



Family Integrated Treatment Court Handbook



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

Table of Contents

Welcome!.....	3
Overview	3
Eligibility Requirements	4
Discharge from the Program.....	4
Program Changes.....	4
Regular-track Parents.....	4
Your Treatment Team and Their Roles	5
FIT Court Basics.....	5
Program Structure and Expectations.....	6
Courtroom Expectations	7
Requirements in All Phases	8
Welcome Phase—“I’m on my way...”	9
Phase 1—“...To a better life...”	10
Phase 2—“...For my kids and me.”	11
Phase 3—“I am succeeding!”	12
Phase 4- “A Life Worth Living!”	13
Phase Components Explained.....	14
Medicaid and Assistance Programs and IDs, Birth Certificates, and Social Security Cards	14
Treatment	14
Maintenance Treatment.....	14
Other Assessments and Services	14
Community Support Meetings/Activities	14
Recovery Plan.....	15
Education and Employment.....	15
Days of Sobriety (DOS).....	15
Court Assignments.....	15
Phase Proposals	15
Recovery Commencement Ceremony.....	15
Parenting Time	15
Return Home.....	16

Meeting Children’s Needs.....	16
Parenting Program- Therapeutic or Educational	16
Betty Ford Children’s Program.....	16
Sobriety	17
Sobriety Monitoring.....	17
Dilute Urine Screens	18
Marijuana	18
Alcohol	18
“Designer” Drugs.....	19
Poppy seeds	19
Prescription drugs	19
Medication Assisted Treatment.....	20
Incentives and Responses	20
Incentives	21
Program Violations.....	21/22
Responses	22

Welcome!

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

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

Dependency and Neglect cases are civil cases not criminal. FIT Court is here to help you become sober and live a life committed to recovery. The goals of the FIT Court are to:

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

Overview

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

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

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

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

Eligibility Requirements

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

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

1. Family has an open Dependency and Neglect case through the Jefferson County Division of Children, Youth, and Families.
2. Parent must be 16 years or older.
3. Family includes at least one child 12 years old and under.
4. Substance use is the primary presenting issue.
5. The family's final risk level on the *Colorado Risk Assessment of Abuse and Neglect* completed by the CYFAP intake caseworker is "**Moderate**" or "**High.**"
6. The *Colorado Safety Assessment* identifies a safety concern for the children related to alleged or observed **substance use**.
7. Parent agrees to all requirements listed in FIT Court Agreement and Waiver, which outlines legal rights and responsibilities.
8. Parent must sign the FIT Court Agreement and Waiver and Release of Information and enter into FIT Court within 90 days of their case being filed or prior to Disposition, whichever occurs first.
9. Parent has the ability to fully participate in FIT Court and meet all requirements. Parents who are currently incarcerated or incarceration is pending must be released within 90 days of FIT Court entry in order to be eligible for the program. Other considerations include: parent's participation in other problem-solving courts, intensive long-term treatment programs such as Peer 1 or Stout Street, serious mental illness and/or cognitive limitations that would make the parent's success in FIT Court highly unlikely.

Discharge from the Program

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

Program Changes

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

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

Regular-track Parents

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

FIT Has a Mom's Docket and a Dad's Docket

FIT Court will continue to encourage parents to safely parent together or co-parent if they choose. We will continue to support each parent's choice in that regard AND continue to emphasize that each parent must focus on building a strong individual recovery program. Experience has taught us the importance of strong individual recovery in achieving sobriety and successfully parenting with a partner. We believe that gender specific dockets provide both moms and dads increased opportunity to focus on building those strong recovery programs in a safe, supportive environment.

Your Treatment Team and Their Roles

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

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

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

FIT Court Judicial Officer

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

FIT Court Coordinator

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

Jefferson County Division of Children, Youth, Families and Adult Protective Services (CYFAP): Supervisor and caseworker

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

Savio: Supervisor and Savio worker

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

Guardian *ad Litem* (GAL)

The GAL is an attorney who represents the children's best interests and advocates on their behalf. The GAL conducts regular home visits with the caregiver and the children.

Respondent Parent Counsel (your attorney)

You have an absolute right to be represented by counsel. You are eligible for a court appointed attorney if you meet financial guidelines. If eligible, you will be appointed an attorney to advocate for your rights and wishes. You may also hire your own attorney.

County Attorney

The County Attorney represents CYFAP.

Your treatment and service providers

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

FIT Court Basics

By following these suggestions, you can greatly increase your chances of successfully completing FIT Court and having a Recovery Commencement Ceremony.

- **Show Up and Be Honest!**
- Attend all court hearings, meetings, and appointments on time.
- Show how you are making progress on your treatment plan – actions, not words.
- Stay in touch with your caseworker and your attorney. Be sure they have your current phone number and address.
- Be as organized as possible. You will need to keep track of lots of meetings, court dates, and appointments.

- Take care of yourself: live a healthy lifestyle, eat and sleep well, and surround yourself with healthy people.
- Live in a home free of alcohol and drugs and people who are using alcohol and drugs.
- Be engaged in your recovery process – don't just go through the motions.

Program Structure and Expectations

FIT Court is held every Thursday in Division 10 at the Jefferson County Courthouse. You will attend Court weekly, every other week, or once a month; this depends on your phase in the program. The Judge will speak directly with you about your progress during your FIT Court hearing. The Judge will make all final decisions. It is important to attend all scheduled Court hearings in order to participate in discussions regarding your children.

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

You will have different types of hearings while in FIT Court. Most of your hearings will be **FIT Court Review Hearings**. At these hearings, the Judge will talk with you about your treatment, sobriety, support meetings, and recovery. The Judge will also talk with you about parenting time, your relationship with your children, and your children's needs.

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

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

The second type of meeting is called a **Family Engagement Meeting, or FEM**. These meetings will review what the worries have been for the safety of your children, what is going well to address these worries and to demonstrate safety, and to outline next steps. There are multiple purposes for FEMs which include case planning, crisis intervention, etc., all of which have an underlying focus on permanency. At minimum FEMs are held every 90 days. In FIT Court you will be required to attend an FEM in Phase III to discuss readiness to move to Phase IV and in Phase IV to discuss readiness for your Recovery Commencement Ceremony. You will present a proposal to Phase during the meeting. Please bring your sober support people to the meeting!

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

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

Courtroom Expectations

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

You are expected to be at Court on time. **Roll Call** will be called at the beginning of each docket. If you are not present during roll call, you will be called at the end of the docket.

FIT Court is a time to speak with the Judge and to listen to your fellow participants and their experiences. Please sit at near the front of the Courtroom so you can listen and support your fellow participants. **We expect you to spend as much time as possible in the Courtroom listening to other families during your docket time.**

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

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



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

Maria Rahim.com.

Phases

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

Phase advancement:

- You must complete each task with documentation given to FIT Court Coordinator at Court.
- Final decision regarding phase advancement is made by the Judge. You will submit a phase proposal to move into phase 3, 4, and your Recovery Commencement. This proposal will help the Judge make the decision about whether you are ready to move to the next phase.
- The Judge can order more frequent Court appearances if the team believes you need more support.

Requirements in All Phases

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



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

Cameron Crowe



Welcome Phase—"I'm on my way..."

Length- First 2-4 weeks
Court appearances- Weekly

Task
Complete all paperwork and sign ROIs
Participate in Welcome TSM
Apply for Medicaid (if eligible) and check status of assistance programs (Food Assistance, TANF, etc.)
Check status of parent's ID and family's birth certificates and social security cards
Start UAs
Participate in substance use disorder treatment intake, have ongoing treatment scheduled and begin attending treatment
Participate in other needed assessments/evaluations
Meet with caseworker to discuss family's strengths and needs, and develop treatment plan
Understand parenting time schedule and requirements
Provide information about children's medical/dental/educational /developmental/mental health needs to team and caregiver
5 Wants Writing Assignment

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

Phase 1—“...To a better life...”

Length- Minimum of 30 days

Court Appearances- Weekly

Task
Demonstrate 30 consecutive days of sobriety
Attend and participate in 4 consecutive weeks of treatment (outside of inpatient treatment)
Start requesting birth certificates and social security cards for self and children
Apply for needed assistance programs
Complete one Recovery Plan section: <ul style="list-style-type: none">• My Support System• Goals
Review and update Relative Affidavit
Complete all Court Assignments
Demonstrate awareness of children’s current medical/dental/educational/developmental/mental health appointments and needs
If in inpatient, completed with program and able to participate fully in all FIT Court requirements
Referral to Public Health Nurse if applicable
Complete writing assignment “What’s Your Story”- what would be helpful for your team to know about you!
5 Wants Writing Assignment
Attend a minimum of 4 sober support activities

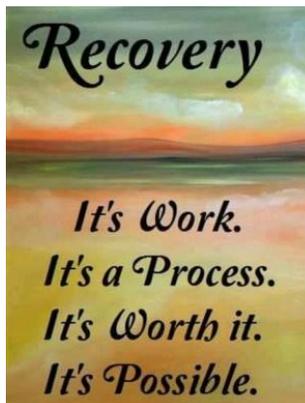


Phase 2—“...For my kids and me.”

Length- Minimum of 120 days

Court Appearances- Every 2 weeks

Task
Demonstrate 90 consecutive days of sobriety
Attend 16 weeks of outpatient treatment
Hold family's birth certificates and social security cards
Re-evaluate needs for assistance programs
Complete Recovery Plan Sections and all assignments given by the Team/Court: <ul style="list-style-type: none">• Time Management• Financial Stability• Self-Care
Review and update Relative Affidavit
Show documentation of a minimum of 16 community support activities
Actively engaged in meeting children's medical/dental/educational/developmental/mental health needs
Expand or progress in parenting time
Identify and start a parenting program (educational or therapeutic as needed) with a plan to complete before your Recovery Commencement Ceremony
Create plan for attending Betty Ford Children's Program
Complete Phase 2 Proposal with approval from the Judge
5 Wants Writing Assignment



Phase 3—“I am succeeding!”

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

Task
Demonstrate 90 consecutive days of sobriety
Complete active treatment, as recommended by treatment provider, and have plan for maintenance treatment
Complete all assignments given to you by your team and/ or the Court
Complete all Division funded services, including Savio
Actively participating in parenting program (therapeutic or educational)
Show documentation of a minimum of 12 Community Support activities
Actively searching for employment or education or other activities approved by the team
Taking over responsibility for meeting children’s needs
Actively and independently parenting children in your home without parenting restrictions
Complete Betty Ford Children’s Program
Participate in a Phase III FEM and review your Phase 3 Proposal with your team
Complete Phase 3 Proposal with approval from the Judge
5 Wants Writing Assignment
Complete a Recovery Plan with your treatment provider

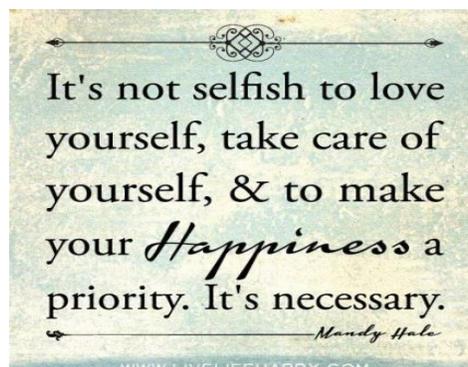


Phase 4- "A Life Worth Living!"

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

Task
Demonstrate 90 consecutive days of sobriety
Submit Parenting Program Certificate or Completion
Attend maintenance/aftercare treatment as recommended by treatment provider
Participate in Recovery Commencement FEM
Show documentation of a minimum of 12 Community Support activities. Two of 12 activities need to be the HOPE group (activity or meeting), Alumni Group at MHBH or an activity with an approved Peer Support
Engaged in employment, education, TANF requirements, or other activity as approved by team
Complete all assignments given to you by the Court or by your Team
5 Wants Writing Assignment
Independently parenting children without restrictions
Recovery Commencement Ceremony Proposal with approval from Judge

If your children are removed due to safety concerns in Phase 4, there may be additional treatment and Court requirements in order to achieve Recovery Commencement and successfully complete FIT Court. For example, you may be asked to complete a treatment assessment or reassessment, work with Savio again or participate in additional services (mental health services, domestic violence services etc.). You will have a Family Engagement Meeting to discuss next steps, additional services and/or requirements in order to have your children home with you, parent without restrictions and successfully complete FIT Court.



Phase Components Explained

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

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

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

Treatment

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

Maintenance Treatment

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

Other Assessments and Services

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

Community Support Meetings/Activities

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

from prosocial activities. The team encourages you to be involved with prosocial activities, but these do not count towards your community support meeting requirements for phasing.

Recovery Plan

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

Education and Employment

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

Days of Sobriety (DOS)

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

Court Assignments

You may be given assignments at any time by the Court or your Treatment Team. These assignments will become a part of your Recovery Plan. All assignments must be completed, turned in and reviewed at **least a week prior to Phasing**.

Phase Proposals

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

Recovery Commencement Ceremony

This ceremony will mark your transition out of FIT court and onto the next phase of your recovery. Successful transition out of FIT Court means you will take your recovery and the lessons/skills you've learned and carry them with you into the larger community. What you've accomplished for your Recovery Commencement Ceremony will have helped you become secure in the changes you have made and someone who can act as a mentor, ally, and guardian of sobriety.

Parenting Time

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

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

Return Home

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

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

Meeting Children's Needs

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

Parenting Program- Therapeutic or Educational

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

Betty Ford Children's Program

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

www.bettyfordcenterkids.org; 1-877-872-7712.

Sobriety

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

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

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

Sobriety Monitoring

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

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

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

Suggestions:

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

Sobriety Monitoring

YOU ARE RESPONSIBLE FOR WHAT GOES IN YOUR BODY

Dilute Urine Screens

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

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

Following your FIRST dilute urine screen, your sobriety days are placed on “pending” status. Additional days of sobriety will continue to accrue during this time. If you do not have another dilute, missed, altered, or positive test in the next **45 days**, your days of sobriety will be reinstated.

Any additional dilute screens in **Phase I and Phase II** will result in a response and a loss of ALL days of sobriety.

Dilute screens in **Phase III and IV**: If you have a dilute screen in Phase III or Phase IV, the Judge has the ability to put your days of sobriety on **HOLD** for another **45-day** assessment period (if this is not your first dilute). The final decision on if you get another assessment period will be made by the Judge with input from your treatment team. The Court will take into consideration length of time since the last dilute, days of sobriety and observations from your treatment team. There is no guarantee that the Judge will put your days of sobriety on hold. The Judge may decide that the dilute will result in loss of days of sobriety and a response.

There can be no missed, dilute, or positive screens during the 45-day assessment period. If there is a missed, positive or dilute during the assessment period, there will be a response and loss of all days of sobriety.

If you are requesting a dilute screen be excused due to a medical reason, a detailed doctor’s note and documentation as to why the condition will cause a dilute is required. A release for your treatment team to speak with your doctor and a letter signed by your doctor notifying them that you are in a Drug Court is also required. The documentation will be reviewed by your treatment team and the Judge.

Marijuana

Marijuana in any form (medical, recreational, edibles, etc.) is NOT allowed at ANY point in FIT Court. If you are testing positive for marijuana, you will be given a “marijuana-negative” date that is 30 days from your last use and only for the first positive marijuana screen. If you continue testing positive during this period and report no new use, you will not receive a response. You will also not earn DOS and will not move through the phases. If you test positive after your “marijuana-clean” date, you will receive a response. You will not get another “marijuana-clean” date if there is continued use. **Many CBD products also contain THC/Marijuana and should not be used.**

Alcohol

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

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

Common products containing ethyl alcohol:

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

“Designer” Drugs

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

If you are not clear on what a designer drug or herbal drug is, please consult with your treatment team prior to taking the drug/supplement.

Poppy seeds

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

WHEN IN DOUBT, DON'T USE IT!

Prescription drugs

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

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

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

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

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

Medication Assisted Treatment (MAT)

Medication Assisted Treatment, or MAT, is a type of treatment where medications such as Methadone, Suboxone, Antabuse, Vivitrol, or Naltrexone are used to help treat people with substance use disorders. MAT can be helpful if it is appropriately used and used in addition to substance use disorder treatment.

FIT Court supports the use of MAT if it is being overseen by a qualified doctor. If you are thinking about using MAT, it is important that you talk with your doctor and treatment provider about the benefits, side effects, costs, and length of treatment.

If you decide to use MAT, you will be responsible for the costs of this treatment. Medicaid often covers or lowers the cost of MAT. MAT is a prescription drug and FIT Court expects you to follow the Prescription Drug Policy. Participants will need to sign an ROI between the MAT provider and the Treatment Team. The Team will require documentation of any prescription including MAT.

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

Incentives and Responses

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

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

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

Incentives

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

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

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

Wild Card: Wild Cards are given to parents who have had 8 CONSECUTIVE ROCKED IT DOCKET appearances. Wild Cards must be held by the parent- no replacement cards will be given. Participants may only hold one Wild Card at a time. Wild Cards can be used to excuse ONE missed treatment session, Savio session, or TSM. Wild Cards CANNOT be used for a missed, positive, altered, or dilute UA/substance monitoring or missed/incorrect pill count. The Wild Card may also be used to attend ONE Court hearing via WebEx instead of in person. The team must approve the use of your Wild Card. If the Wild Card is used, the participant will NOT receive a response for the missed appointment and the parent is eligible to be on the Rocked It Docket for the week. A parent may exchange their Wild Card for a \$10 gift card at any time.

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

Spin the Wheel: Parents can review a list of achievements and if you have accomplished something on the list, you can request to spin the wheel for an incentive. You must show some type of documentation at the Court hearing.

Program Violations

Any of these behaviors may result in a response:

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

You may be asked to appear on the FIT Court docket when you haven't been scheduled if there has been a significant issue or change, such as a safety plan violation, new use, missed, positive or dilute UA or other issues that impact the safety of your children. Your attorney will let you know if you need to be present.

Responses

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

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

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

Incomplete writing assignments will be completed in the courtroom, and you will be called at the end of the docket.

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

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

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

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

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



Because you're
Worth it