



21ST DISTRICT
**RECOVERY
COURT**

PARTICIPANT
HANDBOOK

Updated February 2019

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Message from the Judge

Dear Recovery Court Candidate,

You are reading this handbook because you have been charged or convicted of crimes related to your addiction. The fact that you are facing significant jail time underscores how unmanageable your life has become because of substance abuse.

The 21st District Recovery Court, Inc. is sincerely committed to helping you break the cycle of alcohol and drug dependency. However, we cannot change you; you must be willing to live differently for this program to work.

Overcoming addiction is a long, challenging process and virtually impossible without help. However, you have never had a team like this: Circuit Court Judge, District Attorney, Public Defender, Probation Officer, Law Enforcement, and Treatment Professionals-all committed to giving you the opportunity and tools to change.

If, after screening approval, you are willing to undertake the challenge of being held strictly accountable to the program guidelines contained in this handbook, then the entire Recovery Court Team will assist you in meeting that challenge.

On behalf of the 21st District Recovery Court Team and our more than 165 successful graduates, we invite you to consider taking a life-changing step on this proven road to recovery.

Sincerely,

James G. Martin, III

Hon. James G. Martin, III
Recovery Court Judge

Admission

The 21st Recovery Court program is a two-year residential treatment, outpatient treatment, and aftercare program for nonviolent offenders living in Hickman, Lewis, Perry and Williamson County, Tennessee.

Application to the program is limited to those whose current offense is the result of illegal drug/alcohol use or who can demonstrate a history of drug/alcohol abuse and whose sentence is statutorily eligible for probation.

If you meet the above criteria, you will be interviewed by a treatment professional who will present the results of your assessment to the Recovery Court Team who will then vote on your admission.

Application forms may be secured online or directly from the 21st District Recovery Court office. In most cases, an application is submitted by the applicant's attorney after the case reaches the Circuit Court.

Not every applicant is accepted, nor do applicants have the legal right to Recovery Court as a sentencing alternative.

Admission is a privilege that will require you to confront your addiction with more honesty and intensity than ever before.

Program Benefits

The disease of addiction robs people of their ability to set realistic expectations, to meet their obligations, and to live honestly with themselves and others. The 21st District Recovery Court will provide you with the structure and tools you need to fulfill your responsibilities. Our program will help you to live honestly through intensive drug testing and supervision.

As you demonstrate more and more responsibility, you will earn more and more independence. Make no mistake; Recovery Court is a long and demanding program. However, developing these new habits will yield invaluable benefits:

- **You will be clean and sober for at least a year.**
- **You will have acquired and practiced the skill necessary for life-long sobriety.**
- **You will have a job and/or be furthering your education.**
- **You will have improved your physical and mental health.**
- **You will be paying your legal debt to society while serving less jail time than you might have.**
- **You will have dramatically reduced the odds of relapse and re-incarceration.**
- **You will be earning the respect of family, friends, and most importantly – yourself.**

Program Conditions

You must understand and agree to the following:

- You will receive an assessment and on-going treatment plan.
- You will follow every phase of the program to the satisfaction of the Recovery Court.
- You agree to report on time to the Recovery Court office for meetings with your Case Manager, for appointments with treatment personnel and to participate in recovery groups.
- You agree to participate in any program the Court or your treatment provider requires, and you waive any right to contest changes in your treatment program.
- You agree to sign Release of Information (ROI) authorizations as necessary, allowing the Recovery Court staff to discuss your progress with your treatment providers without your presence.
- You will not use, possess, or be in the presence of any illegal drugs or drug paraphernalia, and you will not possess or use alcohol in any form or allow it to be at your residence.
- All over-the-counter medications must be pre-approved by Recovery Court staff. All prescriptions require appropriate documentation and approval by Recovery Court staff.
- You agree to a drug/alcohol test at any time.
- You will not alter or try in any way to change your bodily fluids given for drug screens.
- You will not engage in any criminal activity.
- You will not communicate with any current or former Recovery Court participant who is incarcerated.
- You agree to be searched at any time for drugs by any law enforcement officer or member of the Recovery Court Team with or without a search warrant, warrant of arrest or reasonable suspicion.

- You will be required to have a full-time job (minimum of 32 hours/week) or be in school as approved by the Court. If in school, you also may be required to work part-time.
- You will observe a 9 PM curfew unless working at an approved job. The curfew requires you to be at your place of residence until 6 AM with no other people other than those residing with you or pre-approved by Recovery Court. Curfew times may change while in Aftercare.
- You will be required to place a monitoring app on your cell phone for curfew, meeting, and location verification.
- You must immediately reply if contacted by Recovery Court.
- You agree to immediately advise the Recovery Court Staff as to any change in your residence, cell phone or employment within 24 hours of that change.
- You will not leave the State of Tennessee without the permission of the Recovery Court.
- Beginning in Phase 1, you agree to pay a weekly participation fee of \$25.00 for your program services. If living in our Recovery Court Housing, you will be required to pay \$80.00 a week for rent. Participants with fee balances of more the \$100.00 may not be allowed to move to the next phase. Also, you are to make good-faith monthly payments toward your court costs, fines or restitution.
- You will appear at designated times before the Recovery Court Judge to report your progress. You agree that Recovery Court may change your Court appearance date if necessary when given notice.
- The Recovery Court Judge will encourage/reward you if you are doing well in the program and will discuss sanctions with you if you have failed to meet obligations or requirements.
- If you do not come to Court when required, you may be subject to sanctions, to include but not limited to incarceration.
You will refrain from romantic or sexual involvement with any other Recovery Court participant while in the program. Violation of this rule may result in immediate termination.

- You agree to accept any sanctions determined by the Recovery Court Team for the violation of any rule, however minor it may be. For sanctions involving incarceration, you will be given the opportunity to be heard by the Recovery Court Judge, who will make the final decision.
- In some cases, the Recovery Court Team may determine that an applicant's addiction history or a participant's relapse may require long-term inpatient treatment. Depending upon the availability of fund or bed-space, a participant may be transferred to another facility for treatment lasting at least nine to twelve months. You will be required to comply with all the rules of that program/facility. Upon return to the 21st District Recovery Court, the Treatment Director will develop a transition plan to help you complete the remainder of your Recovery Court phases.
- If the Recovery Court Judge terminates your participation in the Recovery Court program or if you choose to leave the program, a Violation of Probation Warrant will be issued. Upon the service of the warrant, you will appear in the Circuit Criminal Court for the disposition of your case, which may result in your being ordered to serve the entirety of your sentence in jail.

Description of the Program

The first year of Recovery Court is divided into several phases lasting a minimum of 52 weeks. The second year consists of two Aftercare phases lasting approximately six months each.

Inpatient Phase

Goal: This phase is designed to establish abstinence and begin the process of recovery. If you are on bond when you plea into Recovery Court, you will go into custody immediately and be transported to the Williamson County Jail. Incarceration will be followed by treatment, usually at an inpatient

rehabilitation facility. Should you be referred to the Davidson County Recovery Court, Morgan County Recovery Court or another long-term residential treatment program, you will remain in jail until you are transported to that facility. You will receive treatment while incarcerated which may include:

- Attendance at structured program activities, such as treatment groups or life skills classes.
- Individual counseling and assessments as determined by the Treatment Director.
- Weekly Recovery Court appearances.
- Attendance in 12-Step or other approved recovery meetings.
- Vocational/educational counseling referral for those needing their GED or having other educational needs.

Conditional Release

After release from inpatient treatment, eligible participants will return to the 21st District Recovery Court for a Conditional Release period lasting a minimum of 21 days.

Goal: This phase utilizes the Life Adjustment Plan (LAP) to secure full-time employment or to enroll in school full-time while working part-time. The requirements include:

- Drug testing a minimum of three times per week.
- Regular attendance at treatment groups as directed by the Treatment Director.
- Individual counseling sessions as determined by the Treatment Director.
- Weekly Recovery Court appearances.
- Daily attendance at 12-Step or other Recovery Court approved support meetings.

- Obtaining an NA/AA (or other approved) support home group and sponsor.
- Seeking and maintaining full-time employment or school.
- 9 PM curfew.
- Weekly meeting with your Case Manager.
- Those needing vocational training, technical training or employment services are referred to local agencies and programs.

Phase 1

Goal: This phase is designed to further your recovery and help you establish a pattern and program of ongoing sobriety. The requirements include:

- Drug testing a minimum of three times per week.
- Regular attendance at treatment groups as directed by the Treatment Director.
- Individual counseling sessions as determined by the Treatment Director.
- Weekly Recovery Court appearances.
- Attendance at least three 12-Step or other Recovery Court approved support meetings per week.
- Obtaining an NA/AA (or other approved) home group and sponsor.
- Continuing full-time employment or school.
- 9 PM curfew.
- Weekly meeting with your Case Manager.
- Pursuing GED classes, if necessary.
- Pursuing recreation and fellowship.
- Paying \$25.00 per week in Recovery Court participation fees, house fee (if applicable), and making good-faith payments toward court-ordered fines and court costs.

Advancement from Phase 1 to Phase 2 will only occur after you have been in Phase 1 for a minimum of 13 weeks and have tested negative on all urinalysis for 45 days prior to phase advancement. You must be in overall compliance with the requirements of Recovery Court including being current with your fees. The Recovery Court staff evaluates the appropriateness of your transition to Phase 2.

Phase 2

Goal: This phase is designed to help you practice and solidify skills learned in the previous phases, with emphasis on social, living, vocational, and educational plans that look toward the future.

Participants will follow all requirements from Phase 1 but will now attend court every other week.

Advancement from Phase 2 to Phase 3 will only occur after you have been in the phase for a minimum of 13 weeks and have tested negative on all urinalyses for 45 days prior to phase advancement. You must be in overall compliance with the requirements of Recovery Court, including being current with your fees. The Recovery Court Staff evaluates the appropriateness of your transition to Phase 3.

Phase 3

Goal: In this phase, you will begin to focus on self-improvement and independence, by planning and working toward short-term and long-term treatment goals.

Participants will follow all requirements from Phase 1 and 2 but will now attend court once monthly.

Advancement from Phase 3 to Aftercare will only occur after you have been in the phase for a minimum of 13 weeks and have tested negative on all urinalyses for 45 days prior to phase advancement. You must be in overall compliance with the requirements of Recovery Court, including being

current with your fees. The Recovery Court Staff evaluates the appropriateness of your transition to Aftercare.

Aftercare 1

Goal: Aftercare 1 components are designed to promote ongoing recovery. Participants will work with the counselor and Case Manager to establish and begin working on a long-term treatment plan with goal attainment. The requirements include:

- Weekly drug testing and meetings with the Case Manager.
- Attendance at group or individual counseling sessions, as determined by the Treatment Director.
- Monthly Court appearances.
- Continuing 12-step or other Recovery Court approved support programs plus three self-help meetings per week.
- Continuing full-time employment or school.
- 11 PM curfew from Sunday through Thursday and midnight curfew on Friday and Saturday.
- Continuing GED classes, if required.
- Payment of \$25 weekly in Recovery Court fees, plus housing fees, if applicable, as well as making good-faith efforts to pay court-ordered costs and fines.

Aftercare 2

Goal: Aftercare 2 components are designed to prepare you for a successful transition following program completion. The requirements include:

- Minimum once-monthly drug testing.
- Attendance at group or individual counseling sessions, as determined by the Treatment Director.
- Monthly Court appearances.

- Continuing 12-step or other Recovery Court approved support programs plus three self-help meetings per week.
- Continuing full-time employment or school.
- Monthly meetings with the Case Manager.
- Continuing GED classes, if required.
- Payment of \$25 monthly in Recovery Court fees, plus housing fees, if applicable, as well as making good faith efforts to pay court costs and fines.

Successful completion of Recovery Court requires full-time employment or school, minimum of 24 months of participation and 12 months of continuous sobriety. Your accomplishment will be celebrated at a graduation ceremony at a date to be determined. After completion, any remaining supervision will be transferred back to the State Probation and Parole Office or other designated agency.

Consent to Participate

Participation in the Recovery Court program is voluntary. You must sign a Participant Consent Form acknowledging that you have read the Participant Handbook, that you freely and voluntarily choose to participate, that you waive certain specified legal rights, and that you agree to abide by all rules and requirements of the program. You also understand the 21st District Recovery Court may amend these rules and requirements at any time as needed, giving due notice to the participant of any changes or amendments. You are free to terminate your participation at any time. Upon doing so, a probation violation warrant will be issued, and you will return to the Criminal Court.

Confidentiality

The 21st District Recovery Court respects the privacy of each participant. As such, participants are required to give written permission to the treatment provider to disclose treatment information to the members of the Recovery Court Team.

Consent to Participate

I, _____,

have reviewed the 21st District Recovery Court Handbook with my attorney, and I certify that I understand the rules and requirements of the 21st District Recovery Court and I agree to comply with all rules and requirements of this program. I also understand that the 21st District Recovery Court may amend these rules and requirements at any time as needed, giving due notice to the participant of any changes or amendments.

Participant Signature

Date

Attorney Signature

Date



Our Mission

The mission of the 21st District Recovery Court is to combine the power of the court and a multi-disciplinary team of criminal justice, behavioral, and social science professionals to provide the environment, opportunity, and accountability necessary for the effective long-term treatment of local chemically-dependent non-violent offenders. In so doing, public safety is increased, crime and its costs are reduced, and individuals are restored to their families and communities.

Contact Information

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Web: www.21stdc.org (Applications are available online)

Office Hours: M, T, W, F 7:30 AM-Noon / 1:30-5:30 PM

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