

**EAST END REGIONAL
INTERVENTION
COURT**

**Handbook for Participants
Guidelines and Program Information**

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This Handbook is property of : _____

East End Regional Intervention Court
EERIC

Important Appointments , names and numbers I need for EERIC

Appointments:

Names:

EERIC Coordinator's Name: _____

Phone Numbers : _____

My Attorney:

name _____ phone number _____

My Probation Officer:

name _____ phone number _____

My Treatment Program's name _____

Address _____

Phone number _____

Counselor's name _____

Welcome To East End Regional Intervention Court

This Handbook is designed to:

- * **Provide Information About EERIC**
- * **Answer Questions**
- * **Address Concerns**

As a participant in the **EERIC** program, you will be required to follow the instructions given in court by the Judge and comply with the treatment plan developed for you by your Case Manager. This handbook will explain what is expected of you. It will also provide you with general information.

WHAT IS EAST END REGIONAL INTERVENTION COURT ?

The EERIC program is a special part of the Court. It is a court-supervised treatment program for County residents who face non-violent criminal charges and who also have a drug/alcohol addiction. EERIC is a voluntary program that includes regular court appearances before the EERIC Judge. If you are accepted into EERIC, you will be expected to follow a treatment plan.

WHAT IS A TREATMENT PLAN ?

A treatment plan will begin with an evaluation. This plan may require all or some of the following:

~ Out Patient Treatment ~ Inpatient Treatment ~ Residential Treatment ~ Halfway or Transitional Housing ~ Regular and Random Drug testing ~ Counseling (individual and/or group) ~ Educational/Vocational Programs ~ Participation in Self-Help Groups such as Alcoholics Anonymous and/or Narcotics Anonymous ~

Your Case Manager will also help you with other areas of your life according to your individual needs. This may include referrals for:

~ Skill Testing and Educational Assessment ~ Job Training and Job-Readiness Training ~ Job Placement Services ~ School or other Educational Services ~ family Counseling ~ Life Skills Classes ~ Public Assistance/Medicaid ~ recreational Activities

HOW CAN I PARTICIPATE IN EERIC ?

Following your arrest, you were offered the opportunity to participate in the EERIC program or to remain in traditional criminal court for prosecution on your pending charges. If you chose EERIC and are accepted into the EERIC program, you will be required to sign a contract in court. This contract agreement is between you and the Judge. It explains what is expected of you and what will happen if you do not follow the rules. The Judge will also sign the contract. The contract is written specifically for you based on your current charges and your prior criminal history. Before you sign the contract you will have an opportunity to review it with your Defense Attorney and to have your questions answered.

EERIC participants are expected to attend treatment, as directed by your EERIC Case Manager and the Judge, and to remain drug and alcohol free and to live a law abiding life.

HOW LONG WILL I BE INVOLVED IN EERIC ?

The amount of time you spend in EERIC is determined by your plea and by your individual progress. While participants will spend no less than one year in EERIC, the effort you put into your treatment and into your progress will determine the length of time you are involved in EERIC. Your progress will be monitored closely by the Judge and the Case Manager and the entire EERIC Team.

While we recognize that addiction is a treatable disease, it is important for you to remember that you are in the program because of criminal behavior.

Discharge from EERIC or Voluntary Withdrawal from EERIC will result in sentencing on the charges to which you pled guilty at the time you signed the contract.

If you have any questions regarding your specific case, speak with your Defense Attorney.

WHAT IS IN IT FOR ME ?

Benefits of participating in the EERIC program include:

1. DISMISSAL or REDUCTION of CHARGES - In most cases, successful completion and graduation from EERIC may result in a dismissal or reduction of the original charges you pled guilty to when you signed the contract.
2. INCENTIVES and REWARDS - You will be acknowledged by the EERIC Judge and Team for positive compliance and progress throughout your participation in the EERIC program.
3. A SECOND CHANCE - This program offers you the opportunity to move forward in your life with a new outlook and with the new skills that you have learned while in EERIC.
4. A HEALTHY LIFESTYLE - The program will help you take control of your life in many ways. Even more important than what you will learn not to do (such as abusing drugs and alcohol and committing crimes) are the things you will learn how to do (such as taking care of your health, reducing stress, becoming better educated, becoming fully employed, rebuilding family relationships and becoming a more productive member of the community).

We are here to help...but no one said it would be easy!

On the following pages you will find the steps involved in the program and information about some of the resources you will need to use in order to succeed. Remember that there are many people who make up the EERIC team and we all want to see you succeed. If you take advantage of the assistance offered by the EERIC Team, you will discover many ways to make a better life for yourself.

RULES

WHAT ARE THE RULES OF THE PROGRAM ?

To remain in EERIC you are required to follow rules...

1. You must participate in regular court supervision.

You will be required to appear in front of the Judge on a regular basis. You are required to arrive on time for court and stay until court is finished unless the Judge dismisses you early. The Judge will be given progress reports on you regarding your drug test results, attendance and all aspects of your participation in your treatment program. These reports will come from your probation officer, treatment and/or mental health counselor and the members of the support services you are working with (such as employment specialists, family advocates, etc). The Judge will ask you about your progress and discuss any problems you may be having.

During Phase 1, you must come to court once a week. As you make progress, your court appearance schedule will be reduced. If you are doing well, you will be encouraged to continue working toward the goal of graduating.

2. Attendance

As a participant you are required to attend all of your scheduled treatment sessions, all of your other appointments (medical, education, etc) and all of your scheduled court dates. Treatment sessions include substance abuse counseling, education and all other sessions as directed. You will be required to be on time for all sessions. If you are late, you may not be allowed to attend and may be considered absent.

Your treatment schedule will vary according to your needs and progress. It is your responsibility to both schedule all needed appointments and to arrive on time for all of them.

3. Required Paperwork

RELEASE OF INFORMATION - All members of the TEAM must be able to communicate about your eligibility and progress in the program. Upon entry into the program, you will be required to sign releases so that the team may have access to information relevant to your treatment. You must sign additional releases as needed to arrange further treatment, counseling or support service referrals.

(Required Paperwork continued)

CONTRACT - All participants will be required to sign a contract in court. Your lawyer, the Assistant District Attorney and the Judge will also sign the contract. Each contract is written specifically for you and is based on your charge(s), situation and prior criminal and/or treatment history. Your contract may require more than is listed in this booklet. Before you sign your contract you will have a chance to review your contract with your attorney and have your questions answered.

4. COMPLETION of PROGRAM PHASES

The Program Phases are explained in the following pages

THEY ARE YOUR STEPS TO SUCCESS !!!

PROGRAM PHASES

EERIC will have a four phase program as follows:

PHASE 1: CHOICE

Completion time is a minimum of 30 days (with team consensus/without serious sanction)

1. Begin program and establish 30 days abstinence
2. Arrange for health coverage/entitlements as recommended
3. Enroll in treatment program inpatient/outpatient as needed
4. Report to case management office and treatment court at least 1x per week unless in inpatient treatment
5. Attend treatment court every other week if in inpatient treatment
6. Comply with drug testing at least 3x per week
7. Attend AA/NA meetings or other self help groups as suggested by the court
8. Comply with any court ordered sanction
9. Complete family, education, employment evaluation
10. Have a sponsor and home group by the end of phase 1
11. Team to meet to discuss progress to next level

PHASE 2: CHALLENGE

Completion time is a minimum of 60 days (with team consensus/without serious sanction)

1. Continued abstinence
2. Comply with any necessary referrals
3. Report to case manager's office every other week
4. Attend treatment court at least every other week
5. Comply with drug testing at least 1x per week
6. Attend treatment program as directed and follow any treatment recommendations including but not limited to sober housing/halfway house, medical help, etc.
7. Attend AA/NA/Self Help group meetings as suggested by court and get a commitment
8. Promptly comply with any court ordered sanction
9. Complete 90 days abstinence in phase 2 without serious sanction

PHASE 3: CHANGE

Completion time is a minimum of 60 days (with team consensus/without serious sanction)

1. Incorporate abstinence as a life choice
2. Attend treatment court at least 1x per month
3. Meet with case manager at least 1x per month
4. Continue treatment and set goals
5. Comply with drug testing as directed
6. Set and begin to pursue educational/vocational goals established by Court
7. Participate in parenting, domestic violence and/or other anger management programs as required by Court
8. Establish and begin needed goals and objectives for housing, family or life skills as required by the Court
9. Continue to attend AA/NA/Self Help meetings, working the steps with a sponsor
10. Promptly comply with any court ordered sanction

PHASE 4: CONSTRUCT (Prepare for Graduation and Aftercare)

Completion will be a minimum of 60 days (with team consensus/without serious sanction)

1. Maintain abstinence as a lifestyle
2. Complete treatment program or receive approval from program to graduate from EERIC
3. Meet with case manager and attend treatment court at least 1x per month
4. Submit to random drug testing
5. Complete further educational/vocational/employment goals
6. Complete parenting or any other required programs or get approval from program to graduate from EERIC
7. Accomplish goals as set for housing, family, etc.
8. Continue commitment to AA/NA self help group meetings
9. Complete and submit pre-graduation questionnaire
10. Promptly complete any court ordered sanction

GRADUATION REQUIREMENTS

Participant must meet the following requirements in order to graduate

1. Remain arrest free for 6 consecutive months
2. Remain clean and sober for 6 consecutive months
3. Participate in treatment court for a minimum of 12 months
4. Complete primary treatment
5. Be in full compliance with treatment aftercare
6. Establish suitable residence as determined by EERIC team
7. Be gainfully employed and/or enrolled in vocational or educational training unless contra-indicated
8. Join EERIC Alumni Group
9. Adhere to any TEAM recommendations

You may be given a Conditional Discharge, ACOD, or dismissal upon successful completion of EERIC.

Three months and/or six months after graduation, you will meet with the EERIC team for a follow up session and to complete a study/survey questionnaire (a reward will be given to participant at 3 month follow up meeting and also for completion of questionnaire).

Graduation is a time to celebrate your healthy lifestyle. You will be able to invite your family and friends to join you at your Commencement Ceremony. This special event is a celebration of your accomplishments and marks the beginning of your lifelong work to remain sober, law abiding and productive.

Following graduation you will be invited to join the EERIC Alumni Group. This group is provided to help you to continue to succeed. An open invitation is extended to you and your family to continue to get ongoing support from the group.

EERIC EXPECTATIONS

What else is expected of me?

As you can see, you are expected to follow a set of basic rules. Some other expectations have to do with how you act in court and the things you must do to follow your treatment plan.

The rules require that everyone in EERIC will:

- treat others with respect
- follow a dress code
- refrain from possession, sale or use of drugs and alcohol
- comply with urine testing and alcohol breath testing
- refrain from breaking the law

The expectations you set up with your case manager will probably also cover areas of:

- housing
- healthcare
- employment and/or education
- life skills education

These rules and expectations are explained in detail as follows:

TREATMENT of OTHERS

You should respect the opinions and feelings of other people in EERIC. Verbal or physical threats to anyone will not be tolerated. Any such behavior will immediately be reported to the Court and may result in a severe sanction or your termination from the program.

You will not be asked to be an informant in this program. You will not be encouraged or expected to discuss any information concerning anyone's behavior or progress except your own.

DRESS CODE

You will be required to dress appropriately for your Court sessions and treatment appointments. Clothing bearing drug and/or alcohol related themes or advertizing alcohol or drug use is considered inappropriate. Sunglasses are not to be worn in court unless prescribed by a doctor.

Expectations (con't)

REFRAIN FROM POSSESSION, SALE or USE of DRUGS/ALCOHOL

You will not possess , sell or use alcohol or illegal drugs. You will be required to report all alcohol or drug use to the Judge at each court appearance.

- substance abuse will result in sanctions and may require increased treatment attendance
- failure to report drug /alcohol use to the Judge will in a jail sanction
- any drugs prescribe to you by a doctor must be reported by you to your case manager immediately

DRUG and ALCOHOL SCREENING

One of the primary goals of the program is to HELP YOU remain abstinent from alcohol and all non-prescribed drugs. You will be tested throughout the entire program. The Judge will have access to all drug/alcohol test results including failures or refusals to test and may order a drug/alcohol test at any time. A positive test or admission of alcohol or other drug use will not disqualify you but may result in a sanction or change in treatment. Drug screens may be conducted at your drug treatment facility, during Court appearances, during your home visits or at any other time.

REFRAIN FROM FURTHER VIOLATIONS of the LAW

You are required to refrain from further violation of the law. Additional offenses may result in being terminated from the program.

INCENTIVES and SANCTIONS

What happens if I don't follow the rules?

If you break the rules of the Court you may be subjected to a sanction. Evidence of progress in your program may result in incentives and/or rewards.

These incentives and sanctions are explained on the following page.

Doing any of the following may result in a sanction:

- new arrest
- leaving the treatment program against clinical advise
- breaking the rules at a treatment program (not resulting in termination)
- positive urine or alco-sensor test or admission of use
- failure to take a drug test (urine screen or alcohol test)
- attempt to falsify drug test or lying about use
- missing or arriving late for court appearance
- failure to follow the direction of the EERIC Judge or case manager
- demonstrating a lack of program progress

Sanctions may include, but are not limited to the following:

- verbal warning or admonishment in court
- essay assignment
- increased urine testing
- increased attendance at Court sessions
- increased attendance to treatment sessions
- increased case manager appointments
- community service
- placement in an earlier phase or repeating a phase of the EERIC program
- additional self help meetings
- a higher level of treatment
- incarceration
- dismissal from the EERIC program

Incentives for progress may include but are not limited to:

- awards
- recreational activities
- decrease in urine testing
- decrease in attendance in Court
- certificates of completion
- graduation
- dismissal or reduction of charges
- SOBRIETY and a DRUG FREE LIFE

SUPPORT SERVICES

As a Participant you will be required to participate in Support Services. It is essential that you develop the skills that will allow you to build a lasting recovery that will help you for the rest of your life.

HOUSING

Stable housing is necessary for recovery. Before you make a change in your living situation you must discuss it with your case manager and the EERIC Judge. Your case manager can help you identify better housing if needed.

HEALTHCARE

You will complete a substance abuse evaluation after enrolling in the program. Our interest in helping you build a healthy lifestyle does not stop there. Developing positive healthy habits and knowing how to handle physical and emotional setbacks is vital for your success in recovery. As a participant in this program you will be supported in dealing effectively with current medical conditions and in learning how to maintain a healthy lifestyle.

The program may require that you schedule and complete a comprehensive physical and dental exam. You are expected to seek medical attention when needed. You are also expected to follow through on medical advice. You may also be asked to provide evidence to the court of medical conditions or appointments. Any prescribed drugs (medication) must be reported to your case manager immediately.

EDUCATION, EMPLOYMENT and LIFE SKILLS

An important step in building your recovery is to begin doing things differently in all areas of your life including education, employment and life skills.

Participants in EERIC have different needs and interests. A plan will be developed to help you meet those needs and interests, but remember that the purpose of the plan is to help you develop your education, employment and life skills. These may include:

- ◆ earning a GED
- ◆ enrolling in a job training program
- ◆ developing a budget to be able to manage living expenses or pay back loans
- ◆ taking parenting classes

RELAPSE PREVENTION

Relapse can happen at any time during the recovery process. Your case manager, treatment counselors and sober support group can help you to avoid experiencing a relapse. These people can help you to identify relapse triggers, signs and symptoms and to work through them when they cannot be avoided. Remember, relapse triggers and cravings to use are not an excuse to use. They are the reason to go to a meeting and to talk to your support group in order to avoid picking up a drink or a drug.

Some relapse triggers may include but are not limited to:

- ✓ hanging around with people who are drinking or drugging
- ✓ going to places where you used drugs or alcohol in the past
- ✓ spending time thinking about the “parties” and forgetting about the problems your drug or alcohol use created
- ✓ fights with loved ones
- ✓ disappointments, bad luck
- ✓ taking medication, even prescribed medication, that can affect how you feel

REMEMBER TO USE YOUR SUPPORT GROUP!

Alcoholics Anonymous (AA) 631-669-1124

Narcotics Anonymous (NA) 631-884-9500

Sponsor _____

Name

Phone number

Counselor _____

Name

Phone number

Case Manager _____

Name

Phone number