



**20th Judicial District**

**Family Integrated Treatment Court (FITC)**

**Participant Handbook**

# Table of Contents

Welcome .....	3
Overview .....	3
The FITC Team .....	4
Treatment Court Hearings .....	4
DHHS & MHP Treatment Plans.....	4
Program Basics .....	5
Confidentiality.....	5
About Drug Testing.....	5
Prescription Drug Use.....	6
Marijuana.....	6
“Designer” Drug Use.....	6
Responses: Incentives & Sanctions.....	7
Pro-social Activities.....	8
Phases of the Program.....	8
Graduation Criteria.....	10
Voluntary Withdrawal.....	10
Termination from the Program.....	11
Children & Visitors in the Courtroom .....	11
Contact Information.....	12
Useful Community Resources.....	13
Doctor’s Notice.....	15

## Welcome

Welcome to the 20<sup>th</sup> Judicial District's Family Integrated Treatment Court (FITC). If you are reading this handbook, it means you are thinking about participating in the program, due to your history of drug/alcohol use and the need for the State to become involved with your family.

The purpose of this handbook is to provide you with the information you need to be successful in the program. Should you decide to participate, you will be expected to comply with the expectations outlined below, as well as any instructions given to you in court.

## Overview

The Family Integrated Treatment Court is a collaborative effort between the Boulder County Courts, the Department of Housing & Human Services (DHHS), Mental Health Partners (MHP), and other agencies. The purpose of the program is to provide you with the services and support you need to maintain sobriety and provide a safe and secure environment for your children. Most services are provided free of charge.

Participants are required to enroll in substance use and/or mental health treatment, submit to random drug testing, and attend frequent court reviews as directed. These requirements, along with any others imposed by the Court, will become part of your Family Services Plan (also called a treatment plan). The Court will closely monitor your compliance with these requirements and will respond accordingly. Compliance may result in rewards or incentives and non-compliance may result in Court responses.

The FITC program consists of five phases (which are explained in detail beginning on page 8) and takes a minimum of 12 months to complete. It may take slightly longer for some participants, depending on their rate of progress.

*Because having your children in the home is a matter of their physical and emotional safety (as in any dependency and neglect proceeding), the timing of their return is based on what is in their best interest and is not tied to any specific phase of the program. It is very important to understand that compliance with FITC 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.*

## **The FITC Team**

As head of the FITC team, the Judge or Magistrate will make all final decisions regarding your status in the program, with frequent and regular input from the other team members. The other team members include:

- DHHS (FITC) Caseworker
- Mental Health Partners (MHP) representatives
- Assistant County Attorney
- Guardian ad litem (GAL)
- Your attorney, if you have an attorney
- Treatment Court Coordinator

Your FITC Caseworker will be your primary contact person during your involvement in the program. However, all members of the FITC team will play a role in your case, and all are committed to your success in the program.

## **Treatment Court Hearings**

Frequent court appearances are a key part of the FITC program. These hearings, or status reviews, are typically held every two weeks, at least initially. As you progress through the phases, these reviews generally become less frequent. Before your FITC court hearings, the Judge or Magistrate reviews a progress report put together by the members of the team. This report will include information about your drug test results, participation and attendance in treatment, and your general progress toward your treatment plan goals. At your status review hearings, you will also have the opportunity to inform the Judge or Magistrate of any problems you may be having.

## **DHHS & MHP Treatment Plans**

Both your caseworker and substance use treatment provider will work with you to establish treatment plans. These treatment plans will outline the specific requirements each agency expects you to follow. Because these agencies will work together to address your treatment needs, many of these goals and requirements will be the same. The DHHS treatment plan will identify any of the requirements not specifically related to substance use, such as participation in parenting classes or mental health treatment. The Court will order your compliance with all elements of the DHHS treatment plan, which will include all recommended treatment.

## **Program Basics**

By following a few basic guidelines, you can greatly increase your chances of successfully completing the program. A few suggestions:

- Attend all court hearings, meetings, and appointments.
- Comply with the requirements of your DHHS and MHP treatment plans.
- Be honest! Although your honesty will not prevent a response from being imposed, it will help the team to consider the most effective way to respond.
- Stay in touch with your caseworker and your attorney. Be sure they always have a current address and telephone number in case they need to reach you.
- Be as organized as possible. You will need to keep track of lots of meetings, court dates and appointments. A calendar or day-timer is very helpful and will be provided for you if you would like one.
- If you are not sure about any requirements or expectations, ask your caseworker or other FITC team member.

## **Confidentiality**

State and Federal laws require that your identity and privacy be protected. In response to these regulations, the FITC has developed procedures that guard your privacy. 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.

## **About Drug Testing**

Random drug and/or alcohol screening is a very important part of the program. While drug use is typically monitored through urine and/or breath testing, you may also be required to submit to other types of testing, including saliva tests (swabs) and hair tests. You will be expected to comply with any testing ordered by your caseworker or the Court.

You will be assigned a monitoring agency and location where you will be expected to submit your tests. Submitting at a different agency or location is not permitted, and may result in a response, unless prior approval was obtained from your caseworker. You are encouraged to keep UA receipts for your own records as proof of monitoring.

Positive, missed, dilute, altered or refused tests will be considered positive and subject to response. *Because abnormal creatinine levels can indicate tampering or deliberate flushing, samples with creatinine levels below 20 mg/dl or above 400 mg/dl will be considered invalid and subject to response.*

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

## **Prescription Drug Use**

All participants will be expected to inform their health care providers of their addiction issues 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. Participants will be expected to notify their caseworker within 24 hours of being placed on a prescription medication, or if any changes are made to existing prescriptions. Failure to do so will result in a response.

In an effort to ensure full disclosure, participants are required to provide their health care provider with the FITC Doctor's Notice when attending medical or dental appointments, provided by the caseworker. This form contains the caseworker's contact information and requires the doctor's signature. Copies of the form can be found in the back of this handbook.

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.

## **Marijuana**

Marijuana use of any kind, recreational or medical, is prohibited while participating in the program.

## **"Designer" Drug Use**

The possession or consumption of any "designer" drugs such as "Spice," "bath salts," etc., whether purchased legally or illegally, is strictly prohibited and subject to response. Such substances are often sold or marketed under false pretenses and labeled "Not for Human Consumption," though they are purchased for the purpose of getting a "high."

## **Responses: Incentives & Sanctions**

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

Possible incentives include verbal recognition from the Court, applause, gift cards, movie tickets, activity passes, or a special gift for your children.

Possible sanctions include verbal warnings from the Court, essay presentations, community service, work crew, and others described below.

In the event you are given a sanction, its severity will depend upon several factors, including how long you've been in the program, your history of compliance or noncompliance, phase, previous responses imposed by the Court, and the nature of the infraction.

Participants may be required to attend AA, NA or other community support group for a specified period of time. Journaling may accompany this response.

Participants who are not employed may be required to perform community service for a specified number of hours per week. In this situation, you may be required to maintain a job log documenting your efforts to obtain employment.

Those demonstrating a need for more structure may be placed on an informal "day reporting" program requiring them to be in daily contact (by text, phone, email, etc.) with their caseworker. The specific requirements for each individual will be determined by the team on a case-by-case basis. If a participant does not successfully complete the informal day reporting, they may be placed on formal day reporting through the Boulder County Jail. There is no charge for informal day reporting, but the jail does charge for formal day reporting.

Participants will be asked upon entry if they have any medical issues that would preclude them from completing responses such as Work Crew. If so, they will be required to provide medical documentation to their caseworker indicating the nature of the condition and any limitations associated with it.

Those ordered to complete community service must provide documentation of hours completed to the Court. This should be on agency letterhead and include service dates as well as the name of a person who can be contacted to verify the information.

NOTE: While jail time will not be included in the regular progression of responses imposed, there are circumstances under which the Court may impose jail time. Such circumstances include when a participant fails to complete previously imposed sanctions; when a participant refuses to engage in the recommended level of treatment, or when the participant's level of use is deemed to pose a risk to themselves or the community.

### **Pro-social Activities**

Participants are strongly encouraged to participate in pro-social activities. These include things like employment, volunteer work, community support groups such as Alcoholics Anonymous or Narcotics Anonymous, MOPS, activities with the CASA and children, or other community activities with the children.

As you progress through the phases, you will be encouraged to increase your involvement in pro-social activities. At the same time, your treatment contacts may decrease. This will be determined by the team on a case-by-case basis.

### **Phases of the Program**

There are five phases to the FITC program. The time frames below indicate how long it takes to complete each phase. These should be considered estimates, as the actual time it takes will depend on each participant's unique circumstances. Typically, the program takes about one year to complete. Your progress toward meeting specific phase requirements will be determined by the treatment team. The final decision regarding phase advancement is made by the Judge/Magistrate.

#### **Phase 1 (2 weeks)**

Minimum Requirements:

- Attend substance use intake/evaluation at MHP (or other approved treatment agency)
- Attend all required substance use treatment and therapeutic services
- Attend all court appearances
- Attend all scheduled visitation (if applicable)
- Comply with Initial Protective Orders of the Court
- Begin random drug/alcohol monitoring

#### **Phase 2 (12 weeks)**

Minimum Requirements:

- Attend and participate in all required substance use treatment, therapeutic services, and pro-social activities



- Attend all court appearances
- Attend all scheduled visitation (if applicable)
- Comply with all random drug/alcohol monitoring
- Comply with all court-ordered treatment plans
- Make acceptable efforts to establish sober/stable housing

To be eligible for Phase 3, participants must have a minimum of 30 consecutive days of sobriety.\*

**Phase 3 (16 weeks)**

Minimum Requirements:

- Attend, participate, and engage in all substance use treatment, therapeutic services, and pro-social activities
- Attend all court appearances
- Attend all scheduled visitation (if applicable)
- Comply with all random drug/alcohol monitoring
- Comply with all court-ordered treatment plans
- Maintain/obtain sober and stable housing

To be eligible for Phase 4, participants must have a minimum of 30 consecutive days of sobriety.\*

**Phase 4 (10 weeks)**

Minimum Requirements:

- Attend, participate and engage in all required substance use treatment, therapeutic services, and pro-social activities
- Attend all court appearances
- Attend all scheduled visitation (if applicable)
- Comply with all random drug/alcohol monitoring
- Comply with all court-ordered treatment plans
- Maintain/obtain sober and stable housing

To be eligible for Phase 5, participants must have a minimum of 30 consecutive days of sobriety.\*

\* Transition from one phase to the next includes a sobriety requirement. Given the lag time between testing and when results are received, should a person be promoted to the next phase and the results indicate use, dilution, or tampering, the promotion will be rescinded until the participant fulfills the sobriety requirement.

## **Phase 5 (8 weeks)**

### **Minimum Requirements:**

- Attend, participate and engage in all required substance use treatment, therapeutic services, and pro-social activities
- Attend all court appearances
- Attend all scheduled visitation (if applicable)
- Comply with all random drug/alcohol monitoring
- Comply with all court-ordered treatment plans
- Maintain/obtain sober and stable housing

To be eligible for graduation, participants must have a minimum of 90 consecutive days of sobriety. Positive, missed, or dilute UA's or other forms of monitoring will result in a delay of 90 days until a participant is eligible for graduation.

## **Graduation Criteria**

Graduation from the FITC is an important event that demonstrates to the Court, the treatment team, and your family members that you have made significant changes in your life. Successful completion of the FITC is a major achievement!

Participants must meet the following criteria in order to be eligible for graduation:

- Successful completion of all five program phases
- Successful completion of all court-ordered treatment plans
- Be able to assist in permanency decisions regarding your children, (i.e. whether they should be returned to your care, placed with kin, placed in a foster/adoption home, etc.)
- Not be subject to a new D&N filing
- A minimum of 90 days sobriety. Positive, missed, or dilute UA's or other forms of monitoring will result in a delay of 90 days until a participant is eligible for graduation

## **Voluntary Withdrawal**

Participants may voluntarily withdraw from the program at any time, under the following conditions:

1. A participant requesting to withdraw from the program must make the request to the Court and will be required to observe a two-week waiting period before the decision is deemed final.
2. Any responses that have been imposed by the Court must be completed before the participant is allowed to withdraw.

3. If a participant chooses to relocate outside of Boulder County and can no longer access Boulder County services, they will be transitioned out of FITC to the ongoing Dependency and Neglect docket.

### **Termination from the Program**

While every member of the FITC team is committed to helping you successfully complete the program, there are certain events that can result in termination. If you are terminated from the program, you will not automatically lose your children. You will still have the opportunity to demonstrate to the Court that you can be a safe and stable parent. Follow up hearings and permanency hearings will be held on the regular Dependency and Neglect docket.

The following are reasons for possible termination from the FITC:

1. You fail to complete the assessment and evaluation with Mental Health Partners (or other approved agency) in a timely manner.
2. You disappear from DHHS supervision and fail to make contact with the department within 30 days of last contact.
3. You are arrested for a disqualifying criminal offense, such as Child Sexual Abuse, Criminal Enterprise Drug Sales or Child Abuse Involving Serious Bodily Injury or Death.
4. You are determined to have a condition that would prevent you from participating in or achieving benefits from the FITC's clinical program.
5. You fail to progress through the program phases in a reasonable period of time, as determined by the FITC team.
6. Failing to attend court appearances (for reasons other than those beyond your control.)
7. Evidence of ongoing drug use (as opposed to an occasional relapse.)
8. A pattern of noncompliance that suggests you are either unable or unwilling to abide by program rules.

### **Children & Visitors in the Courtroom**

The FITC team understands that childcare is an issue for many participants. For this reason, children are welcome to accompany you to your court hearings. If a family member can also attend, they may care for the children in the Child Friendly Play Room just down the hall from the Courtroom. Please note that the Judge or Magistrate may occasionally ask the children to leave the courtroom, such as before a sanction is imposed. You are welcome to have other family members or friends attend court with you for support. However, to protect the privacy of the other participants in FITC, they will not be allowed in the courtroom while other cases are being discussed.

## **Contact Information**

### **FITC Caseworkers:**

Amber Gentry	(720) 864-6454
Ashley McDonald	(720) 965-5710
Violeta Pando	(720) 450-0378
Lynda Schwettmann	(303) 678-6033
Laura Wedel	(303) 548-0972

Office Location: Boulder County Dept. of Housing & Human Services  
515 Coffman, Longmont, CO 80501

### **MHP Contact Person:**

Julianna Bellipanni	(303) 652-7660
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Office Locations: Mental Health Partners  
1333 Iris Ave., Boulder, CO 80304  
529 Coffman, Ste. 300, Longmont, CO 80501

### **Treatment Court Coordinator:**

Christina Orłowski	(303) 441-4728
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Office Location: Boulder County Justice Center  
1777 6<sup>th</sup> St., Boulder, CO 80302

## Useful Community Resources

Alcoholics Anonymous, Boulder Area <a href="http://www.bouldercountyaa.com">www.bouldercountyaa.com</a>	(303) 447-8201
Boulder Bridge House <a href="http://www.boulderbridgehouse.org">www.boulderbridgehouse.org</a>	(720) 386-9002
Boulder County Dept. of Housing & Human Services – <a href="http://www.bouldercounty.org">www.bouldercounty.org</a> Boulder: Longmont:	(303) 441-1000 (303) 678-6000
Boulder County Housing Authority <a href="http://www.bouldercounty.org">www.bouldercounty.org</a>	(303) 441-1000
Boulder Housing Partners <a href="http://www.boulderhousing.org">www.boulderhousing.org</a>	(720) 564-4610
Boulder Shelter for the Homeless, Boulder <a href="http://www.bouldershelter.org">www.bouldershelter.org</a>	(303) 442-4646
Boulder Valley Women’s Health Center, Boulder <a href="http://www.boulderwomenshealth.org">www.boulderwomenshealth.org</a>	(303) 442-5160
Boulder Vet Center (Veterans Administration) <a href="http://www.va.gov">www.va.gov</a>	(303) 440-7306
Clinica Family Health, Lafayette <a href="http://www.clinica.org">www.clinica.org</a>	(303) 650-4460
Community Food Share, Longmont <a href="http://www.communityfoodshare.org">www.communityfoodshare.org</a>	(303) 652-3663
Division of Motor Vehicles, Boulder <a href="http://www.colorado.gov">www.colorado.gov</a>	(303) 442-3006
Emergency Family Assistance Association (EFAA) <a href="http://www.efaa.org">www.efaa.org</a>	(303) 442-3042
Hopelight Medical Clinic, Longmont <a href="http://www.hopelightclinic.org">www.hopelightclinic.org</a>	(303) 776-7117
Longmont Housing Authority <a href="http://www.longmontha.com">www.longmontha.com</a>	(303) 651-8581

Mental Health Partners – <a href="http://www.mhpcolorado.org">www.mhpcolorado.org</a>	
Boulder:	(303) 443-8500
Longmont:	(303) 443-8500
<b>Crisis Line (24 hrs)</b>	<b>1 (844) 493-8255</b>
<b>National Suicide Prevention Lifeline</b>	<b>1 (800) 273-8255</b>
Narcotics Anonymous, Boulder Area <a href="http://www.naboulder.org">www.naboulder.org</a>	(303) 412-2884
OUR Center Day Shelter, Longmont <a href="http://www.ourcenter.org">www.ourcenter.org</a>	(303) 772-5529
People’s Clinic (Clinica), Boulder <a href="http://www.clinica.org">www.clinica.org</a>	(303) 650-4460
RTD Information <a href="http://www.rtd-denver.com">www.rtd-denver.com</a>	(303) 229-6000
Safehouse Progressive Alliance, Boulder <b>24 Hour Crisis Line:</b> <a href="http://www.safehousealliance.org">www.safehousealliance.org</a>	(303) 449-8623 <b>(303) 444-2424</b>
Safe Shelter of St. Vrain Valley, Longmont <b>24 Hour Crisis Line:</b> <a href="http://www.safeshelterofstvrain.org">www.safeshelterofstvrain.org</a>	(303) 772-0432 <b>(303) 772-4422</b>
Salud Family Health Centers, Longmont <a href="http://www.saludclinic.org">www.saludclinic.org</a>	(303) 697-2583
<b>Veterans Crisis Line</b> <a href="http://www.veteranscrisisline.net">www.veteranscrisisline.net</a>	<b>1 (800) 273-8255 (press 1)</b> <b>Text 838255</b>
Workforce Boulder County Boulder:	(303) 413-7555
Longmont:	(720) 864-6600
<a href="http://www.wfbc.org">www.wfbc.org</a>	



**20<sup>th</sup> Judicial District  
Integrated Treatment Courts**

**DOCTOR'S NOTICE**

Patient Name: \_\_\_\_\_  
DOB: \_\_\_\_\_  
Date: \_\_\_\_\_

Dear Medical Provider:

This patient is a participant in one of the treatment courts in the Boulder County court system. These are court-based programs designed to treat active addiction and support long-term recovery.

Unless absolutely medically necessary, **please do not prescribe any medication containing a narcotic/addictive drug or any other type of medication that may interfere with the treatment of this patient.** If at all possible, please prescribe a non-narcotic/non-addictive drug. Please do not prescribe benzodiazepines, opiates, or amphetamines, if at all possible. If you are unable to prescribe an alternative medication or implement an alternative pain management plan, please make a note below in reference to your decision. Please note that marijuana is never permitted.

Your assistance is of paramount importance to this patient's long-term recovery from addiction. Thank you for your help.

If you have any questions, please contact the patient's caseworker:

\_\_\_\_\_ at (\_\_\_\_) \_\_\_\_\_ or (\_\_\_\_) \_\_\_\_\_ .

Medical Provider's Notes: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Medical Provider's Signature: \_\_\_\_\_ Date: \_\_\_\_\_  
Medical Provider's Printed Name: \_\_\_\_\_

Sincerely,

Christina Orłowski  
Treatment Court Coordinator  
303-501-4509



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Sincerely,

Christina Orłowski  
Treatment Court Coordinator  
303-501-4509