

HEALING TO WELLNESS COURT
PARTICIPANT HANDBOOK

By signing below, I acknowledge I have received the Wellness Court handbook and have been instructed to read or have someone read to me the entire handbook.

Date: _____

Participant Signature

Print Participant Name

Wellness Court Team Member



Tulalip Healing to Wellness Court

6103 31st Ave NE, Tulalip, WA 98271 | 360-716-4773



Tulalip Healing to Wellness Court

PARTICIPANT HANDBOOK



TABLE OF CONTENTS

Section	Page
Introduction to Wellness Court Treatment Court	4
Program Description: <ul style="list-style-type: none"> • What is a Wellness Court? • Equal Opportunity • Safety • Case Management 	5-6
Eligibility	6
Program Requirements: <ul style="list-style-type: none"> • Group and Individual Therapy • MRT • GPS • Home Visits • Meetings • Tardiness and Absenteeism • Conduct • Personal Calls • Life Choices • Education/vocational training/job skill training • Employment • Current Information 	6-11
Confidentiality	11
Financial Obligations	11
Drug Screening	11-12
Dental & Medical Appointments/Prescription Medications	13
Treatment Phases	13 - 14
Stages of Wellness Court	14-16
Review Hearings/Court Appearances	16 - 17
Travel and Funeral Leave	17 - 18
Terminations	18
Commencement Ceremony - Graduation	18
Rules and Responsibilities	19 - 20
Incentives and Sanctions	20 - 22

Wellness Court Treatment Court Introduction

Mission Statement

To provide the support and resources necessary for our participants to begin living sober lives and reconnecting with their families, community, and culture.

Program Overview

Tulalip's Healing to Wellness Court (Wellness Court) will offer comprehensive services in the areas of medical, mental health, and chemical dependency treatment, housing, jobs skills and placement. These services will be provided through an intensely-supervised court program of support and accountability.

Criminal defendants charged with non-violent offenses arising from drug abuse and/or mental health conditions may be eligible to participate in the Healing to Wellness Court and thereby avoid criminal prosecution. An assessment and intake interview will be conducted and an individualized treatment plan developed for each program participant.

Each participant will be supported, supervised, and held accountable to that plan by the members of the Healing to Wellness Court team: Judge, Prosecutor, Defense Attorney, Coordinator, Case Manager, Chemical Dependency Counselor, Mental Health Counselor, and Law Enforcement Officer.

You've been given the opportunity to participate in Tulalip's Adult Healing to Wellness Court. By choosing to enter Wellness Court, you are being given a chance to rebuild your life. By successfully completing the Wellness Court program, you will have the pending charge(s) dismissed and/or probation cases closed.

The primary purpose of the Wellness Court program is to provide intervention and treatment for offenders who want to make positive life changes and break their cycle of addiction. You are not alone. You will meet other people who know what it feels like to be chemically dependent and you will learn the skills needed for a drug-free lifestyle.

This handbook provides information about the Wellness Court and what is expected of you as a participant. We encourage you to share this information with your family and friends who support your recovery. As a participant, you are expected to comply with all aspects of this handbook, the Wellness Court Order and to follow all instructions given in court by the Judge.

NOTE: *The information contained in this handbook may periodically change; participants will be kept informed of any changes.*

Please read this Handbook carefully

You are responsible for understanding its contents. You will be sanctioned by the court if you fail to abide by the rules and requirements contained in this handbook.

Contact your Wellness Court Case Manager, Coordinator or your Treatment Counselor if you have questions!

PROGRAM DESCRIPTION

WHAT IS A HEALING TO WELLNESS COURT?

A Healing to Wellness Court is a special problem solving court, handling cases involving addicted offenders through supervision and treatment instead of traditional prosecution. Wellness Court includes frequent drug testing, judicial supervision, drug/alcohol treatment and the use of rewards and sanctions. When you enter Wellness Court, you become part of a unique partnership with the Judge, Prosecuting Attorney, Defense Counsel, Wellness Court staff, treatment professionals and law enforcement.

Local treatment agencies provide outpatient treatment services to chemically dependent adults, including those who are referred by Wellness Court. Mental health counseling may also be provided as appropriate. The philosophy of the program is that you can create a new life free of abuse and dependency on drugs and alcohol by using the resources of family, friends, and the criminal justice community and treatment services.

You will be required to participate in a variety of treatment activities, allowing you to address multiple issues affecting your ability to establish and maintain a recovery program. The program is designed to address your addiction, the social and family issues related to your addiction, and your employment and other needs. The program includes group therapy sessions, Moral Reconciliation Therapy, individual counseling and case management, and your active participation in support group meetings such as Alcoholics Anonymous (AA) or Narcotics Anonymous (NA), Sweat Lodge, Red Road to Wellbriety, and White Bison. Long-term residential substance abuse treatment is also available.

If you have withdrawal symptoms severe enough to interfere with daily living, you may be referred to a detoxification facility. If you are unable to remain abstinent while participating in outpatient treatment, you may be referred to inpatient treatment.

NOTE: When you made your decision to enter Wellness Court and sign your Pretrial Diversion Order or Probation Order, your life essentially became an “open book”. All aspects of your life, both in and out of the program, may be shared with all members of the Wellness Court Team.

EQUAL OPPORTUNITY

You have the right to participate in Wellness Court without discrimination as to your age, sex, race, creed, color, religion, national origin, sexual orientation, marital status or physical disability.

SAFETY

Safety is everybody's responsibility. Treatment providers and the Wellness Court join with you in a desire to prevent harm to yourself or others. You must obey all court orders and rules/regulations regarding weapons. You may be referred for mental health treatment or terminated from Wellness Court if safety concerns outweigh continued participation in this program.

CASE MANAGEMENT

Your treatment counselor and/or the Wellness Court case manager will work in cooperation with you to meet your identified needs. Assistance may include guidance, educational opportunities, employment, financial assistance, housing and/or medical care.

ELIGIBILITY

To participate, you must meet the Wellness Court criteria. You may inquire about current eligibility criteria by contacting the Wellness Court Coordinator at (360) 716-4809.

PROGRAM REQUIREMENTS

You must report to your treatment agency as directed, and you must attend all individual and group sessions on time. You will be expected to attend support group meetings according to the schedule designed by your counselor. You will also be participating in random drug testing. You must follow all program rules and regulations.

The first two weeks of Wellness Court is a trial period for you to evaluate the program and for the Wellness Court team to evaluate you. At the end of your first two weeks in the Wellness Court program, you may "opt in" to the program and continue your treatment, or you may "opt out" and return to regular court. The Wellness Court team will also decide on your appropriateness for Wellness Court during that two-week period and may choose to "opt you out" if they believe you are not appropriate for the program. If you opt out or are not accepted into Wellness Court, any trial rights you have waived will be restored to you.

Once you have opted in, voluntary or involuntary termination from Wellness Court will result in a stipulated trial. The Presiding Judge will enter the judgment of guilty and impose sentence. Any probation matters will go back to probation for revocation.

You must abide by the Wellness Court General Program Rules which you will review and sign before for your first Wellness Court appearance. Non-compliance may result in termination from Wellness Court.

If you are charged with a new crime, you may be terminated from the program.

GROUP AND INDIVIDUAL THERAPY

Your treatment program will consist of scheduled group therapy sessions and individual counseling sessions with your chemical dependency counselor. You need to make any necessary adjustments and/or rearrange your schedule to attend the scheduled treatment sessions. The scheduling of services includes days and evenings. In the beginning, you may be expected to be involved in some form of treatment activity on a nearly daily basis, and you must arrange your schedule to meet this requirement. You will be required to actively participate in all therapeutic activities. Non-participation will result in a sanction from the Wellness Court and can lead to termination from the program. **During the next 15-24 months, Wellness Court will be the number one priority in your life!**

Additionally you may be required to participate in other programs, including but not limited to; job readiness, family education, cultural programs, anger management, parenting classes, mental health treatment, GED preparation, literacy classes, or others, as deemed necessary by your treatment provider.

A majority of your treatment will be conducted in group therapy sessions. Your group peers soon will become as close to you as your previous friends. By participating in group therapy, you will receive support and awareness that you are not alone in your struggles. Individual counseling sessions will be scheduled regularly between you and your counselor to discuss issues that may be difficult for you and to update your treatment plan.

MORAL RECONATION THERAPY (MRT)

MRT is one component of your recovery plan and a requirement in order to graduate Wellness Court. MRT is a structured strategy that focuses on changing your thinking and behaviors leading to drug use, relationship difficulties, and negative lifestyles. The term “conation” relates to how you consciously make decisions; MRT helps you re-direct your decision making to making the right choices because it is the right thing to do.

GLOBAL POSITIONING SYSTEM (GPS) MONITORING

All participants starting the Wellness Court will automatically be put on GPS monitoring for Stage 1. If a participant has 14 consecutive days clean and sober as evident by UA's and in 100% compliance with Wellness Court the team may consider removing GPS monitoring. If the participant has a relapse or is out of compliance then GPS monitoring may be reinstated.

You will be required to pay a \$50 fee for a \$500 bail bonds with The Triton Group EHM. You are required to follow all rules of having GPS monitoring and at no time will have it removed without the approval of the Wellness Court team. If the GPS unit is cut and the participant runs this may result in termination from the Wellness Court program.

HOME AND FIELD VISITS

On occasion, members of the Wellness Court Team and/or Tulalip Law Enforcement will visit you at home or in the field such as work, community events, other locations as deemed appropriate to make sure you are maintaining a drug and alcohol-free lifestyle. You are required to be respectful of them at all times.

CULTURAL ACTIVITY

You are required to use the MobileTrek application to check-in and out of your cultural event. If you do not have a cell phone this will be addressed on a case by case basis.

You are required to attend and participate in a minimum of one (1) cultural event each month. You are required to present proof of attendance at each event to your Wellness Court using the MobileTrek application.

MEETINGS

You are required to use the MobileTrek application to check-in and out of your support group. If you do not have a cell phone this will be addressed on a case by case basis.

You are required to attend and participate in a minimum of three 12-step/support/cultural support group meetings such as, but not limited to, Alcoholics Anonymous (AA) or Narcotics Anonymous (NA); White Bison, and Red Road to Wellbriety in addition to your other required treatment sessions. You must attend each of these meetings on separate days each week, and they must not conflict with your treatment appointments or court. You are also required to present proof of attendance at those support group meetings using the MobileTrek application. All required support groups must be completed by 11:59 pm (Monday) the day before your court review hearings.

Regular attendance will demonstrate your commitment to recovery. The fellowship will help you see how others with similar problems have recovered from their addictions. You will be required to choose and join a home support group meeting as well as an appropriate, same-gender person to be your support group meeting sponsor. You will work the steps of the support group with your sponsor.

Alternative support group meetings or pro-social activities must be pre-approved by your counselor or they will not be considered an appropriate substitute for more traditional support group meetings.

Failure to attend the support group meetings for the full duration of the meeting (leaving early) and/or forging your support group meetings may result in a sanction or termination from Wellness Court.

PROGRAM PLANNERS

Each participant will be given a yearly planner once they opt in to Wellness Court. The participant is required to bring the planner to court, case manager meetings, CD appointments and mental health appointments. It is your responsibility to keep the calendar up-to-date with appointments. If you do not bring your planner as required a sanction will be given. Using the planner is a requirement of Wellness Court.

If the planner is lost it is the responsibility of the participant to replace the planner. Wellness Court will not replace lost planners.

TARDINESS AND ABSENTEEISM

It is your responsibility to be on time for all treatment sessions, counseling appointments and court appearances. You may not be allowed to enter a treatment group that has started. If you are late, you may be considered absent from the group. If you miss an individual meeting with your counselor without having it excused beforehand you will receive a sanction from the Wellness Court. Other absences will be reported to the Wellness Court Team, and a sanction from the court may be issued. If you fail to appear in court as required, you will receive a sanction from the court and a bench warrant may be issued and you may be terminated from Wellness Court. If you are on bench warrant longer than 60 days you will be terminated from Wellness Court.

COMMUNITY SERVICE

Participants will be required to meet with the Community Supervision Officer (CSO) to identify their availability for community service hours. The CSO will set up the participant with community service from our list of approved options. If the participant is unable to attend, cancels, reschedules, or is a no-show it will be considered as a non-completion of the sanction and will be staffed the following week. An exception can be made if there is proof of an emergency provided to the CSO. At that time the CSO can place the participant with another community service option.

CONDUCT

You are asked to make both the time and effort to be polite to everyone. You should show respect to staff and peers at all times. Maintaining appropriate behavior shows the progress you are making toward your recovery. Talking in the courtroom during sessions or in treatment when it is not your turn is unacceptable. There is to be no eating, drinking or chewing gum in the courtroom or at treatment, without Wellness Court Team approval.

Inappropriate sexual behavior, comments or harassment towards staff and other participants will not be tolerated. If what you are going to do or say might make someone else uncomfortable, don't do or say it.

PERSONAL TELEPHONE CALLS/ELECTRONIC DEVICES

Personal telephone calls will not be allowed while in groups. Cell phones and electronic devices must be turned **OFF** for all court, group, and treatment sessions. No Internet, Bluetooth or texting will be allowed. If your cell phone or electronic devices goes off or you are caught texting in court, those devices will be confiscated and you will receive a sanction from the court.

LIFE CHOICES

If you are seriously committed to breaking the cycle of addiction, you will need to change the people, places, and things in your life that may be linked to your use of drugs or alcohol. You will be in violation of the Wellness Court program if you don't change those aspects of your life that promote the lifestyle of a drug addict. If you ignore this, it will simply be a matter of time before you relapse. This has been proven over and over again. **Places you are not allowed to be include bars, taverns and pubs as well as homes, party sites, and gathering places where drugs and/or alcohol are being consumed. You may only be on the premises of the casino if you are employed and only during your shift.**

EDUCATION/VOCATIONAL TRAINING/JOB SKILLS TRAINING

It is expected that you will develop an education/vocational training/job skills plan. You will work with your case manager to develop your plan. Your case manager will continue to help you along the way to make sure this goal is met.

If you already have your high school diploma or GED you will provide a copy to your case manager.

If you received your GED from an institution in Washington State, and do not currently have a copy, you can appear at any Community College testing center with a picture ID and ask to have your record looked up. They can print you a copy of your test scores, which will be accepted by the Wellness Court if it shows you have passed, and will direct you on where to apply for an official certificate if you want one.

EMPLOYMENT

It is your obligation to inform your employer of your participation in the Wellness Court program and make necessary arrangements for court appearances and therapeutic activities. Your treatment counselor and the Wellness Court Case Manager must be notified of changes in your employment status immediately. Employment will be verified routinely through phone contact or paycheck stubs by the case manager. On-site visits may also be conducted. If you are not employed when you enter the program, you may be required to attend employment assistance groups as part of your treatment. You will be expected to have suitable and legal employment, or be enrolled in school, in order to graduate from the program. **Bars, taverns, and pubs are not suitable work locations.**

CURRENT INFORMATION

It is your obligation to keep the Wellness Court case manager informed of your residential address, phone number, and email so that we may contact you at any time. Any change in address or contact information must be reported within 24 hours to the Wellness Court case manager and your treatment counselor or you may be subject to a sanction. A change of address form must be completed.

CONFIDENTIALITY

Your rights to confidentiality are protected by Federal law. Information will not be released by the Wellness Court Team without your written consent. You will be asked to sign a consent form allowing the exchange of information between treatment program staff, and the rest of the Team, as well as others identified by the court, in order to participate in the program. Exchange of information is necessary and in your best interest.

Confidentiality is also essential in group therapy sessions. No information pertaining to any patient should be discussed outside of the group. The same confidentiality applies to things said in the courtroom. Outside group and court, do not talk about any information you hear from or about any other participant.

Confidentiality will extend to others who may be present or participate in staffing or other discussions that relate to your participation, including the possible presence of the press or public. We will take what steps we can to respect your privacy and not discuss sensitive personal information in open court.

FINANCIAL OBLIGATIONS

Wellness Court participants will not be required to pay a monetary fee for Wellness Court participation. Participants will be required to donate 40 hours of their time to help the community. This will be referred to as “community give back.” Participants will be given a list of appropriate places to donate time. If the participant has somewhere particular they would like to donate their time they will need to get approval from the Wellness Court Team.

Restitution, if any, must be paid according to the Wellness Court participant handbook you have signed. Failure to do so may result in receiving a sanction from the court or termination from the program.

DRUG SCREENING

You are required to provide urine samples on a regular basis to monitor your progress. A same-gender collector will observe you as you provide your urine samples. At times, you may also be required to submit to other recognized drug/alcohol monitoring techniques. Urinalysis results and results of other monitoring techniques will be documented and made available to the court. Any positive urine screens, tampered samples, diluted samples, or refusal to provide a sample will result in a sanction from the Wellness Court up to and including termination from the program. If you

choose to use, you choose to have consequences. You will not be permitted to provide a sample if you arrive late. Plan accordingly. If you have problems producing a sample, show up early.

You must be very careful not to ingest the following:

1. Any mind or mood altering substances.
2. Alcohol (could be in cold medicine like Nyquil, Bar-B-Que sauce etc.) and alcohol substitutes (Near Beer, etc.) that may also contain some alcohol.
3. Poppy seeds in **any** form (muffins, bagels, bread, salad dressing etc.)
4. “Natural” or herbal remedies or supplements.
5. Over the counter or prescription medicines without prior approval by your treatment provider such as Benadryl and diet pills.
6. Medications from Canada not sold over the counter in USA (222’s etc).
7. Products containing ephedrine (found in sinus and cold allergy medications).
8. Energy Drinks

If you receive a positive UA result because you ingested one of the above substances without prior approval, it will be treated as a positive UA and you will receive a sanction from the court.

Read labels and ask questions before you put a substance in your body. Claiming that you did not know what was in something **will not** be accepted as an excuse. If you receive a positive UA because you used one of the above and failed to follow the directions of your treatment counselor or the Wellness Court team, you will receive a sanction or be terminated from the program. Be aware of what you are putting into your body. **If you have questions, ask your treatment counselor FIRST!**

Your body is YOUR responsibility. You, and only you, are responsible for everything that goes into your body; and, therefore, everything that leaves your body. This means each and every time you provide a urine sample, you will be held responsible for the test results.

You will receive a sanction from the court for any positive drug or alcohol test. Any failure to appear for testing or failure to provide a sufficient sample for testing will be treated the same as a positive test result. Any urine sample that is out of range for temperature, creatinine, PH, specific gravity or any other reason that prevents accurate measurement will be treated the same as a positive test. Any adulteration or other attempt to “beat the test” will be treated the same as a positive test result and a sanction from the court imposed accordingly.

If the UA line is not working properly please go to the collection site in person during UA collection times and ask if you need to provide a UA for the day. It is your responsibility to appear in person if the UA line is not working properly; you will receive a sanction for a missed UA. Please contact your Wellness Court case manager or coordinator if you have questions regarding UA line procedures.

DENTAL & MEDICAL APPOINTMENTS/PRESCRIPTION MEDICATIONS

Participants in Wellness Court are expected to be drug free, including the use of mood or mind-altering, potentially addictive, prescription medications. Defendants with chronic pain requiring repeated use of prescription mind and mood altering pain medications which may include: opiate, narcotic or benzodiazepine medications are not good candidates for the program. If you choose to participate in Wellness Court you will be required to discontinue all addictive medications.

Participants who have opted into Wellness Court and have an acute pain episode must have the Wellness Court Medication form completed by their doctor before they take any medication. The form must be given to your physician at the time of services and include the doctor's name, any medication given at time of service, medication prescribed, amount prescribed (including refills), reason for prescription, duration of treatment, and acknowledgement by the physician that you disclosed you are a substance abuser and the physician feels this is the best course of treatment. This form, with copies of the prescriptions, must be provided to your treatment counselor and case manager immediately. Participants are required to only use one physician and one pharmacist for all prescribed medications taken while in the program. Any medications may result in a change to your clean and sober date.

TREATMENT PHASES

You are required to successfully complete all phases of treatment before graduating from Wellness Court.

Phase I: Treatment begins with either residential treatment or intensive outpatient treatment (IOP). If you're referred to residential treatment you will attend IOP once you return. IOP meets 6 or more hours per week and you will also have individual appointments with your counselor at least once per month and more often if clinically indicated. An intensive outpatient program typically lasts about 12 weeks, but that care varies when clinically indicated. IOP is presented utilizing a variety of techniques including process activities and education. Transition to Phase II is a clinical decision by the primary counselor and the Wellness Court Team based on the American Society of Addiction Medicine Patient Placement criteria (ASAM PPC). Completing this phase is contingent upon regular attendance at all Wellness Court mandated activities, a significant period of clean drug tests, initial contact with a support group meeting sponsor and active participation in all therapeutic activities.

Phase II: Participants in Phase II may attend Relapse Awareness or Prevention Group, Continuing Care group, or a combination of the two, depending on clinical need. Progress in Phase II is contingent upon ongoing clean drug tests, regular attendance at all Wellness Court mandated activities, ongoing work with a support group meetings sponsor, selection of and participation in a home support group meeting and active participation in all therapeutic activities. Failure to maintain the objectives of this phase may result in extended time in Phase II, return to Phase I or termination.

Phase III: Phase III includes at least monthly contact with your counselor and may include as many individual appointments with your counselor or as many groups as are clinically indicated.

To maintain placement in Phase III you must attend all Wellness Court mandated activities, have ongoing clean drug tests, continue to work with a support group sponsor, attend your home support group meeting weekly, identify and work on your long-term goals and be gainfully employed or in school. Failure to maintain the objectives of this phase of treatment may result in a return to Phase I or Phase II or termination.

Repeating Phases: Relapse, or a failure to maintain the objectives of a phase of treatment, may result in a return to a previous phase of treatment, a higher level of treatment, or termination. Suspension from treatment: Participants must be enrolled in treatment while participating in Wellness Court. Suspension from treatment may result in termination from Wellness Court.

STAGES OF WELLNESS COURT

Wellness Court Participants must complete the five (5) Stages of Wellness Court to be eligible to graduate. Your treatment provider will track your progress through the Stages and report to the team when each stage requirement is met. At the completion of each Stage you will be presented with a certificate and requirements for the next Stage. You will be eligible for Commencement Ceremony (graduation) when you have completed Stage Five.

Stage One - Stabilization: (minimum of 60 days)

- Attend Wellness Court as scheduled
- Meet with your treatment provider to identify treatment goals and develop a treatment plan(s)
- Comply with your treatment plan(s)
- Complete family tree with Elders Panel
- Comply with GPS monitoring
- Comply with curfew of 9:00 pm – 6:00 am
- Attend weekly office visits with case manager
- Address housing barriers
- Get medical and dental assessment – medical physical and yearly dental cleaning
- Provide urinalysis samples as scheduled
- Attend a minimum of three 12 step/support/cultural support meetings per week
- Attend cultural activity once per month
- Develop a restitution payment plan (if applicable)
- Other individual requirements (if applicable)

You must have a minimum of 14 consecutive days clean and sober (as evidenced by UA results) and in compliance with all requirements to progress to Stage Two

Stage Two - Accountability: (minimum of 90 days)

- Attend Wellness Court as scheduled
- Comply with your treatment plans(s)

- Comply with supervision
- Provide urinalysis samples as scheduled
- Attend weekly office visit with Case Manager
- Provide your case manager with a copy of your High School Diploma or General Education Degree (GED) - or identify education/vocational training/job skills plan with your case manager.
- Comply with curfew of 10 pm – 6:00 am
- Maintain sober housing
- Maintain medical/dental insurance and appropriate treatment
- Attend a minimum of three 12 step/support/cultural support meetings per week
- Attend cultural activity once per month
- Sign up for Moral Reconciliation Therapy (MRT) and complete Steps 1-4
- Begin working on your Recovery Plan Assignment in treatment
- Other individual requirements (if applicable)

You must have a minimum of 30 consecutive days clean and sober (as evidenced by UA results) and in compliance with all requirements to progress to Stage Three

Stage Three - Life Skills: (minimum of 90 days)

- Attend Wellness Court as scheduled
- Provide urinalysis samples as scheduled
- Attend a minimum of three 12 step/support/cultural support meetings per week
- Comply with treatment plan(s)
- Attend weekly office visits with Case Manager
- Attend cultural activity once per month
- Maintain sober housing
- Maintain medical/dental insurance and appropriate treatment
- Begin Thinking for a Change program
- Establish sober network
- Comply with supervision
- Comply with curfew from 11 pm – 6 am
- Continue to work on education/vocational training/ job skills plan
- Life skills training (min. 30 hours)
- Complete MRT
- Continue to work on Recovery Plan Assignment in treatment
- Complete any additional drug court referred treatment services (e.g. mental health counseling)
- If you have not done so, complete your education/vocational training/job skills plan
- Other individual requirements (if applicable)

You must have a minimum of 45 consecutive days clean and sober (as evidenced by UA results) and in compliance with all requirements in order to progress to Stage Four

Stage Four - Independence: (minimum of 90 days)

- Attend Wellness Court Every Other Week or as scheduled by Judge
- Provide urinalysis samples as scheduled
- Attend every other week appointments with case manager
- Meet with Elders Panel to discuss community give back hours
- Maintain sober housing
- Comply with supervision
- Maintain medical/dental insurance and appropriate treatment
- Attend cultural activity once per month
- Attend a minimum of three 12 step/support/cultural support meetings per week
- Maintain sober network
- Obtain and maintain employment (minimum 20 hours per week) or enroll in and attend school (minimum ten credits per quarter)
- Begin working on community give back hours
- Other individual requirements (if applicable)

You must have a minimum of 60 consecutive days clean and sober (as evidenced by UA results) and in compliance with all requirements in order to progress to Stage Five

Stage Five - Mastery: (minimum of 120 days)

- Attend Wellness Court Monthly or as scheduled by Judge
- Comply with supervision
- Provide urinalysis samples as scheduled
- Attend monthly appointments with case manager
- Maintain sober housing
- Maintain medical/dental insurance and appropriate treatment
- Attend cultural activity once per month
- Attend a minimum of three 12 step/support/cultural support meetings per week
- Maintain sober network
- Complete recovery plan with treatment provider
- Maintain employment (minimum of 20 hours per week) or be attending school (minimum ten credits per quarter)
- Pay off all restitution
- Complete community give back hours

You must have a minimum of 120 consecutive days clean and sober (as evidenced by UA results) and in compliance with all requirements in order to complete the program and have a Commencement Ceremony.

REVIEW HEARING/COURT APPEARANCE

You are required to attend regularly scheduled court review hearings at which the Judge reviews your progress toward recovery. Your treatment counselor will complete a status report prior to each scheduled Wellness Court date. You are expected to arrive promptly and be appropriately

dressed (see Rules & Responsibilities) for court. Participants are expected to remain until the end of the court session each week unless excused early by the Judge.

There may be times that the Wellness Court team feels they can't wait until your next scheduled Wellness Court hearing to address certain issues and an early review hearing may be scheduled. Someone from the Wellness Court team will notify you if this happens. You are required to appear as requested. A come to court warrant may be issued and a Tulalip Police officer may pick you up to bring you to court.

If you do not appear in court, and have not made prior arrangements with the court or do not have a verifiable emergency, a bench warrant will be issued for your arrest. If you are picked up on the bench warrant you will remain in custody until the next regular court hearing. If you are out on bench warrant status for 60 days you will be terminated from the Wellness Court program.

Frequency of court appearances will decrease as you progress successfully through the program.

RESPONSES

At each Wellness Court review hearing, you **may** be subject to incentives and/or sanctions from the court based on behavior or performance for the reporting period. Both compliant and noncompliant behaviors may be addressed with incentives or sanctions from the court to reinforce your choices and behaviors. When ordering a sanction the Judge considers your previous sanction history, current stage level in Wellness Court, and your attitude and admittance of the behavior. Incentives are awarded to recognize your efforts in recovery and to reinforce your positive behaviors/achievements while in our program. Incentives are granted on an as-earned basis.

The table below outlines some types of responses to a variety of behaviors. The Judge may choose any of the below listed incentives and sanctions after considering your behavior and case history.

TRIP REQUEST/TRAVEL

If you wish to travel, you will need to complete a trip request form and provide it to your Case Manager or if they are unavailable, to the Wellness Court Coordinator at least 10 days before the planned travel. The team will review the request and approve or deny as appropriate. To be eligible, you must be in stages 2-5 and in 100% compliance for at least 3 weeks. Each participant will be given a total of 15 days permitted to travel for their entire program participation. Funeral leave will not be counted as permitted travel days. Please review the Travel Request Form for specific guidelines for travel requests.

FUNERAL LEAVE

A participant may put in a trip request to be excused from court and UA's to attend a funeral of an immediate family member or to visit an immediate family member whose death is imminent. Members of the "immediate family" are considered to be the spouse, children, parents, siblings, nieces, nephew, grandparents, grandchildren, uncles, aunts, first cousins, step and foster children, step grandchildren, parents who have lost and unborn child, brothers-in-law, sisters-in-law,

parents-in-law, siblings-in-law, nieces-in-law, grandparents-in-law, aunts-in-law, and first cousins-in-law. The team shall have the discretion to approve or deny the funeral leave. The team shall base its decision on the participant's progress in Wellness Court and treatment.

TERMINATION

Due to many factors, there are instances when a Wellness Court participant's continuation in the program is unproductive for the participant, the program or both. In making the decision whether to terminate a participant from Wellness Court, the court may consider a participant's past efforts regarding compliance and progress in the program. Examples of violations that may result in termination include consistent positive or missed UAs, falsified UA's, non-compliance with required treatment program, falsifying documents such as meeting slips, dishonesty to the court, failure to abide by the terms of the Wellness Court order or this handbook, threatening, harassing or assaultive behavior of any nature to anyone, or arrest for a new offense.

Termination may be voluntary or involuntary. A participant may decide to terminate from the program because the program no longer serves the needs of the participant (voluntary) or, the Wellness Court team may, at any time during the program, request a participant's termination (involuntary) for non-compliance or breach of any of the rules of the Wellness Court. Participants may expect to be terminated from Wellness Court if they have been in warrant status for over 60 days or if they will be unable to successfully complete the program within 24 months. If the Wellness Court team recommends involuntary termination, and you disagree with that decision, you may have a hearing before another judge.

COMMENCEMENT CEREMONY (Graduation) FOR COMPLETION OF PROGRAM

Participants who complete all the requirements of the Wellness Court Stages should graduate from Wellness Court. However, a final decision on graduation will be made by the Judge with input from the Wellness Court team. All scheduled graduation dates are tentative and subject to change. You should not make plans that would impact your ability to continue to participate in the Wellness Court program should your graduation date be extended. Any pending criminal charge(s) will be dismissed and probation matters that were included in your Wellness Court order will be closed upon graduation.

Graduation from the program is cause for celebration! Your family and friends are invited to attend your commencement ceremony, which honors your successful completion of the program, your accomplishment of achieving a drug and alcohol-free life, and moving out of the criminal justice system.

RULES AND RESPONSIBILITIES

COURTROOM RULES

Participants have a responsibility to dress and appear in the Wellness Court and at the treatment center according to standards of propriety, safety and health and according to the following guidelines:

1. DO NOT socialize in court: it is disrespectful to the Court and your peers.
2. Be respectful of your peers and the Court. NO profanity or bad language.
3. Turn off all electronic devices, cell phones and Blue Tooth devices **BEFORE** entering the courtroom. Use of the Internet and texting are not allowed in the courtroom. You cannot engage in any outside communications while in court.
4. Participants will be fully attired at all times. Participants must wear shirts at all times. No bare midriffs, plunging necklines, or see-through fabric for men or women.
5. Tank tops, muscle shirts, halters, undershirts (outer garments) are **not** acceptable.
6. Loose fitting slacks, skirts, shorts and jeans are acceptable. Pants must be worn **at** the waist, not around the hips. Shorts and skirts (including those with slits) must be no more than five inches above the knee.
7. Appropriate footwear must be worn.
8. No clothing displaying alcoholic beverages, drugs, nudity, obscenities, gang affiliations, weapons, or other words or images that may be offensive to other participants or staff will be allowed.
9. No hats, caps, bandanas, sweatbands or other non-religious headgear will be permitted at any time. **No** sunglasses will be allowed indoors in the courtroom.
10. You are not to leave the courtroom once court has started. Take care of any personal needs (bathroom, phone calls, smoking etc.) before entering the courtroom.
11. Do not bring infants and/or small children to court. Having children there will not delay or impact sanctions from the court. If no immediate arrangements can be made for their care a child care provider will be called.
12. Pay attention and respond to your turn at the podium.
13. No gum, food or drink except water is allowed in the court room.

14. The Judge should always be addressed as “Judge” or “Your Honor”. Stand at the podium when addressing the Judge

Responses to Behavior	
Achievements	Incentives
<ul style="list-style-type: none"> ❖ Attendance at court appearances ❖ Attendance at Drug Testing ❖ Attendance, participation & engagement in treatment ❖ Attendance, participation & engagement in MRT ❖ Attendance at sober support meetings ❖ Honesty to the court ❖ Stage Advancement ❖ Follow through and engagement with ancillary services (e.g. Mental health) ❖ Housing ❖ Fee payments ❖ Progress in Education ❖ Completion of GED or High School Diploma ❖ College enrollment or attendance ❖ Progress in Employment ❖ Positive feedback from community ❖ Participant specific goals 	<ul style="list-style-type: none"> ❖ Recognition and Praise by the Judge ❖ Certificates of achievement ❖ Gift Cards ❖ Movie/Event Passes ❖ Decreased court appearances ❖ Stage Advancement ❖ Expedited in court ❖ Fish Bowl Drawing ❖ Later Curfew ❖ Pins ❖ Trip Requests Granted
Negative Behaviors	Sanctions*
<ul style="list-style-type: none"> ❖ Dishonesty ❖ Missed court appearances ❖ Missed drug testing (considered a positive) ❖ Positive drug test (positive for drugs/dilute) ❖ Adulterated/Tampered drug test ❖ Missed treatment/MRT ❖ Inappropriate behaviors at treatment/MRT ❖ Noncompliance with treatment plan ❖ New DUI or charge/conviction ❖ Driving while license suspended/revoked (DWLS) ❖ Failure to perform/complete sanctions ❖ Violation of court order ❖ Missed sober support meetings ❖ Housing ❖ Failure to update information with the court 	<ul style="list-style-type: none"> ❖ Reprimand from the Judge (SVA) ❖ Verbal Warning from the Judge ❖ Increased court appearances ❖ Community Service hours ❖ Jail ❖ Earlier curfew ❖ Delay in Stage advancement ❖ Writing Assignment ❖ Sit in jury box during court ❖ Life Skill Assignment ❖ Letter of Apology ❖ Team Roundtable ❖ Termination

❖ Failure to submit paperwork as directed by the court	
❖ Failure to obtain GED, H.S. Diploma, or Employment	

Incentive Definitions	
Recognition or Praise by the Judge:	Verbal praise in court for achievements
Certificate of achievement:	Certificate given in court for stage advancement
Gift Cards:	Gift cards in various denominations (\$5, \$10, \$20, etc.)
Movie/Event Passes:	Movie passes for local theaters; tickets to local events
Decreased Court Appearances:	Bi-weekly, Tri-weekly or 1 time per month court appearances
Stage Advancement:	Advancement in Stage in Wellness Court
Expedited in court:	Called at top of calendar and allowed to leave court once called.
Fish Bowl Drawing:	Name added to a drawing for monthly prize
Pins:	Sobriety token
Trip Requests Granted:	Permission to travel
Sanction Definitions	
Reprimand from the Judge (SVA):	Severe verbal admonishment from the bench at court
Verbal Warning:	Verbal warning given by the Judge
Increased Court Appearances:	Return to weekly court for a period of time
Increased Sober Support Meetings:	Increase in required attendance at sober support meetings
Enhanced Sober Support Meetings:	A writing assignment where you will be given specific instructions to write about the sober support meetings that you attended
Sit in Jury Box:	Required to sit through court in the jury box
Community Service Hours:	Required to complete a designated amount of community services hours.
Jail:	Required to complete a designated amount of days at the Snohomish County Jail
Delay in Stage Advancement:	A delay in moving stages in Wellness Court
Writing Assignment:	Various writing assignments, such as, but not limited to: Journaling, Essays, Daily Schedule, Treatment assignment, etc.
Life Skill Assignment:	Specific task/assignment given, such as, but not limited to: open a bank account, reinstate driver's license, enroll in GED/College classes, prepare for a job interview, research jobs, meet with community agencies, etc.
Letter of Apology:	Letter of apology based on specific behavior
Team Roundtable:	Participant meets with the team to offer feedback, clarification and direction from multiple sources.

Termination:	Termination from Wellness Court
---------------------	---------------------------------