins – Great Balls of Fire! (men's mtg) – 2100 Matthews St. (Spring Creek Park) – OD, WA
7:00 PM – Loveland – 4th Street Recovery Group - 232 West 4th St (Basement) – OD, NS
7:30 PM – Greeley – Esperanza de Vida – 705 13th Street – OD, H+, Spanish Speaking
7:30 PM – Greeley – Hugs Not Drugs - 2608 7th Ave (clubhouse) – H+, OD, NS, WA

TUESDAY

Noon – Fort Collins – When at the End of the Road – 1201 Riverside Ave (modulars behind main bldg) – OD, NS
Noon – Greeley – NA Nooner – 1324 10th Ave (use south door) – OD, NS
7:00 PM – Greeley – Just For Today Group – 1015 9th Avenue – BK, CD
7:00 PM – Loveland - Freedom Springs Group - 3448 North Taft Ave (church - enter east side, downstairs) – OD, BK, NS, BD - Sundays, GC – Thurs b4 ASC
8:00 PM – Loveland – The War is Over – 900 Josephine Ct. (The Vineyard) – OD, NS, WA, Childcare Available
8:30 PM – Loveland - Clean Serene Freaks - 102 E 3rd St (Unity Club) – CD, WA, NS, Speaker - 2nd Tues & BD - last Tues both open, GC – last Sun

WEDNESDAY

Noon – Fort Collins – When at the End of the Road – 1201 Riverside Ave (modulars behind main bldg) – ST, BK, NS
Noon – Greeley – NA Nooner – 1324 10th Ave (use south door) – OD, NS
5:30 PM – Fort Collins – Uncut – 709 Wagner Drive – OD, NS
6:00 PM – Fort Collins – Two X Genes (women's meeting) – 1208 West Elizabeth Street – BK, NS, BD 1st Wed
6:00 PM – Greeley - Addicts Seeking Sanity - 3800 W 20th St (south east entrance) – OD, NS, WA
6:30 PM – Berthoud - Addicts Helping Addicts – 248 Welch Street – OD, NS GC – last Wed
6:45 PM – Fort Collins – Buena Voluntad – 2008 E. Lincoln Avenue (Serenity Club)– OD, NS, Spanish Speaking
7:00 PM – Fort Collins – Great Balls of Fire! (men's meeting) – 121 N. Meldrum St (Knights of Columbus Hall S. of LaPorte Ave) – OD, NS, WA
7:30 PM – Greeley – Esperanza de Vida – 705 13th Street – OD, H+, Spanish Speaking
8:30 PM – Loveland - Clean Serene Freaks - 102 E 3rd St (Unity Club) – OD, WA, NS

THURSDAY

Noon – Fort Collins – When at the End of the Road – 1201 Riverside Ave (modulars behind main bldg) – OD, NS
Noon – Greeley – NA Nooner – 1324 10th Ave (use south door) – OD, NS
Noon – Loveland - 4th Street Recovery Group - 232 West 4th St (Basement) – OD, NS
7:00 PM – Loveland – Freedom Springs Group - 3448 North Taft Ave (church - enter east side, downstairs) – OD, NS, BD - Sundays, GC – Thurs b4 ASC
7:00 PM – Greeley – Primary Purpose Group - 929 15th Street – CD, NS, CL
7:00 PM – Estes Park - New Horizons Group - 701 Elm Road (clubhouse) – OD, NS
7:30 PM – Greeley – Esperanza de Vida – 705 13th Street – OD, H+, Spanish Speaking

FRIDAY

7:00 AM – Fort Collins – Humbly Asking – 4501 South LeMay Avenue – OD, NS
Noon – Fort Collins – When at the End of the Road – 1201 Riverside Ave (modulars behind main bldg)
Noon – Greeley – NA Nooner – 1324 10th Ave (use south door) – OD, NS
7:00 PM – Greeley – Just For Today Group – 1015 9th Avenue – OD, NS, GC & BD – last Fri
7:30 PM – Estes Park – Free at Last Group – 1800 Fish Hatchery Road – OD, NS, BGR
7:30 PM – Fort Collins – Dead Without It – 1208 West Elizabeth Street – OD, NS, WA, CL
9:00 PM – Fort Collins – Addicts United – 6712 S College Ave (Coffee Shop) – OD, NS, WA
11:00 PM – Loveland – Clean Serene Freaks - 102 E 3rd St (Unity Club) – CD, CL, WA, NS, GC – last Sun

SATURDAY

10:00 AM – Greeley – Primary Purpose Group – 2515 West 16th Street - CD, NS
11:00 AM – Fort Collins – DrugBusters – 531 South College (church - park on west side, enter west door to basement) - OD, NS, BD – last Sat, GC – 3rd Sat
5:30 PM – Loveland – Clean Serene Freaks – 102 East 3rd St (Unity Club) – OD, BK, WA, NS, GC – last Sun

Meeting Codes

BGR = focused on those new to NA
 BD = birthday (clean time) celebration
 BK = NA basic textbook study
 CD = closed discussion meeting - addicts only
 CL = candlelight meeting
 GC = group conscience - business meeting
 H+ = over 1 hour long - typically 1.5 hours
 NS = non-smoking meeting
 OD = open discussion - all are welcomed
 S = smoking meeting
 ST = step study meeting
 WA = wheelchair accessible

NA Phone Line – 970 282-8079

<http://www.fortnet.org/na>

Loved ones Against Meth Support Groups

Christ Community - 1301 15th Street, Greeley
Mondays @ 7pm

Greeley Wesleyan Church- 3600 22nd Street, Greeley
Saturday @ 6:30pm

12 step Recovery Group @ Waypoints Faith Community
719 21st Street, Greeley
Thursdays @ 6:30pm

Sunnyview Church – 4100 W. 20th Street
Thursdays 12pm-1pm

Northrange Behavioral Health – 1309 10th Avenue, Greeley
(This is for Northrange clients only at this time.)
Saturdays @ 5pm-6pm

Greeley AA Meetings

ANNON

OPEN Alton AA - 3rd & Main (Church Basement)
As Needed Call Scott to arrange meeting 334-1193

ADULT

Monday
7:00 PM Highland Group-(BD,O,D,NS)Senior Center BD 3rd Sun.

BERTHOUD

Monday
6:00 PM Berthoud Group-(C,D,H) 3rd & Massachusetts

Friday
6:00 PM Berthoud Group-(O,D,H) 3rd & Massachusetts

BRIEN

Friday
7:00 PM Book Meeting- 430 Clayton Street

BURLINGTON

Monday
7:00 PM Burlington Group-(C) 595 14th St
First Step Recovery Building

Thursday
7:00 PM Burlington Group-(O) 595 14th St
First Step Recovery Building

Saturday
1:00PM Burlington Group-(O) 595 14th St

EATON

Thursday
7:00 PM Eaton Cross Group-(O) 3rd & Maple
Eaton Methodist Church - 4th Thursday 3rd/4th/5th

FITEE PARK

Monday
12:00 Noon Fall River Group-(O,D) 701 Elm

Monday
7:00 AM Early Worms Group-(O,D) 890 McGregor
12:00 Noon Fall River Group-(O,D) 701 Elm
5:00 PM The Fallen Women of Fall River Group-(W,O) 701 Elm
7:00 PM Fall River Group-(O,SS,D) 701 Elm
1st Monday 7:00, 2nd/3rd followed by 4:00, 4th/5th 4:45

Tuesday
7:00 AM Early Worms Group-(O,D) 890 McGregor
12:00 Noon Fall River Group-(O,D) 701 Elm
6:00PM Women Round Table Group - (O) 890 McGregor
1:00PM Fall River Group (O,SS,D) 701 Elm

Wednesday
7:00 AM Early Worms Group-(O,D) 890 McGregor
12:00 Noon Fall River Group-(O,D) 701 Elm
7:00 PM Fall River Group-(O,ABS) 701 Elm

Thursday
7:00 AM Early Worms Group-(O,D) 890 McGregor
12:00 Noon Fall River Group-(O,D) 701 Elm

Friday
7:00 AM Early Worms Group-(O,D) 890 McGregor
12:00 Noon Fall River Group-(O,D) 701 Elm
1:00PM Fall River Group (O,D) 701 Elm

Saturday
12:00 Noon Fall River Group-(O,D) 701 Elm

FORT COLLINS

Monday
7:00 AM Seven AM Freedom-(C,D,H) 301 E. Drake
9:00 AM Last House on the Block-(O,D) 149 W.Mountain Ave (upstairs)

The Twelve Steps of Alcoholics Anonymous

- 1) We admitted we were powerless over alcohol - that our lives had become unmanageable.
- 2) Came to believe that a Power greater than ourselves could restore us to sanity.
- 3) Made a decision to turn our will and our lives over to the care of God as we understood Him.
- 4) Made a searching and fearless moral inventory of ourselves.
- 5) Admitted to God, to ourselves, and to another human being the exact nature of our wrongs.
- 6) Were entirely ready to have God remove all these defects of character.
- 7) Humbly asked Him to remove our shortcomings.
- 8) Made a list of all persons we had harmed, and became willing to make amends to them all.
- 9) Made direct amends to such people wherever possible, except when to do so would injure them or others.
- 10) Continued to take personal inventory and when we were wrong promptly admitted it.
- 11) Sought through prayer and meditation to improve our conscious contact with God as we understood Him, praying only for knowledge of His will for us and the power to carry that out.
- 12) Having had a spiritual awakening as the result of these steps, we tried to carry this message to alcoholics, and to practice these principles in all our affairs.

The Twelve Traditions of Alcoholics Anonymous

- 1) Our Common welfare should come first; personal recovery depends upon A.A. unity.
- 2) For our group purpose there is but one ultimate authority - a loving God as He may express Himself in our group conscience. Our leaders are but trusted servants; they do not govern.
- 3) The only requirement for A.A. membership is a desire to stop drinking.
- 4) Each group should be autonomous except in matters affecting other groups or A.A. as a whole.
- 5) Each group has but one primary purpose - to carry its message to the alcoholic who still suffers.
- 6) An A.A. group ought never endorse, finance, or lend the A.A. name to any related facility or outside enterprise, lest problems of money, property, and prestige divert us from our primary purpose.
- 7) Every A.A. group ought to be fully self-supporting, declining outside contributions.
- 8) Alcoholics Anonymous should remain forever nonprofessional, but our service centers may employ special workers.
- 9) A.A., as such, ought never be organized; but we may create service boards or committees directly responsible to those they serve.
- 10) Alcoholics Anonymous has no opinion on outside issues; hence the A.A. name ought never be drawn into public controversy.
- 11) Our public relations policy is based on attraction rather than promotion; we need always maintain personal anonymity at the level of press, radio and films.
- 12) Anonymity is the spiritual foundation of all our traditions, ever reminding us to place principles before personalities.

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