

Participant Handbook

DUI Integrated Treatment Team (DITT) Program

Track F

Minimum of 18 months

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DITT PROGRAM CONTACT INFORMATION

Program Locations:

1777 6th Street, Boulder
1035 Kimbark, Longmont

Phone Number:

(720) 564-2480
(720) 564-2480

Treatment Agencies:

Boulder County Community Justice Services - Restoring Our Community (ROC)
PO Box 471, Boulder CO 80306
Located in the Boulder County Justice Center at 6th & Canyon
Contact Person: Michele-Renee Monge
Phone: (303) 441-4789

Behavioral Treatment Services/Center for Change
5600 Arapahoe Avenue, Boulder CO 80301
Contact Person: Alyssa Hetschel
Phone: 303-772-3382

DITT Probation Officers:

Awilda Alaniz-Cruz	(303) 441-3715
Morgan Boltz	(720) 564-2550
Levi Pederson	(303) 441-3713
Allison Dunn	(720) 564-2516

DITT Coordinator/Team Lead:

Jessica Lucas	(303)-941-8348
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Treatment Court Coordinator:

Christina Orłowski	(303) 441-4728
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Substance Use Monitoring:

Boulder

Intervention
5600 Arapahoe, Suite 100, Boulder, CO 80303
Office Phone: (303) 544-1840

Longmont

UABACO
700 Ken Pratt Blvd, Suite 121, Longmont
Office Phone: (970) 292-8882 Ext. 4

Client Call-in Line for Intervention:

303-785-6174

Client Call-in Line for UABACO:

303-785-6174

Hours for Intervention/Boulder:

Monday - Friday:	7:00 AM - 12:00 PM; 1:00 PM – 7:00 PM (must sign in by 6:30 PM)
Saturday:	12:00 PM – 6:00 PM (must sign in by 5:30 PM)
Sunday:	Closed*

*Please speak with your Probation Officer regarding testing options for Sundays.

Hours for UABACO/Longmont:

Monday-Saturday:	11:00 AM- 12:00AM
Sunday:	Sunday hours only available at Loveland and Fort Collins locations

WELCOME!

Welcome to the 20th Judicial District DUI Integrated Treatment Team (DITT) program. This handbook is designed to provide you with all of the information you need to be successful in the program. It should serve as a valuable resource during your involvement with the program.

The DITT is a voluntary program. As a participant in the DITT, you are expected to comply with the following:

- The Terms and Conditions of your Probation
- The rules of the DITT, as outlined below
- The case plan developed by your treatment team

MISSION & OVERVIEW

The mission of the DITT program is to provide a collaborative approach to substance abuse treatment and probation supervision, while promoting public safety, individual responsibility, reduced recidivism, and improvement in the lives of participants.

The purpose of the DITT program is to help participants to develop the skills necessary to attain long-term sobriety. Participants must progress through each of the five phases in order to successfully complete the program.

TEAM MEMBERS

The DITT team members will work together to make decisions about your participation and progress in the program. These decisions will be based on information obtained in ongoing collaboration of team members and in staffing's that precede all team reviews.

The DITT team consists of:

Probation Officers: Your Probation Officer is your primary contact person, and is also the primary source of information to the DITT regarding your status in the program.

Treatment Providers: Male DITT participants will complete drug and alcohol treatment through Boulder County Community Justice Services ROC Program, while female participants will receive services through Center for Change. Spanish speaking DITT clients will also receive services through Center for Change.

DITT Coordinator/Team Lead: The DITT Coordinator and Team Lead works closely with the probation officers and treatment providers in overseeing the program's day-to-day operations.

DITT Judge: The DITT Judge will work closely with probation officers and treatment providers to provide judicial oversight to participants progress in the program. The DITT Judge facilitates **monthly** reviews with DITT participants which DITT participants are required to attend (see program phases for additional information).

PROGRAM RULES

All DITT program participants must abide by the Terms and Conditions of Probation as well as all conditions outlined in the DITT Participant Contract that was reviewed and signed upon entry. These rules are summarized as follows:

1. Abstain from the use of drugs and alcohol, including all forms of marijuana;
2. Comply with all required substance abuse monitoring (UA's, BA's, SCRAM, etc.);
3. Inform your health care providers of your substance abuse history so that they can make informed decisions regarding the use of prescription medications;
4. Attend all monthly reviews with the Judge (as directed/required), DITT non-compliance/phase movement reviews, treatment sessions, and probation meetings as scheduled;
5. Refrain from association with those using or possessing illegal substances;
6. Inform your Probation Officer and treatment provider of any changes in your address or phone number immediately;
7. Comply with any other conditions as outlined in the Terms and Conditions of Probation.

CONFIDENTIALTY

State and federal laws require that your privacy be protected. You will be asked to sign a consent and waiver so that the team members can share information in order to plan your treatment and monitor your progress in the program.

TEAM REVIEWS

Upon entering the DITT program, participants will typically attend team reviews for phase movement, non-compliance, and graduation from the DITT. Your Probation Officer will notify you when you are required to appear for a DITT review and a warrant for your arrest may be issued if you fail to appear.

In addition to DITT team reviews, DITT participants are required to attend a once per month mandatory Court review with the DITT Judge. Your probation officer will provide you with the required dates of appearances and *a warrant for your arrest may be issued if you fail to appear*. **NOTE:** *Client's in Phase V of the DITT have the option of appearing at their DITT monthly review to receive an incentive, so long as they are in compliance with their DITT requirements. ALL clients are required to appear for monthly review when a participant is graduating from the DITT. Each participant will*

be informed by their Probation Officer, when their attendance at a graduation is required.

SUBSTANCE USE MONITORING

Participants will be tested frequently for drug and alcohol use. Drug testing is generally done using urine screens. However, other means of monitoring sobriety may also be used, including saliva samples, breathalyzers, portable breath test units, and SCRAM. *Urine screens will be observed to ensure results are valid.* Participants are responsible for the costs of testing, unless other arrangements have been made with your Probation Officer.

Positive, missed, dilute, altered or refused screens will be considered positive and subject to sanction. If for some reason you miss a drug screen, *you should inform your Probation Officer immediately.*

NOTE: Urine specimens with creatinine levels below 20 mg/dl or above 400mg/dl will be considered invalid and subject to sanction.

You are ultimately responsible for producing valid samples. You should be aware that certain prescription drugs, over-the-counter medications, herbal remedies, and dietary or energy supplements may affect test results. As such, it is strongly advised you learn how the ingredients of a given medicine or supplement might impact test results before you start taking them.

Incidental Alcohol Exposure

Recent advances in alcohol detection in urine have greatly increased the ability to detect even trace amounts of alcohol consumption. Because these tests are sensitive, it is possible that exposure to alcohol sources can result in detectable levels of alcohol or its breakdown products. In order to preserve the integrity of monitoring, it has become necessary for us to advise program participants regarding the use of products containing alcohol.

It is your responsibility to limit your exposure to the products and substances detailed below that may contain ethyl alcohol. It is your responsibility to read product labels and to inspect these products before you use them. ***Use of the products detailed below will NOT be allowed as an excuse for a positive test result.*** These include, but are not limited to, the following:

1. Cough syrup and other liquid medications: Information on the composition of over-the-counter products and prescription medications should be available from your pharmacist. Non-alcohol containing cough and cold remedies are readily available at most pharmacies and major retail stores.

2. Non-alcoholic beer and wine: While considered non-alcoholic, these products typically contain a residual amount of alcohol that may result in a positive test if consumed.

3. Food and other ingestible products: Many other consumable products contain ethyl alcohol in amounts sufficient to result in a positive test. Flavoring extracts, such as vanilla or almond extract, and liquid herbal extracts could result in a positive screen for alcohol or its breakdown products. Also, foods cooked with wine must be avoided. Finally, read carefully the labels on any liquid herbal or homeopathic remedies before taking them. This includes the use of Kombucha tea.

4. Mouthwash and breath strips: Most mouthwashes and other breath-cleansing products contain ethyl alcohol. Non-alcohol mouthwashes are readily available and are an acceptable alternative.

5. Hand sanitizers: Hand sanitizers and other antiseptic gels and foams used to disinfect hands contain up to 70% ethyl alcohol. While it's unlikely that limited use of these products will result in a positive test for alcohol, excessive, unnecessary or repeated use of these products could result in a positive urine test.

6. Hygiene products: Aftershaves, colognes, hair sprays, mousse, astringents, insecticides, and some body washes contain ethyl alcohol. Again, excessive, unnecessary or repeated use of these products could affect test results.

7. Solvents and lacquers. Many solvents, lacquers and surface preparation products used in industry, construction, and the home contain ethyl alcohol. Both excessive inhalation of vapors and topical exposure to such products can potentially cause a positive test result for alcohol.

PRESCRIPTION DRUG USE

All participants will be expected to inform their health care providers of their participation in an intensive treatment program so that informed decisions can be made when prescription medications are being considered. In the event that prescription medications are deemed necessary, participants should make every effort to obtain a non-narcotic alternative, if one is available. Should you be placed on a prescription medication, you must notify your Probation Officer within 24 hours. Failure to do so will result in a sanction.

NOTE: In an effort to ensure full disclosure, participants are required to provide their health care provider with the DITT Doctor's Notice when attending medical or dental appointments, provided by the Probation Officer. This form contains the Probation Officer's contact information and requires the doctor's signature.

Participants with a history of abusing prescription drugs, or who have been prescribed potentially habit-forming medications, may be subject to additional requirements. These may include:

- Being restricted to one prescribing physician
- Agreeing to work with your physician to discontinue use of a potentially habit-forming medication
- Authorizing the release of medical information from any new providers

NOTE: Individuals may not possess a medical marijuana certificate while in the program.

“DESIGNER” DRUG USE

The possession or consumption of any “designer” drugs such as “Spice,” “bath salts,” “Kratom,” etc., whether purchased legally or illegally, is strictly prohibited and subject to sanction.

INCENTIVES AND SANCTIONS

DITT reviews afford participants’ treatment team with the opportunity to respond quickly to participants’ behaviors, whether positive or negative. Participants who demonstrate compliance and progress in treatment will be given rewards, or incentives by their Probation Officer and/or the DITT Judge. Those participants who continue to use substances or violate program rules will be subject to sanctions.

When considering an appropriate sanction, the DITT will consider the participant’s history of compliance in the program, progress in treatment, the nature of the infraction, and the client’s individual circumstances.

Sanctions can be imposed by your Probation Officer, or the DITT Judge/Court. Clients not in agreement with a sanction imposed by the Probation Officer can consult with legal counsel and petition the Court at any time.

Some incentives used include:

- Praise from the team
- Gift cards
- Movie tickets or activity passes
- Promotion to the next phase
- Permission to travel

Possible sanctions that can be imposed by the team include:

- Verbal warning
- Essays or writing assignments
- Community Service
- Increased monitoring

Possible sanctions that can be imposed by the Court include:

- Work Release, Work Crew, Day Reporting, or Electronic Home Monitoring (EHM)
- Straight jail time

NOTE: In the event a jail sanction is imposed (i.e. Day Reporting, Work Release, Work Crew, straight jail, etc.), DITT participants will be asked to sign an acknowledgment form indicating they are in agreement with their DITT sanction. If the participant does not agree with the sanction being imposed by the DITT team, the participant's Probation Officer will file a Motion for an Expedited Hearing in order for the sanction to be reviewed and/or ruled on by the Court. In addition, the participant should consider consulting with legal counsel. Failure to agree with and/or participate in DITT sanctions could result in a Probation Complaint being filed, at which time the participant would return to regular criminal court for resentencing.

THE FIVE PHASES OF THE DITT PROGRAM

There are five phases to the DITT program. While the program can be completed in as few as 18 months, successful completion typically takes a bit longer. Each phase must be successfully completed before you can advance to the next phase.

The phase lengths below represent the minimum amount of time required before advancing to the next phase. Advancement is not "automatic," and is contingent on several factors including stability, attendance and participation in treatment, drug screen results, progress in recovery, and other relevant factors. Decisions regarding advancement will be made collaboratively by the DITT.

Occasionally, clients have unique circumstances that call for special consideration regarding program expectations. Such situations will be considered on a case-by-case basis. *Any modifications to phase or treatment requirements must be approved by the treatment team.*

Requirements for All Phases:

MONTHLY COURT REVIEWS: You are expected to appear on time for your monthly Court review with the DITT Judge. You should be prepared to give the team and the DITT Judge an honest update on how things are going. Participants will be called up by the Judge individually, to discuss their progress within the program.

TEAM REVIEWS: You are expected to appear on time for your DITT team reviews and to be prepared to give the team an honest update on how things are going.

PROBATION: Your Probation Officer is your primary contact person in the DITT program. In your initial meetings, your Probation Officer will review the Terms and Conditions of Probation as well as the requirements of the program. Your Probation Officer will also refer you to do substance testing at Intervention/UABACO and review reporting instructions. You will be meeting with your Probation Officer regularly to discuss your employment status, home situation, sobriety, etc. Your Probation Officer will also conduct home checks and employment verification periodically.

SUBSTANCE USE MONITORING: *You are required to submit to any testing ordered by your Probation Officer and/or the Court.* Monitoring is typically done through urine, breath or saliva tests; however, you may be required to submit to other testing methods such as hair tests, SCRAM monitoring, etc. *Even if you are concerned that your test may come back positive, it is very important that you submit anyway!*

TREATMENT: Your treatment intake and extended assessment will be scheduled upon acceptance into the DITT program. After it is completed, you will be instructed as to what treatment and support groups you will be expected to attend. The extent of your investment in treatment will be considered a measure of your progress in the program. You will be required to comply with your treatment provider's recommendations.

PRO-SOCIAL ACTIVITIES/SUPPORT GROUPS: As you progress through the program, you will be encouraged to participate in pro-social activities. Pro-social activities include Alcoholics Anonymous (AA) meetings, Narcotics Anonymous (NA) meetings, meetings with your sponsor, church groups, Phoenix activities, and other activities that are related to supporting your recovery.

HOUSING: One important aspect of being successful in the DITT program is a safe and sober living situation. If you are experiencing difficulty in this area, the DITT team will make every effort to assist you in finding a more suitable living arrangement.

EMPLOYMENT/EDUCATION/TRAINING: The structure provided by a set schedule can be very beneficial, particularly for those in the early stages of recovery. In addition to other program requirements, you will be expected to find and maintain suitable employment, or to be attending school or a vocational/training program. Those who are not working due to disability, retirement, etc. may be asked to participate in structured activities. Exceptions to this will be considered on a case by case basis.

FINANCIAL OBLIGATIONS: You will be responsible for meeting any financial obligations to the Court as well as to treatment providers. Failure to make satisfactory arrangements to meet these obligations can result in the denial of treatment. You should inform your Probation Officer and/or treatment provider if you are experiencing financial problems.

SOBRIETY REQUIREMENT: In order to advance to the next phase, you will need to have demonstrated progress in recovery, and attained a significant period of sobriety, as determined by the DITT.

TRAVEL IN THE PROGRAM: The ability to travel while in DITT is considered a privilege. You must obtain the approval of the DITT prior to any planned travel. You will be required to submit a Safety Plan to your Probation Officer before approval will be granted.

HEALTH: The DITT will make every effort to support you in addressing any unmet medical and/or dental needs, and in removing any barriers you may encounter in cultivating your well-being.

DITT Phases:

NOTE: Please remember, the 18 month Track F Treatment Program length is only an ****estimation,**** as the length of the program will be dependent on clients attendance, progress, etc. In addition, please note that Track F/Level II Four Plus “competencies” are not to be confused with DITT Phases. If you have questions about your DITT Phase and treatment alignment with Track F Competencies, please reach out to your treatment provider for clarification.

Entry and Orientation (minimum of 6 weeks)

Orientation is the starting point to your involvement in the DITT program. It is during this period that you will make initial contact with your Probation Officer, treatment provider, and monitoring agency.

During the Entry and Orientation phase, you will be expected to:

- Attend once monthly Court reviews with the DITT Judge
- Attend all team reviews, as deemed necessary
- Attend all scheduled probation meetings
- Review and sign Terms and Conditions of Probation with Probation Officer
- Submit drug screens (UA’s, BA’s, swabs, etc.) as directed
- Attend drug/alcohol evaluation and intake appointment(s)
- Attend all weekly treatment appointments as identified by assigned treatment provider(s)
- Contact Work Release and schedule and/or attend orientation for the Boulder County Jail Work Release Program

Phase 1: Stability (minimum of 8 weeks)

The Stability phase is intended to continue assisting you in learning how to navigate the DITT program and manage all its various requirements. During this phase you should be settling into the structure of DITT, begin engaging in treatment, and start pursuing employment and/or vocational training/education within the structure of Work Release.

During the Stability phase, you will be expected to:

- Attend once monthly Court reviews with the DITT Judge
- Attend all team reviews, as deemed necessary
- Attend all scheduled probation meetings
- Comply with all standard Terms and Conditions of Probation
- Submit drug screens (UA’s, BA’s, swabs, etc.) as directed
- Attend all weekly treatment appointments as identified by your treatment provider(s)
- Identify and attend community support groups and/or pro-social activities as identified by the DITT
- Begin to formulate a safe and sober plan for housing/transition to day reporting

- Be employed or actively seeking employment, or engaged in education or vocational training

Phase 2: Foundation (minimum of 14 weeks)

The Foundation phase is intended to provide you with support as you build the foundation necessary for success in long-term recovery. As a part of this phase, the team will challenge the you to increase self-awareness regarding obstacles you may encounter in recovery. Typically, clients are transitioning from Work Release to Day Reporting around this time, so housing will be an important factor in this phase.

During the Foundation phase, you will be expected to:

- Attend once monthly Court reviews with the DITT Judge
- Attend all team reviews, as deemed necessary
- Attend all scheduled probation meetings
- Comply with Terms and Conditions of Probation
- Submit drug screens (UA's, BA's, swabs, etc.) as directed
- Attend all weekly treatment appointments as identified by your treatment provider(s)
- Attend all required community support groups and/or pro-social activities as identified by the DITT
- Have a safe and sober housing plan in place
- Meet with Community Service Case Manager
- Be employed or actively seeking employment, or engaged in education or vocational training, and/or starting community service
- Demonstrate a substantial pattern of sobriety as determined by the DITT

Phase 3: Skill Building (minimum of 16 weeks)

The Skill Building phase is intended to support the development and integration of the necessary skills to establish recovery. The team will encourage you to access and utilize resources to create an environment conducive to maintaining recovery.

During the Skill Building phase, you will be expected to:

- Attend once monthly Court reviews with the DITT Judge
- Attend all team reviews, as deemed necessary
- Attend all scheduled probation meetings
- Comply with Terms and Conditions of Probation
- Submit drug screens (UA's, BA's, swabs, etc.) as directed
- Attend all weekly treatment appointments as identified by your treatment provider(s)
- Collaborate with the DITT team to create at least one specific Personal Growth Objective (meaningful service plan goal) that can be shared with the group
- Present your Personal Growth Objective (i.e. progress made towards one meaningful service plan goal) at your Phase IV review

- Formulate Budget Plan with probation/treatment agency if treatment balance is over \$100
- Maintain safe and stable housing arrangement
- Attend all required community support groups and/or pro-social activities as identified by the DITT
- Be employed or actively seeking employment, or engaged in education or vocational training, and/or community service
- Demonstrate a substantial pattern of sobriety as determined by the DITT and begin to demonstrate regular use of recovery tools acquired in treatment

Phase 4: Success Planning (*minimum of 16 weeks*)

The Success Planning phase is intended to provide you with a forum to plan for future success. The team will challenge you to identify warning signs, successful coping strategies, supportive community, and a safety net that fosters continued recovery.

During the Successful Planning phase, you will be expected to:

- Attend once monthly Court reviews with the DITT Judge, as deemed appropriate by the DITT Team
- Attend all team reviews, as deemed necessary
- Attend all scheduled probation meetings
- Comply with Terms and Conditions of Probation
- Submit drug screens (UA's, BA's, swabs, etc.) as directed
- Attend all weekly treatment appointments as identified by your treatment provider(s)
- Complete the MADD panel
- Complete Recovery Maintenance Plan ("Success Plan") with treatment provider, prior to Phase 5, and submit to DITT for approval
- Present you Success Plan to your DITT Team at Phase V review
- Be in good financial standing with treatment provider; readdress Budget Plan with probation/treatment agency if treatment balance is over \$100
- Maintain sober and stable housing arrangement
- Continue working towards community service hours
- Attend community support groups and/or pro-social activities as identified by the DITT
- Be employed or actively seeking employment, or engaged in education or vocational training
- Demonstrate a substantial pattern of sobriety as determined by the DITT and continue to demonstrate regular use of recovery tools (minimum of 30 days continuous sobriety prior to Phase 5 advancement)

Phase 5: Change Maintenance (*minimum of 18 weeks*)

The Change Maintenance phase is the final phase of the DITT program. During this phase you will demonstrate awareness of life goals and intentional decision-making

demonstrated through the use of healthy coping strategies and strong connections with a supportive community.

During the Change Maintenance phase, you will be expected to:

- Attend once monthly Court reviews with the DITT Judge, as deemed appropriate by the DITT Team
- Attend all team reviews, as deemed necessary
- Attend all scheduled probation meetings
- Comply with Terms and Conditions of Probation
- Submit drug screens (UA's, BA's, swabs, etc.) as directed
- Attend treatment appointments as identified by your treatment provider(s)
- Attend all required community support groups and/or pro-social activities as identified by the DITT
- Complete community service and other special conditions of probation (i.e. MADD, Domestic Violence Treatment, etc.) per case plan
- Maintain a sober and stable housing arrangement
- Pay treatment balance in full, or have developed payment plan with treatment agency
- Demonstrate financial stability established through work, entitlement payments, etc.
- Demonstrate a substantial pattern of sobriety (minimum of 90 days) with no positive, missed, or diluted drug screens; demonstrate consistent recovery behavior and lifestyle with decreased accountability measures

GRADUATION CRITERIA

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

1. You have completed all required treatment and progressed through the DITT program phases within a reasonable period of time;
 - 180 hours of treatment over a minimum of 18 months
2. You are in compliance with all of the Terms and Conditions of Probation;
3. You are able to demonstrate appropriate emotional regulation skills;
4. You are able to support yourself financially through legal means;
5. You have maintained a stable living situation that is supportive of your sobriety;
6. You have developed a support system that can help you maintain sobriety and assist you with any problems that may arise;
7. You have developed a long-term sobriety plan that has been approved by the team;
8. You have paid all costs not waived by the Court in full, or have signed a financial responsibility contract with the Collections Investigator;
9. You have made all efforts to pay your treatment balance in full, or have entered into a financial contract/agreement with your treatment provider;
10. You have completed all community service hours and all other special

- conditions of probation including MADD panel, Domestic Violence Treatment (if applicable), etc.;
11. You have not submitted to any positive, missed, or diluted drug screens within 90 days of your graduation date, and have demonstrated a pattern of sobriety that indicates growth and stability in recovery.

TERMINATION FROM THE DITT PROGRAM

Participants may be terminated from the program for a variety of reasons, including:

- Committing a new crime that has been identified as a disqualifying offense
- Violating one or more Terms and Conditions of Probation
- Frequent or ongoing use of substances
- Continuing to provide positive drug screens
- Noncompliance with treatment
- Abscond from the DITT and/or probation
- Failure to progress through the program phases in a timely manner

Dismissal from the DITT program is at the discretion of the team. Upon termination, the participant's case will return to regular criminal court.

WITHDRAWAL FROM THE DITT PROGRAM

Participation in the DITT program is voluntary, withdrawal from the program is not. Should you wish to withdraw from the DITT program, you will be required to appear in Court before your original sentencing Judge.

CONTINUING CARE

The DITT strongly recommends that those who successfully complete the program remain involved in support groups and other activities that will assist them in their ongoing recovery efforts.

POST-GRADUATION SUPERVISION

According to Colorado statute, multiple DUI offenders must serve a probationary sentence of no less than two years. As a result, you will likely be required to successfully complete your entire probationary term. In certain circumstances, some clients may be considered for early termination of probation or unsupervised probation. This will ultimately be determined by the sentencing Judge.

As a Participant in the DUI Integrated Treatment Team (DITT) program, I acknowledge that I have been provided with a copy of the DITT Handbook and have read it in full. I understand that it is my responsibility to seek clarification from my Probation Officer about any portion of the DITT Handbook that I am unclear on.

Participant

Date

Probation Officer

Date