

**The Drug Court Client**

# **Guidebook**

*Things You Must Know  
to Succeed  
in Drug Court*



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# Welcome to Drug Court

- Do you struggle with drug abuse?
- Does being sober seem like an unreal goal?
- Have you tried and failed to stop using drugs or alcohol?
- Have you spent time in jail for using drugs?
- Have you been arrested for drug crime?
- Do you have trouble getting or keeping a job?
- Do you want a second chance to become sober?
- Do you want to stay out of jail?

**If you answered yes to any of these questions,  
then this guidebook is for you.**

# How This Book Can Help You

Right now you may be feeling stressed out from tough things you are facing in your life. You may wonder if Drug Court can help you become sober and improve your life. You may also ask yourself “how can I get through this program?” **This guidebook is full of ideas to help you complete the Drug Court program, stay out of jail, and live a sober life.** This guidebook is designed to answer your questions, address your concerns, and provide details about the Drug Court program. It will not clear up all problems. This guidebook can give you ideas for making better choices. By reading this guidebook, you will learn how to deal with drug and alcohol abuse along with other tough things you are facing.

It can help you feel better about yourself and improve your relationships. Please share this guidebook with family and friends.

# How to Use This Book



We designed this guidebook using simple terms to make reading easy. You can read this book a little at a time, or from start to finish. Or you can just read parts that interest you the most. You will want to read some parts many times to refresh your mind about how Drug Court works.

Here is a breakdown of the chapters in the guidebook.

## **Chapters 1, 2, and 3**

These chapters highlight the Drug Court program. Here you will learn the purpose of Drug Court and how it is set up. You will also learn about the rules for Drug Court that you must follow.

## **Chapters 4 through 9**

These chapters focus on the more specific rules for Drug Court. Here you will learn about rewards for following the rules and punishment for not following the rules. You will learn about drug testing and what kinds of foods and medicines you can have. You will find throughout this guidebook that we use the term “meds” for medicines. You will learn about hygiene products that you are not allowed to use. Because having a sponsor is key to making forward progress, you will learn how to select a sponsor that is best for you.

## **Chapters 10 and 11**

These chapters outline what it takes to graduate from Drug Court and what life is like after you graduate from the program. Here you will learn about how clients graduate and what hurdles these clients had to overcome. You will also learn about what you may face after graduation.

## **Chapter 12**

This chapter offers words of support from former Drug Court clients. We hope that their words will cheer you on to success.

**Common Questions Asked By Drug Court Clients are listed at the end of the guidebook.**

# **You Can Succeed In Drug Court**

## **A Note From Judge Dwyer**

You just entered the Shelby County Drug Court Program. Good for you! We are glad to have you. I can assure you that if you follow this program and stick to it, then you will improve your life greatly. With hard work, you will graduate from Drug Court in one year from now. I look forward to each graduation day. To see clients rejoined with their families is a great event. To see a son or daughter make their parents proud is an awesome memory to never forget. Over this next year, I hope you stay the course and finish this program with great success. A year goes by fast. If you follow the rules, the Drug Court team will support you all the way. There are some things that will get you removed from the program. Let's talk about these now because I do not want you to drop out of this program. I want you to succeed. You can do it! Breaking the Drug Court rules places you at high risk for forced exit from the program.

### **Please keep these basic rules in mind:**

- If you are caught selling drugs, you will be removed from Drug Court and receive the full court sentence.
- If you attempt to use someone else's urine on a drug test, you will be removed from Drug Court and receive the full court sentence.

- If you submit a bogus or forged AA meeting attendance sheet, you may receive at least 14 days of punishment or you may be removed from the program and receive the full court sentence.
- If you are caught with drugs which includes, but limited to spice, charge, bath salts, or any drug product that list on a label “not for human consumption”, you may receive at least 30 days of punishment or you may be removed from the program and receive the full court sentence.

There are times when clients mess up. I have seen it happen. In the event that you do relapse with old drug habits, then please come to my court. Be honest with the Drug Court team and me. We can help you. Tell us what happened. You will be punished for your actions, but it is worse if you run. **If you run, the Sheriff will arrest you and you will be removed from the program and receive the full court sentence.** You can avoid this outcome. Just think about that old saying “What goes around comes around”. This means that if you deceive people that have tried to help you, you will get burned. Please know that I will be your best friend or your worst enemy. I want to be your friend, so please keep it straight and work hard in Drug Court. You can succeed in the program. As many clients have said, “if you work the program, the program will work”.

**Good luck and best wishes**

*-Judge Tim Dwyer, Shelby County Drug Court*

## Chapter 1

# What is Drug Court?



Drug Court is a drug treatment program with rehab services for persons arrested for drug crimes. You are at risk for a drug crime if you use drugs, sell drugs, or possess drugs. The Drug Court program is designed and controlled by the court system. This means that the court makes and upholds the program rules. The court must keep up with the progress of all clients enrolled in the program. All clients must report to the court and follow the program rules.



## What is the Main Purpose of Drug Court?

The main purpose of Drug Court is to save lives from the harsh effects of drugs and alcohol. Drug Court offers treatment for drug abuse to persons who commit drug crimes. Clients in Drug Court must follow the prescribed treatment.

### **Drug Court treatment includes:**

1. One-on-one and group counseling
2. Drug testing
3. Routine court meetings with the judge
4. Scheduled meetings for 12-Step recovery like Alcohol Anonymous or AA. There are also 12-Step meetings for cocaine users and narcotics users.
5. Options for education and job skills training and job placement

Drug Courts offer you a clear choice to take part in treatment instead of going to jail. Entry into Drug Court is by your own choice. If you choose Drug Court, then you must be prepared to follow the program. If you do not choose Drug Court, then you will go to jail.

## Who Can Enter Drug Court?

Drug Courts are open to persons who arrested for a drug crime and they want treatment for their drug problem. Not everyone with a drug problem can enter Drug Court.

Anyone with arrests for a violent felony, long record of crime, or major drug offense cannot enter Drug Court.

## What Are The Steps To Enter Drug Court?

**Step 1:** A lawyer must suggest to the judge that you should enter Drug Court.

**Step 2:** The Drug Court staff talks with you about your:

- support from family and friends
- drug use history
- crime history
- current job and job history
- years of education
- overall outlook and feelings about entry into the Drug Court program

**Step 3:** A Drug Court counselor completes a formal report of your case.

**Step 4:** The judge, lawyer, and Drug Court staff review the report to approve your entry into the program.

After you are approved to enter Drug Court, then you must also comply with more court orders. **Before starting Drug Court, you must complete this list of court orders:**

1. Give up your first-round court hearing. Instead you must appear in Drug Court on a routine basis.
2. Plead guilty to the crime charges and your lawyer will represent you during your time in Drug Court. Once you complete Drug Court, your guilty plea will be set aside and your charges will be dismissed. Your case will not be erased until six months after you complete the program at Drug Court graduation.
3. Sign a waiver that allows Drug Court to search your person and property at random. The waiver means that you must submit to drug and alcohol urine testing. You must also take active part in one-on-one and group counseling sessions.

*Once you have started in the Drug Court program, any statements you make about your offenses to the Drug Court team, treatment providers, or statements made in open court shall not be used as the basis for a new criminal charge. If you drop out of Drug Court or you are removed from the program, then your case will not be dropped. **Dropping out or being removed from Drug Court results in a sentence of your guilty plea.***

## How Long Does It Take to Finish Drug Court?

Drug Court is a program that lasts 12-18 months. It takes longer than one year to finish for clients who do not follow the program rules. Taking longer to finish is common because Drug Court demands good changes in clients. Making good changes in your life takes time and practice. Some clients just take longer to achieve success. You must be drug free at least six months prior to graduation.

## What Is A Drug Court Team?

A Drug Court team provides treatment and rehab services for clients in the Drug Court program. Members of the team include the judge, counselors, treatment providers, and lawyers.

Let's discuss the role of each team member.



# The Judge

The judge is the team leader. He decides if you get in the Drug Court program. The judge will meet with you during court visits to discuss your progress and any problems you face. If you are doing well, the judge will decide your reward. If you are not doing well, the judge will talk about this with you and decide further action.

# Counselors

The counselors are trained professionals who work your case. Counselors inform the judge of your progress in Drug Court. You are assigned to a counselor when you enter Drug Court. You will get to know this person very well. Your counselor makes your treatment plan and selects the best program type to meet your needs. She will help you with job placement and increase your education level. If you did not finish high school, your counselor can direct you to GED classes. He knows if you attend your meetings and appear in court. Be sure keep in touch with your counselor. Your counselor can answer your questions and wants to help you succeed in the program.

# Treatment Providers

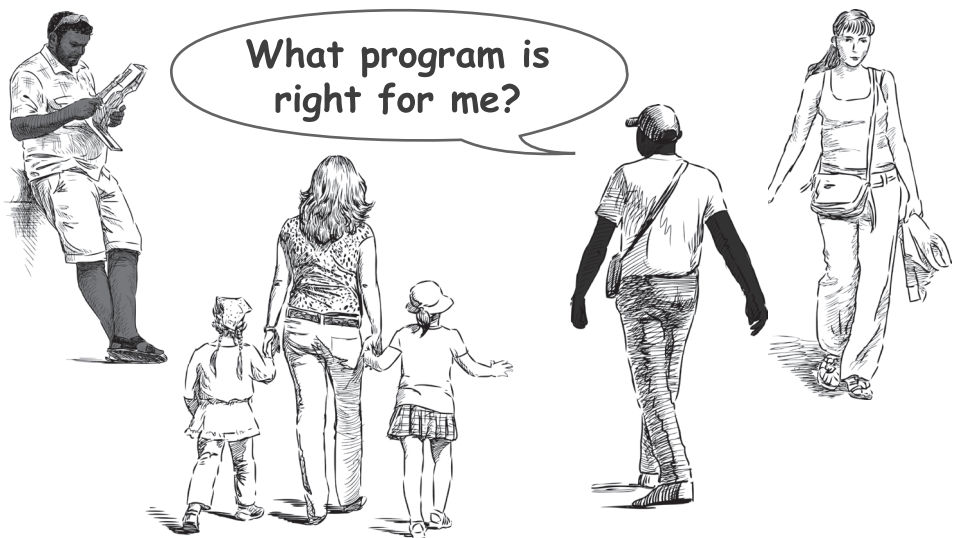
Treatment providers are counselors trained to provide drug rehab services. These providers work at drug rehab centers that partner with Drug Court to counsel clients about ways to overcome drug problems. All Drug Court clients are assigned to a treatment provider. Your treatment provider will help you learn self-control and find answers to life problems linked with jobs, housing, and health.

# Lawyers

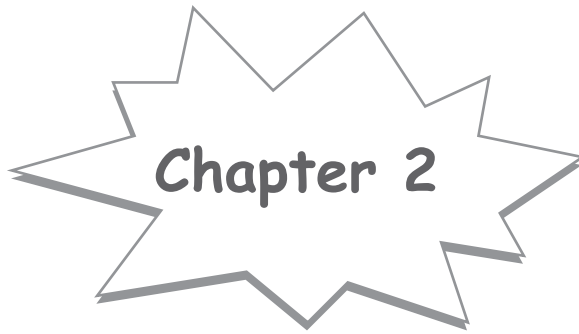
Lawyers help you decide if Drug Court is the right way to resolve your legal problems and help you get into the program. They protect your rights and promote fair treatment on your behalf. If you do not have your own lawyer, the court will provide a lawyer for you. Your lawyer will meet with the judge to review your progress.

## What Types of Programs Does Drug Court Offer?

There are many types of programs in Drug Court. Your Drug Court team will select the program that is best for you. Based on your needs, you may take part in more than one program while you are in Drug Court. Here is a list of the types of programs offered in the Shelby County Drug Court:



- Outpatient. This is the most common type of program.
- Outpatient DUI is for drunk driving arrests.
- Mother's Outpatient is an intense treatment for mothers with young children.
- Outpatient Mental Health Treatment Program.
- EAIT is an early treatment program for men only.
- Residential Inpatient Program for onsite treatment.



## Drug Court Phases

The Drug Court for the outpatient program consists of four phases of treatment. You are required to complete certain tasks in each treatment phase. Some of the tasks are the same in each phase while some tasks are not the same. You will progress from one phase to the next. Skipping phases is not allowed. You must be drug free to move to the next phase. Any positive drugs screens may cause you to start the phase over or go back a phase. This will extend the length of your program length and you will not finish on time. Phases in the Mother's Program and the Residential Program differ from the outpatient program. If you are in these programs check with your counselor about those phases. Let's discuss what you should expect in each phase of the outpatient program.



# What Happens In Each Phase?

## Phase 1

Phase 1 lasts for 8 weeks. This phase may be a challenge because your body is getting rid of the harmful effects from drugs. Your cravings may be intense for drugs or alcohol. During this Phase you will complete tasks on a weekly or monthly basis.

### **Three times each week** you will:

Attend group counseling sessions

### **Two times each week** you will:

Have a urine drug screen at random

### **One time each week** you will:

- Attend a 12-Step Meeting. You may attend more often.
- Appear in court

### **One time each month** you will:

- Have a routine visit with you Drug Court counselor
- Pay \$100 dollars for your treatment fees

(continue on next page)

(Phase 1 cont.)

**Two times during this Phase you will:**

- Attend one-on-one counseling session with your Drug Court counselor



**One time during this Phase you will:**

- Attend one-on-one counseling sessions with your treatment provider
- Select a drug rehab sponsor

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## Phase 2

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Phase 2 lasts for 8 weeks. This phase will also challenge you. Drugs and alcohol are out of your body by this point. Things will get easier. In Phase 2 you will do most of the same things from Phase 1. The number of times for each task may change. There are also a few new tasks added.

**Two times each week you will:**

- Attend group counseling sessions
- Have a urine drug screen at random

**One time each week** you will:

- Attend a 12-Step meeting.
- You may attend more often.

**Two times each month** you will:

- Appear in court for a status hearing

**One time each month** you will:

- Pay \$100 dollars for your treatment fees

**One time during this phase** you will:

- Attend one-on-one counseling sessions  
with your treatment provider
- Provide proof of your education level.

- Begin GED classes if court ordered.
- Have a routine office visit with your  
Drug Court counselor.



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# Phase 3

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Phase 3 lasts for 8 weeks. Phases get easier as you advance in the program. In Phase 3 you will do most of the same things from Phase 1 and Phase 2. The number of times for each task may change. There are also a few new tasks added.

## **Three times each week** you will:

- Attend a 12-Step meeting

## **Two times each week** you will:

- Have a urine drug screen at random

## **One time each week** you will:

- Attend group counseling sessions

## **One time each month** you will:

- Pay \$100 dollars for your treatment fees
- Appear in court for a status hearing



## **One time during this phase** you will:

- Attend one-on-one counseling sessions with your treatment provider
- Have a routine office visit with your Drug Counselor
- Provide drug rehab sponsor's name and phone number.

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# Phase 4

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Phase 4 lasts for 24-48 weeks. This is the longest phase of the program. Keep focused and stay sober. You can succeed! In Phase 4 you will do most of the same things from Phase 1, Phase 2, and Phase 3. The number of times for each task may change. There are also a few new tasks added.

## **Three times each week** you will:

- Attend a 12-Step meeting

## **Two times each week** you will:

- Have a urine drug screen at random

## **One time each month** you will:

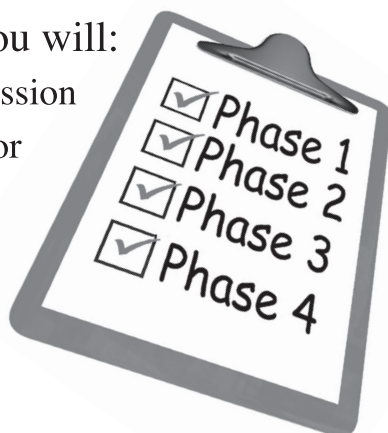
- Pay \$100 dollars for your treatment fees
  - Appear in court for a status hearing
- Maintain contact with your drug rehab sponsor
- Attend group counseling sessions based on what your counselor decides.

## **Two times during this phase** you will:

- Attend one-on-one counseling session with your Drug Court counselor

## **Three times during this phase** you will:

- Have a routine office visit with your Drug Court counselor





## Chapter 3

# What Are The Rules for Drug Court?

Drug Court has simple common rules that you must follow to succeed in the program. You may not like some of the rules. Following rules may be hard for you to do. That is why we made the common rules clear and simple. If you want to be sober and improve your life then you will follow these rules.

### Common Drug Court Rules That I Must Follow?

1. Attend all treatment sessions. This includes one-on-one sessions, group sessions, and office visits with your counselor or treatment provider. You must attend any extra sessions that the judge schedules.

## Common Drug Court Rules That I Must Follow?

**2.** Be on time. If you are late for any treatment sessions or court meetings, you may not be allowed to join in. Contact your treatment provider or Drug Court counselor if there is a chance that you may be late.

**3.** Do not make threats towards other clients or staff. Threats are violent statements toward another person. You will get in trouble for making threats to others. Treat others well and practice kindness.

**4.** Do not behave in a violent manner. We expect good behavior from all clients. No violent actions are allowed in any part of the Drug Court program. If you act out, you may be punished or removed from the program.

**5.** Attend all scheduled Drug Court sessions. You must attend all court session as ordered by the court. If you fail to show up for court sessions, you will be punished.

## Common Drug Court Rules That I Must Follow?

**6.** Attend all random drug tests. You may hear the term drug test or drug screen. Both terms are the same. During the entire program you will be tested at random and often for drug and alcohol. The judge has access to all drug test results. Do not miss a test or try to tamper with the results. Missing a test or attempts to tamper with the results will result in punishment.

**7.** Do not use alcohol. Problems from misuse of alcohol may be the reason you are in Drug Court. Drinking alcohol is against the purpose of this program. If you drink, you will be punished or removed from the program.

**8.** Do not use drugs that are not legal. Problems with drug abuse may be the reason you are in Drug Court. Using illegal drugs is against the purpose of this program. If you use drugs, you will be punished or removed from the program.



## Common Drug Court Rules That I Must Follow?

**9.** Keep other clients' issues private. During treatment, you and other Drug Court clients will share many stories about your struggles with drugs and alcohol. Do not discuss these issues outside of Drug Court. You do not want other clients to tell somebody else about your issues. So, show respect of others and keep their issues private.

**10. Pay court fees on time!** Fees are a part of the Drug Court program. These fees help cover your treatment costs.

**11.** Respect court ordered searches. You are in Drug Court due to a drug crime. The court may search your person, home, and car at any time or place no matter what the situation.

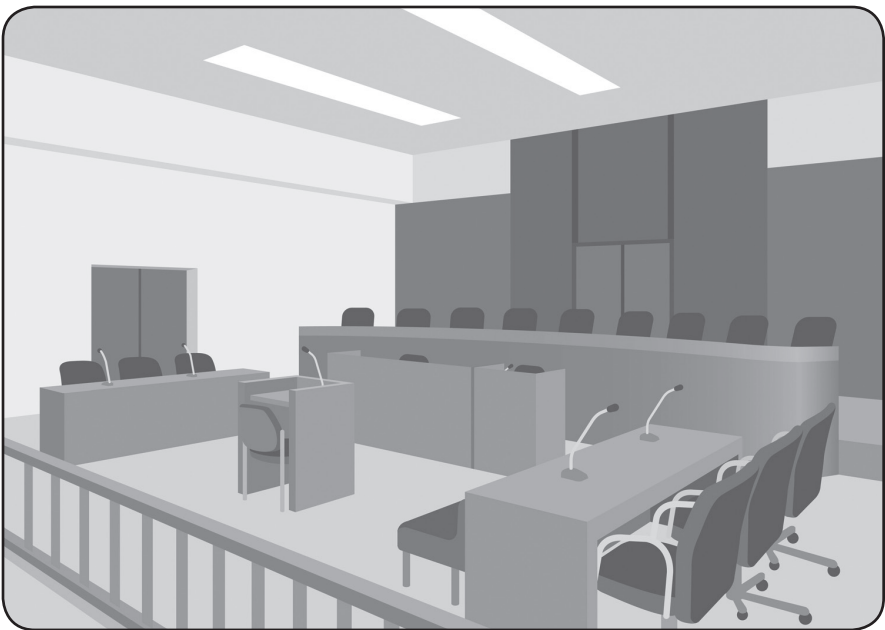
# Meetings I Must Attend



As part of your treatment plan, you will attend a range of meetings. The meeting times and days may vary, so be sure to check with your counselor about your meeting schedules. Keeping up with a schedule may not be one of your strong points. Clients in Drug Court must learn how to manage their time well enough to meet the goals of the program. This means that you must learn to arrange your schedule to get things done on time. To keep up with the demands of the program, write down your meetings in a notebook or calendar. Let the Drug Court team know if you need help with this. It is better to ask for help than to miss meetings and get in trouble. The main meetings you will attend are court status hearings, counseling sessions, and 12-Step meetings. We will discuss each type of meeting.

# Court Status Hearings

The purpose of a court status hearing is to find out how you are doing in the program. This is a time when you will appear in court to talk with the judge. Other members of the Drug Court team will also be in the court. The judge has a hard job to do during court status hearings. He will be your best friend if you follow the rules and stay on track. If you break the rules and fall off track, then the judge will be tough on you. That is his job. The judge cares about you as a person and wants you to succeed.



# Counseling Sessions

The purpose of counseling sessions is to provide guidance to you for how to stop using drugs and alcohol.

During these sessions you will learn about how to improve your self-worth and self-control. There are distinct types of sessions that you must take part in as outlined in your treatment plan. Let's discuss the types of sessions and what takes place in each one.

**Group sessions.** These formal sessions are for drug rehab and take place in an outpatient treatment setting. These are called group sessions because Drug Court clients meet together as a group to talk with a treatment provider for drug rehab counseling. You will meet in a classroom setting. During these sessions you will discuss how to solve your drug and alcohol problems. You will also talk about other parts of your life such as education, job placement, housing, health issues, and family problems. Because there is a big need for these sessions, there are many treatment centers in the community that offer group counseling. You will be assigned to one of these treatment centers. If the treatment center is not meeting your needs, you may be assigned to a new treatment center. Talk with your Drug Court counselor if you need to change treatment centers. You must attend these

meetings. If you cannot attend or if you will be late, contact your treatment provider or Drug Court counselor.

**One-on-One sessions.** These formal sessions are for one-on-one private meetings with either your Drug Court counselor or treatment provider. These are scheduled for you, but you can request these sessions as you need them. You must attend all one-on-one sessions. This is a good time to find out about how you are doing in Drug Court. Making steady progress is key to become sober. You will also review what to expect in each of the Drug Court phases and how you can succeed in the program. You must attend these sessions.

**Outside meetings.** Outside meetings are not formal meetings. These meetings follow the 12-Step program for recovery from alcohol or drugs. Most people have heard of Alcoholic Anonymous or what is called AA. There are also groups for people hooked on cocaine or narcotics. Cocaine Anonymous is called CA. Narcotics Anonymous is called NA. The 12-Step program has been proven highly useful in keeping clients on target with their own recovery. People who attend these meetings relate to each other well. This is what makes 12-Step programs a success. The number of outside meetings that you must attend depends on which Drug Court phase you are in and how well you follow rules. There is a meeting sheet for the chairperson of the meeting to sign. It is your job to take this sheet signed at each meeting. Do not lose this sheet. Your Drug Court team will ask for it.

# Schedules for Meetings



You will attend lots of meetings. Sometimes the meeting schedules change. It is your duty to keep up with where and when the meetings are scheduled. Write down all the meetings that you must attend. If you cannot locate the meeting schedules, call your Drug Court counselor or treatment provider for help. They will help you, but it is your job to keep up with meetings that you are supposed to attend. Not knowing the meeting schedule is not an excuse for missing a meeting.

# Fee Payments



Paying fees is one of the Drug Court rules. The total fees are \$1200. These fees cover costs for your treatment in Drug Court for 12 months. Fee payments begin one month

from the date you enter Drug Court. You must pay fees once a month while you are in Drug Court. Fee payments must be made in court. Do not slip fee payments under the office door for your Drug Court counselor or treatment provider. Do not hand your fee payments to staff at your treatment center. All fees must be paid in full prior to graduation from Drug Court.

## How to Dress For Court



There are rules about how you must dress when you attend court. You and your clothing must be clean and neat any time you appear in court. Clothing bearing drug or alcohol themes is not allowed in court. Any clothing that promotes drug or alcohol use is banned in the court room. **You must not wear sunglasses or hats in the court room.** Be sure to turn off your cell phone. Do not bring to court any device that records.



## Chapter 4

# Sanctions and Rewards

### What Are Sanctions?

You must follow the Drug Court rules to remain in the program. Sanctions are punishment for not following Drug Court rules. Some sanctions are more intense and strict than others. The degree of sanctions is based on which rules were broken. The purpose of sanctions is to get you back on track with the program when you mess up.

### What Actions Lead To Sanctions?

There are many actions that may result in a sanction. The judge will choose your sanction based on which rule or how many rules you did not obey.



## **You may get a sanction if you:**

- ✓ Fail to appear in court.
- ✓ Fail to attend treatment sessions.
- ✓ Fail to attend outside meetings such as any 12-Step meeting.
- ✓ Fail to report to your Drug Court counselor.
- ✓ Fail to show up on time for any drug tests.
- ✓ Have a positive drug test for alcohol or drugs that are not legal.
- ✓ Have a diluted drug test which is an attempt to cheat on your drug test.
- ✓ Forging 12-Step meeting sheets for AA, CA, or NA.
- ✓ Have poor behavior.
- ✓ Have an arrest or re-arrest.
- ✓ Have a warrant for an arrest.

# What Are The Types of Sanctions?

There are many types of sanctions. The type of sanction ranges in strictness based on the Drug Court rules broken by the client. You may get more than one type of sanction.

## **The types of sanctions include:**

- ✓ A written letter by the client
- ✓ Curfew
- ✓ Community service
- ✓ Increase in the number of outside meetings
- ✓ Increase in fees
- ✓ Increase in the number of court sessions
- ✓ Increase in drug tests
- ✓ Increase strictness for monitoring and/or treatment
- ✓ Jail time
- ✓ Removed from the Drug Court program

# What Rewards Does Drug Court Offer?

Do you like to get rewards? Most people like to get rewards for doing good work. There are rewards in the Drug Court program. Drug Court rewards clients who follow the rules.

The judge enjoys giving rewards to clients. He wants to reward you. The key to getting rewards is to obey the Drug Court rules. If the rules confuse you or do not make sense, then ask your Drug Court counselor to explain them to you.

## The types of rewards include:

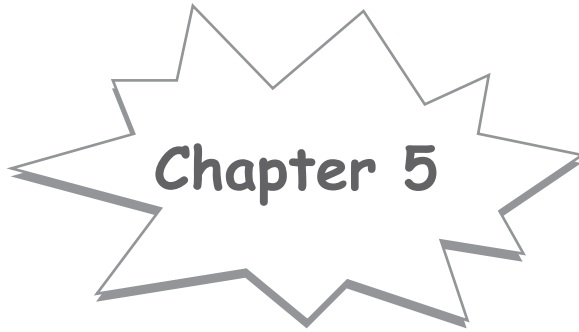
- ★ Verbal praise from the judge and Drug Court team
- ★ Gift cards to local grocery stores
- ★ Fewer times to appear in court



## How Do I Get Rewards in Drug Court?



The best way to get rewards in Drug Court is to obey the rules. This is a simple answer. At times it may be a challenge to follow all the rules in Drug Court, but you can do it. Don't give up if you break a rule. Keep trying to improve. The judge and the Drug Court team want to reward you for your efforts. It will feel good to get a reward from the judge and Drug Court team. You will be proud of yourself and the Drug Court team will be proud of you, too.



## Chapter 5

# What is Drug Testing?

Drug testing uses a sample of your urine to detect illegal drugs or alcohol in your body. Drug testing is also called urine drug test or urine drug screen. This test is done at random. It is quick and painless. Drug testing is a key aspect of Drug Court programs because it gives feedback on your progress. Urine drug testing assures reliable results. Be sure to eat a small meal or snack before you have a drug test. Do not take a drug test on an empty stomach. A trained staff member may enter the bathroom with you to prevent you from skewing the test results. This person will give you some privacy while you pee in the sample cup.

## What is a Positive Drug Test Result?

A positive drug test or screen means that drugs or alcohol are present in your urine. This means a recent use of such drug or alcohol. Testing positive for drugs in the urine is also called a “dirty” test. Tell your Drug Court counselor and treatment provider if you think you are at high risk for a “dirty” drug test. Let us work with you on ways to deal with your current relapse and ways to prevent relapse in the future. A positive drug test places you at risk for sanctions. Some meds or health problems may alter your drug test results. **Do not stop taking pre-scribed meds for kidney disease, heart disease, or diabetes. When you first enter the Drug Court program, you must tell your counselor if you are taking any prescribed meds or have health problems. Do not wait until after your drug test to tell your counselor.**

## What is a Negative Drug Test Result?

A negative drug test means that there are no drugs or alcohol in your urine. This is the result you want have with each urine drug test. It means that you are making good progress.

## What is a False Positive Drug Test Result?

A false positive is when a scant amount of prescribed meds or other substances show up in urine drug test results. Some over-the-counter meds for colds may also trigger a false positive. These results are rare. Tell your treatment provider and Drug Court counselor if you are taking doctor prescribed meds for your health needs. Make sure that Drug Court approves these meds. Drug Court may ask you to provide a doctor's note to explain the reason for taking the prescribed meds.

## What is a Diluted Urine Drug Test Result?

Diluted urine means that a sample of urine has greater amounts of water than normal urine. Drinking large amounts of water or any fluids will dilute your urine. Diluted urine samples look more like water than urine. A diluted urine drug test result looks like a client tried to drink an excess of water or fluids to avoid the detection of drugs in the urine sample. Do not stop taking meds for kidney disease, leukemia, or

other blood disorders. These meds may cause someone to drink more fluids. Tell your Drug Court counselor and treatment provider if you are taking meds for these health problems. You must also provide a copy of your doctor's prescription for these meds. Adding water to the urine sample also causes a diluted urine test result. This is an attempt to tamper the sample and cheat the system. Any attempts to dilute or tamper with drug or alcohol testing may lead to sanctions or discharge from Drug Court.

## **What Happens if I Miss a Urine Drug Test?**

A missed drug test is thought to be a positive or “dirty” drug test. This is because clients who are using drugs fear they will not pass a scheduled drug test, so they skip the test. It is best to submit to all court-ordered drug tests and deal with the outcome when you go to court. If you arrive late for drug testing or you were unable to test for any reason, contact your Drug Court counselor right away. Take any paperwork to your treatment provider that shows why you missed your drug test. Also, bring this paperwork to your next meeting in court.

## What is Creatinine?

Creatinine is a protein in urine. It is produced as a result of muscles changing food into fuel to keep the body active. Everyone has creatinine and no two people have the same levels. Creatinine does not alter widely in healthy people on a day-to-day basis. The levels depend on how active you are, foods that you eat, and the amount of any fluid drink. A urine drug test is used to check creatinine levels. Some diseases produce low creatinine levels, but this is very rare. A steep increase or decrease in urine creatinine levels may be a sign of a client's effort to tamper with drug test results. Drug Court guidelines tell us that low creatinine levels stand for a diluted drug test. This will place you at risk for sanctions.

## What is Creatine?

Creatine is a compound that helps produce energy in the body. It is made in the liver and it is stored in muscles. The main difference between creatine and creatinine is that creatine turns into creatinine in the body. One more difference is that creatine can be produced as a powder for human use. Creatine can be purchased over-the-counter at health stores. Some research studies suggest that creatine may provide some benefit in improving performance in activities such as weight lifting,



body building, and sprinting. This is why some athletes take creatine. In high doses, creatine can damage your kidneys, liver, and heart. More research is needed about the harmful effects of creatine.

Drug Court clients do not take creatine for weight-lifting or body building. Some Drug Court clients take creatine to disguise diluted urine. This is an attempt to cheat on drug test. Cheating does not work because taking creatine requires a perfect balance of when to take it and how much to take. Getting this perfect balance is nearly impossible in real life. Do not take any form of creatine while you are in Drug Court. The bottom line taking creatine to cheat on urine drug tests will lead to sanctions.



# Drug Testing Myths

There are a few myths about the causes of a positive drug test. Here are some of the most common myths that are about testing positive for drugs.

<p><b>The Myth</b> is second-hand marijuana smoke causes a positive drug test result.</p>	<p><b>The Truth</b> is that exposure to any levels of second-hand smoke for long periods of time do not cause a positive drug test.</p>
<p><b>The Myth</b> is having sex or “making out” with someone who uses drugs causes a positive drug screen result.</p>	<p><b>The Truth</b> is that the non-user can absorb some drugs via body fluid transfer, but the drug level is too small to detect on a drug test.</p>
<p><b>The Myth</b> is certain foods or drinks can clear my body from the effects of drugs or alcohol, resulting in a negative drug test.</p>	<p><b>The Truth</b> is that there are no foods, drinks, or products that can clear your body from the effects of drugs. None of these things work to cause a negative drug test.</p>



## Chapter 6

# What Can I Eat and Drink?

For the most part, Drug Court does not restrict what you can eat and drink. You can eat your normal diet while you are in the Drug Court program. What you eat does matter to your health during your detox phase.



## Foods

Be sure to eat 3-4 meals a day. You have to eat whether you are trying to lose weight or not. Do not skip breakfast. Breakfast boosts your body for the day. Eating healthy foods on a routine schedule will help flush toxins out of your body. Eating healthy foods also helps replace vitamins and minerals that your body loses from drugs and alcohol abuse.

Eat healthy foods like fruits, vegetables, lean meats, and dairy products. Go easy on protein like meat, chicken, peanut butter, nuts, and beans. Limit junk food like candy, cookies, cake, pie, chips, fried foods, and fatty foods. These foods are full of sugar, salt, or fat and will make you sluggish.

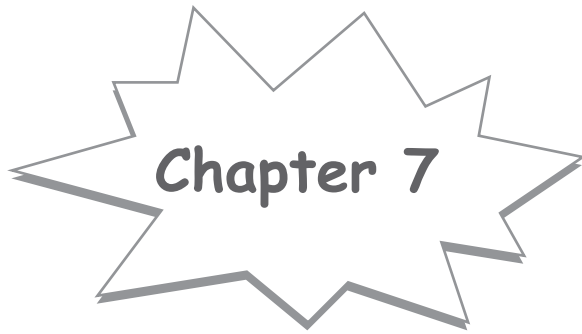
There are foods and herbal products that contain ethyl alcohol that could result in a positive test for alcohol. Read all food labels and liquid herbal labels for ethyl alcohol content.

**Do not eat these foods or take these products without approval from your Drug Court counselor:**

- ✓ Almond and vanilla extracts
- ✓ Liquid herbal extracts such as Ginkgo Biloba
- ✓ Communion wine
- ✓ Food cooked with wine
- ✓ Flambé dishes (alcohol poured over the food) such as cherries jubilee and baked Alaska
- ✓ Poppy seeds

## **Drinks and Caffeine**

Of course, you cannot drink beer, wine or any form of alcohol. Non-alcoholic beer and wine do have a trace amount of alcohol, so these drinks are not allowed. Limit your intake of all fluids. Drinking too much fluid can cause a diluted urine drug screen. You can drink small amounts of water, juice, milk, and Kool-aide®, tea, coffee, and sodas without caffeine. Do not drink fluids with caffeine. Caffeine causes you to pee more often and makes you thirsty. Therefore, you want to drink more fluid. The more you drink, the more dilute your urine becomes.



## Chapter 7

# Medicines

Certain meds hinder your progress in Drug Court. It is best to avoid taking any meds that are not vital to your well being. Tell your doctor that you are in a rehab program. Your doctor is a key partner in your treatment of drug abuse.

### How Do I Handle Prescribed Meds?

Bring all your prescribed meds to your treatment provider. They must see proof of all prescribed meds you are taking. You may be asked to bring a note from your doctor that explains why you are taking the meds and how long you will take them. Before taking any meds, be sure these are

approved by your Drug Court counselor or treatment provider. Never take meds prescribed to someone else! It is a felony for someone else to give you prescribed meds or for you to possess meds not prescribed to you.

## **How Do I Handle Meds for Headache, Colds, and Flu Symptoms?**

While you are in Drug Court you may need treatment for health problems, headaches, colds, or flu. You must contact your doctor before taking any over-the-counter meds. Explain to any doctor who treats you that you are in a Drug Court treatment program for rehab. If the doctor prescribes meds or suggests over-the-counter meds that you are not allowed to take, then you must contact that doctor for new prescribed meds. Most doctors know that a person in rehab must not take certain meds that contain alcohol or codeine, narcotic pain killers, muscle relaxants, tranquilizers, and meds that alter your mind or mood. Medicines are complex. It is not easy to post a list of meds that you can have. That is why you must contact your doctor and check with your treatment provider for approved meds.

There is also no easy way to list all over-the-counter meds that you cannot have. You must learn how to read product labels for those things you cannot have like ethyl alcohol. A simple rule about how to decide what meds to take is “When in doubt, do not take it”. In the end, you are responsible for the meds you take. Here is a list of meds that you must not take.

**The  
“No Meds Allowed”  
List**

All cough syrups and liquid meds with codeine or alcohol such as:

**NyQuil® Cold and Cough  
and Vicks 44®.**



**Here are more meds  
from the  
“No Meds Allowed” List**

Allergy and cold meds such as:

**Actifed®**, **Benadryl®**,  
**Comtrex®**, **Contac®**,  
**Coricidin D®**, **Dimetapp®**,  
**Neo-Synephrine®**,  
**Robitussin Sinus®**, **Sine-Off®**,  
**Sudafed®**, **Tylenol Cold®**,  
**Vicks 44D®**, **Vicks 44M®**,  
and **Zytrec-D®**

No meds that contain  
**Pseudoephedrine**,  
**Phenylpropanolamine**,  
**Diphenhydramine**,  
**Dextromethorphan**, **Doxylamine**.

Ask a pharmacist for help with these complex names. He can help you locate approved meds that you can take.

## Chapter 8

# Hygiene Products, Solvent, and Lacquers

### Hygiene Products

Good hygiene promotes healthy living. Yet, some hygiene products contain ethyl alcohol that may cause a positive drug test for alcohol. You must read product labels that contain ethyl alcohol. Hygiene products without alcohol may be used. It is your job to know the difference between products with and without alcohol.

**Here is a list of some products  
that you must not use:**

- ✓ Most mouthwashes
- ✓ Breathing cleansing products
- ✓ Breath strips
- ✓ Gum

Other hygiene products that contain ethyl alcohol may be used in small amounts.

**Limit the use of the products on this list:**

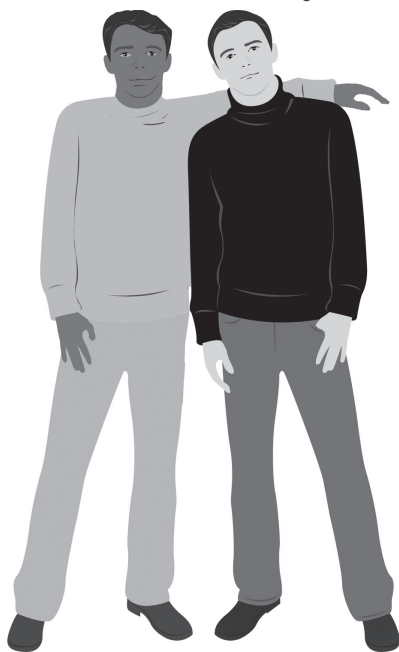
- ✓ Hand sanitizers such as Purell® and Germex®
- ✓ Antiseptic gels and foams
- ✓ Aftershaves
- ✓ Colognes
- ✓ Hair dyes
- ✓ Hair sprays
- ✓ Hair mousse
- ✓ Astringents
- ✓ Insecticides such as Off®

## **Solvents and Lacquers**

Solvents and lacquers that are used in home cleaning, surface preparation, and construction jobs contain ethyl alcohol. Frequent and lengthy contact with these products may cause a positive drug test for alcohol. You must not touch or inhale these products. There are non-alcohol solvents and lacquers. If you work where contact with such products cannot be avoided, you need to discuss this with you Drug Court counselor. Do not wait for a positive test result to do so.

# Chapter 9

## What Is A Sponsor?



Part of your treatment plan in Drug Court involves having a sponsor. A sponsor is a person who helps you get sober and stay sober through 12-Step programs like AA, NA, and CA. Your sponsor knows what you are going through. Sponsors deal with their own problems with drug or alcohol abuse. They have been sober for a longer time than you.

## What Should I expect from My Sponsor?

### **You should expect that a good sponsor:**

- ★ Shows you sober living through his or her own life
- ★ Encourages you to attend treatment meetings
- ★ Tells you about books and pamphlets you can read about sober living
- ★ Gives you an idea of what 12-Step programs can do to help you
- ★ Never tries to impose his own religious or personal views on you
- ★ Does not pretend to know all the answers
- ★ Does not keep up a pretense of being right all the time
- ★ Does not offer professional advice
- ★ Will not be upset if you decide to change sponsors

## What Should My Sponsor Expect From Me?

Your sponsor expects very little from you. You must act on your own behalf to succeed in the program. For treatment to work best, your sponsor will urge you to attend meetings and keep in touch on a routine basis. Your sponsor expects you to speak up if his or her ideas sound strange or unclear. Your sponsor expects both of you to be honest and talk freely with each other.

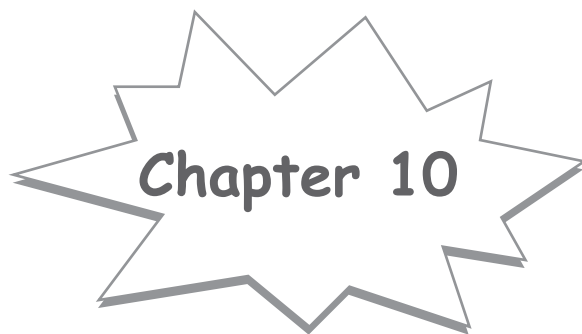
## How Do I Select A Sponsor?

**There is formal process for choosing a sponsor. Here are some tips to help you match up with the best sponsor.**

- Tip 1.** Choose a sponsor who is easy to approach.
- Tip 2.** Look for a sponsor who has been sober for a year or more.
- Tip 3.** Find a sponsor with your same background or likeness.
- Tip 4.** Look for a sponsor who really wants to help you.

## How Long Do I Have To Choose A Sponsor?

Start looking for a sponsor at 12-Step meetings during the first eight weeks of the Drug Court program. You must select a sponsor when you enter Phase 2 of the program. That means you have 8-10 weeks or so to make your choice. If you have trouble selecting a sponsor, talk with someone on your Drug Court team.



## Chapter 10

# Drug Court Graduation

Drug Court graduation is a joyful time shared by clients, families, and the Drug Court team. You may invite your family and friends to this event. Graduation means that you finished the program with success. It takes 12-18 months to finish drug court. Sometimes it takes longer. The length of time you spend in Drug Court depends on how well you follow the program rules. The judge will review your progress with the Drug Court team and decide when you are ready to graduate.

### How Does Graduation Help Me?

You will have your records expunged six months after you complete the Drug Court program if you meet the program standards. This means that the crime that got you into Drug



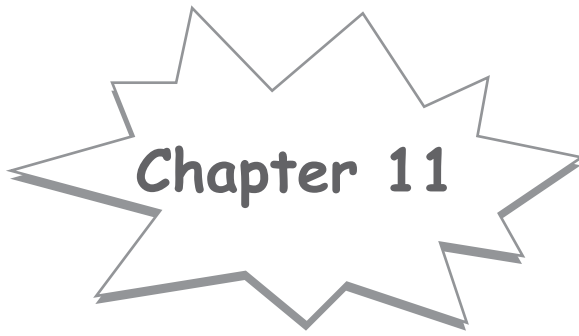
Court is removed from your records. Having your records sealed will help you with future jobs and career prospects. If this is not your first offense your case, the judge will decide if your case will be dismissed. If you work hard to stay sober, you will avoid further problems with the law and free yourself from troubles caused by drugs. This benefits you and the people who love you.

## **How Long Must I be Sober To Graduate?**

You must be sober for at least six months before you can graduate. If you are not sober for at least six months, you may have to repeat a Drug Court phase before you can graduate. This adds more time to the length of your program.

## **How Do I Succeed In Drug Court?**

The best way to succeed in Drug Court is to follow the rules and not give up. Staying sober is also key to your success in the program. Keep contact with your sponsor, counselor, and treatment provider. The judge has lots of helpful advice. Listen to him. Try not to listen to advice from other clients. Some clients may want to help you but they may not have correct answers. Do not get caught up in other clients' drama. Drug Court will challenge you in many ways, but it is worth your effort to finish the program.



## Chapter 11

# My Life After Graduation

Your life after graduation from Drug Court can be great. You have a fresh start to live a sober life. Let's talk about how you can live your life without drugs.

### Living Sober

You can live a sober life and protect yourself from relapse by having interests that provide meaning in your life. Surround yourself with people who love you and things you enjoy doing. This brings a sense of purpose in your life and decreases your interest in drugs.

## Here is a list of things you can do to promote sober living:



Start a new hobby. Hobbies help fill your time and distract you from using drugs. Hobbies also give you a sense of pride.

Get involved with drug-free groups. These groups show you how to enjoy life without using drugs.



Donate your time to help others. Helping others makes you feel better about yourself.

Focus on your health. Improve your sleeping and eating habits. Get your body moving. Staying healthy helps you stay sober.



Set goals. Goals will help you move forward in life. Goals can involve your career, home life, or your health.

# Manage Your Stress

Once you finish Drug Court, you will still have to face the problems that led you to drug abuse in the first place. Your problems will not turn off like a light switch. Think about the reasons why you first started using drugs. Did you ever use drugs to numb painful feelings or calm yourself down after a bad day? Those old feelings may try to resurface. But there are lots of things that you can do to manage the stressful things that use to lead you to drugs. Some stress relief methods work better for some people than others. That is why there are many options for dealing with stress.

**Here is a list of things you can do  
to help deal with stress:**

**Listen to some calming music**

**Light a scented candle**

**Drink a hot cup of tea**

**Soak in a hot bath or shower**

**Play with your dog or cat**

**Take a brisk walk or dance around the room**

**Step outside for some fresh air and sunshine**

**Close your eyes and breathe deeply for a few minutes**

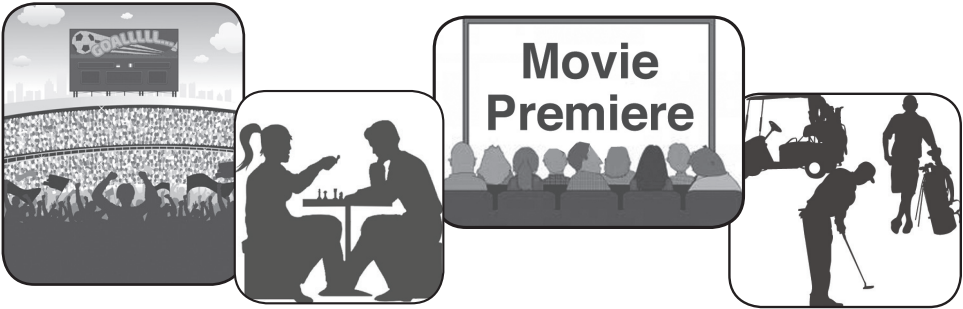
**Stand up and stretch your body with your hands  
above your head**

**Try a yoga class**

**Think kind thoughts about yourself**

**Talk with a friend who cares about you**

## Seek and Hang Out with Sober Friends



Some of your old friends may still practice bad habits and use drugs. Stay away from those people. You can make new friends. Seek and hang out with sober friends. You may have to look in new places to find sober friends. Think about taking a class or joining a civic group or church. Donate your time to work on a project that helps others and means something to you. People will take interest in you when you reach out to help others.

## Go Places and Do Things That Exclude Getting Drunk or High

Once you are sober, do not mislead yourself into thinking that you can return to your old lifestyle. Do not tempt yourself to use drugs or alcohol. Stay out of bars and clubs, even if you do not have a problem with alcohol. These places often offer access to drugs. Also avoid any places that connect you with your old life with drugs or alcohol. Go see a movie, get a manicure, or do something fun and healthy, but stay out of places that may lead to trouble.

## Think About Moving Into A Drug-Free Home

If your home or neighborhood is unsafe due to drug users nearby, then think about moving into a drug-free home. Living in a safe and sober place will help you stay away from drug or alcohol use. If moving is not an option, then change your schedule so you are not around other people involved with drugs.

## Work A Steady Job



Research suggests that Drug Court clients who maintain a steady job will remain sober. Working a steady job keeps you busy and away from peer pressure. You cannot afford to waste your day hanging out with old buddies when you have to be at work. Do not risk losing a good job. Go to work every day. Be a good role model for your old friends. Maybe they will follow your footsteps?

## Stay in Contact with People Who Have Helped You

A kind word of support helps you to stay on track with your progress. Lean on close family and friends for support. Talk with your sponsor. Call your treatment provider from time to time. All of these people want the best for you. They want you to stay sober. Talking with people who care about you boosts your self-image.

## Know the Signs of Relapse

Relapse means that you return to using drugs or alcohol. Relapse is a common part of recovery from drug and alcohol abuse. Do not panic if you relapse. Get help from your treatment provider. You can learn from your mistakes and correct them with treatment. Relapse is caused by triggers that cause you to use drugs again. Triggers vary from person to person. It is vital that you learn the common signs of relapse.

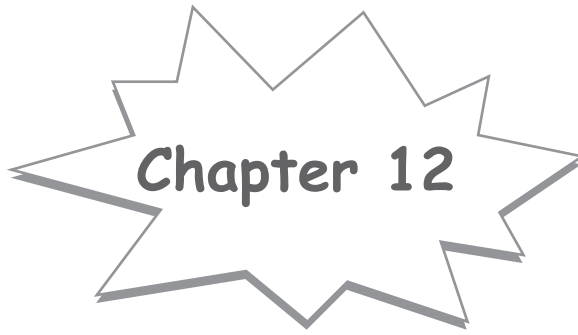


## **Some common signs of relapse include:**

- ✓ Emotions such as anger, sadness, trauma, or stress
- ✓ Discomfort from withdrawal symptoms or physical pain
- ✓ Testing your own control such as thinking “I can have just one drink”
- ✓ Strong urges or cravings to use drugs or alcohol
- ✓ Conflict with others such as a dispute with family or friends
- ✓ Peer pressure

## **Find a Support Group**

Join a rehab support group and attend meetings on a routine basis. Attending meetings is key to staying sober. Do not try to get by on your own. Your family and close friends can support you, but they may not truly understand what you are going through. Spend time with people who know what you are going through. You can learn how others stay sober. This can be very healing.



## Chapter 12

# Words of Support From Former Drug Court Clients

All of us need words of support to help us through tough times. Here are a few quotes from former Shelby County Drug Court clients to give you hope for success in this program.

**“This is a serious program and if you work the program, the program will work for you”**

**“I just take it day by day”**

**“Don’t panic, believe in yourself and you can do it”**

**“This is an opportunity not a punishment”**

**“I think the judge does a really nice job for like pushing you, as well as, the counselors”**

# Closing Words

We hope this guidebook has been helpful to you. If you have questions or concerns about Drug Court, please contact anyone from your Drug Court team.

**You can succeed in Drug Court!**

