



York County Wellness Courts

YORK COUNTY COURT OF COMMON PLEAS

Drug Wellness Court Participant Manual

BLENDING JUSTICE, TREATMENT AND SOCIAL SERVICE SYSTEMS

The Honorable Amber A. Kraft
Court Session Options:
Thursday at 11:00a.m, 1:30 p.m. or 3:30p.m.
York County Judicial Center
6th Floor, Court Room 6003
Main Contact Number:
717-771-9602

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IMPORTANT CONTACTS	WELLNESS COURT TEAM
Adult Probation Main Number: 717-771-9602	Adult Probation Main Number: 717-771-9602
Case Manager: _____	Laura Westover, Administrator • 717-771-9602 Ext. 2049
Phone Number: _____	Christie Thomas, Administrative. Assistant • 717-771-9602 Ext. 2062
My Attorney: _____	Holly Baer, Probation Officer • 717-771-9602 Ext. 2610
Phone Number: _____	Jordan Fiorenza, Probation Officer • 717-.771.9602 ext. 2094
Sponsor: _____	Erika Lentz, Probation Officer • 717-.771.9602 ext. 2070
Phone Number: _____	
Treatment Agency: _____	
Phone Number: _____	



Did you know...75% of Wellness Court graduates never see another pair of handcuffs; however, individuals who enter Traditional Court relapse 75% of the time.

MAKING A CHOICE TO CHANGE

We are here to help you.

It really is that simple. You can get your life back. Reunite with your family and friends. Recreate meaningful relationships. Regain your health, self-respect and freedom.

What Is Drug Wellness Court?

York County Drug Wellness Court (DWC) offers substance abuse treatment as an alternative to incarceration for addicted non-violent offenders.

It is not a...



How Do Wellness Courts Work?

To be part of the program, you need to have a desire to change your life. Your team of Treatment Court experts is here to help you map out your road to recovery.



Drug Wellness Court is designed to be an 18 to 24 month program. It is a minimum of 12 months. Your progress determines the length. The program consists of five phases. Your probation officer will review requirements with you at the beginning of each phase. Participants must meet the requirements of each phase before moving to the next.

As a participant, your job is to meet the obligations to yourself, your family and society. To ensure accountability, you are:

- ***Provided with intensive treatment and other services that require you to address barriers, comply with medication management and maintain and sustain sobriety***
- ***Regularly and randomly tested for drug use***
- ***Required to appear frequently in Court for the Judge to review your progress***
- ***Rewarded for doing well and sanctioned for not living up to your obligations***

How Do Wellness Courts Work?

The program consists of five phases, including a 6 month continuing Care period:

- Phase I:** Report to Court weekly
- Phase II:** Report to Court bi-weekly
- Phase III:** Report to Court monthly
- Phase IV:** Report to Court bi-monthly
- Phase V-Continuing Care:** Report to Court as directed



Your Probation Officer will review the requirements at the beginning of each phase. Remember: If you have questions, please ask a Wellness Court team member.

Our Wellness Court Team stresses honesty, accountability and responsibility, combined with compassion and understanding.

The Judge serves as the leader of an inter-disciplinary team of professionals who oversees your progression and lapses throughout treatment. Team members include:

- Court coordinator
- Prosecuting attorney
- Defense attorney
- Treatment providers
- Case managers
- Probation officers
- Community Partners

What To Expect When You Go To Court

Core Values

- Honesty
- Education
- Sobriety

In Phase I of your treatment, you and the current program participants must attend weekly Court sessions with the Judge, your probation officer and the entire Wellness Court team. The purpose of these open Court sessions is for the Judge to monitor your participation and progress in the Wellness Program. At this time, alterations to case management and treatment plans will be reviewed. Sanctions and incentives will be administered.

Sanctions/Incentives

Upon reviewing your progress in treatment, the Judge may impose a range of consequences contingent upon your performance. These consequences may include desired rewards (i.e. verbal praise, reduced supervision requirements, or gift cards), modifications to your treatment plan (i.e. transfer to a more intensive modality of care) and cognitive behavior change and/or punitive sanctions (i.e. writing assignments, community service, or brief jail detention) The consequences are typically administered by the Judge in open court, after the Wellness Treatment Court team has met to review your case.

To Do:

- Attend Court appearances as directed
- Attend and participate in drug/alcohol treatment or support groups
- Attend every graduation
- Find a Sponsor, and actively work a recovery program
- Meet with your Probation Officer and/or case manager as directed
- Complete 50 hours or more of community service before graduation (at discretion of the Court)
- Be employed or actively seeking employment. (Minimum of 30 hours of employment, community service or a combination of both)
- Obtain GED or provide copy of diploma if already obtained
- Comply with necessary screenings/assessments as directed
 - Mental health screening
 - Physical health evaluation
 - Drug/alcohol evaluation
 - RANT and ORAS or WRNA (Risk and Needs Assessment Tool)
- Attend at least two Alumni Panels (Phase 2 and Phase 3)
- Co- Facilitate at least one Alumni Panels (Phase 4 or aftercare)
- Comply with urine screens

Financial Obligations:

- Pay the \$5 weekly participation fee (Payable to Adult Probation)
- Pay for all drug tests administered by averhealth at a discounted rate (currently \$2 per test)
- Sign Wage Attachment/Payment Agreement and begin making payments of no less than \$25.00 on Court Costs and Restitution, if applicable (payable in the Clerk of Courts Office)
- Pay all SCRAM and electronic monitoring fees, if applicable (payable to Adult Probation)

Items Needed:

- Calendar to track appointments (bring to every office visit with probation and case management)
- License, ID, or social security card (Present to your Probation Officer)
- High school diploma (Present to your Probation Officer)
- List of current prescriptions (Present to your Probation Officer, at every office visit)



Random Drug Testing Call Line

717-258-0614

717-775-7255

Averhealth.com
Including weekends
and holidays

You are subject to random drug testing 365 days a year. This includes weekends and holidays. You must call every morning to find out if you are scheduled to report for testing.

- Enter your assigned (5) digit pin number and listen to the message closely as it will tell you whether or not to report. Listen carefully to any additional messages from your Probation Officer.
- When you report to the Averhealth Office, you must be prepared to provide a urine sample while being observed
- Flushed urines are **NOT** accepted and you will face sanctions for providing one
- Adulterated urines are **NOT** accepted and you will face sanctions if one is provided

- **Certain medications are not allowed while participating in DTC without specific approval by the team and the Court. Prior approval can include medications such as narcotic pain medications; benzodiazepines; ADHD medications; non-narcotic pain medications; muscle relaxers; sleep aids; and some OTC medications. . There is an application process to obtain approval that your Probation Officer can assist with.**
- **Dietary supplements, vitamins and weight loss aids are prohibited in the program, unless medically necessary and a doctor's note is provided, and approved by the team. These drugs may alter the normal color of urine or cause a positive drug test for illegal substances. When visiting a doctor or the emergency room, you must notify the doctor(s) that you are an addict and cannot take any of the above listed medications.**
- **You must provide all prescriptions to your Probation Officer for verification that it is an approved medication. You also may not take any over the counter medication without prior approval from your Probation Officer.**



**No poppy seeds!
Salvia, morning glory
seeds, K2/Spice or any
other such mood altering
or hallucinogenic
substance is strictly
prohibited.**

**No alcoholic beverages.
No products with alcohol
in them.**

**No Kampuchea
You may not frequent
bars, casinos or other
gambling establishments.**

Tools for Success

Screenings/Assessments: Before moving forward in the program, a Drug/Alcohol Case Manager and a Mental Health Case Manager will meet with you to initiate comprehensive screenings and assessments to determine your treatment needs. If treatment is required, they will assist you throughout the treatment process. In addition, they will launch a case coordination review to decide if there are non-treatment needs to be addressed such as education and housing. To help ensure your long term success, you will also receive assistance in developing and connecting to support systems (AA, NA, Smart Recovery, etc) so that you can begin building a strong foundation of supporters.

Alumni Panel: The Alumni Panel's mission is to assist and mentor active members of the Wellness Court Program with questions and/or problems that may occur while participating in the program. Alumni Panel members are successful graduates of Wellness Court and who have the knowledge of what it takes to succeed in this program. The Alumni Panel was created to help you and should not be observed as a sanction.

Ex-Offender Program: The Successful Ex-Offenders mentoring group uses ex-offenders as a mentoring resource. The Pennsylvania Board of Probation and Parole, York County Adult Probation, Capital Region Ex-Offender Support Coalition and the community are partners in this program. This group meeting is held weekly and is designed to provide support and guidance to people who are striving to become successful ex-offenders.

The RASE Project: RASE is a Recovery Community Organization, which means that it is comprised entirely of staff and volunteers from the Recovery Community and it exists to serve the Recovery Community. Recovery Community is defined as: any person in, or seeking recovery, their families, close friends and other loved ones. The RASE Project was designed to provide a voice and body for the anonymous recovering population. The RASE Project offers many services at no cost to the individual while providing a positive environment to empower and advocate for persons with SUDS. We foster community outreach and serve as a voice of Recovery. Ultimately, we strive to enhance the recovery process through positive interaction and empowering assistance.

Just for Today: JFT Recovery and Veterans Support Services is a non-profit organization devoted to offering safe, structured, and compassionate fellowship and recovery resources to anyone in need. Meetings include: AA, NA, CMA, Spanish Speaking AA, PENNSCYPAA, Woman in Sobriety, Finding Freedom Music Lessons, Medicated Assisted Recovery, Veterans Only PTSD group, Refuge Recovery.

Remember the 5 B's



To be a successful graduate of the Wellness Court program, you need to...

- Be honest. The sanctions will be less severe if you tell the truth. One of the first steps of recovery is getting honest with yourself and everyone around you. Lying leads to relapse!
- Be drug and alcohol free!
- Be crime-free!
- Be active in your recovery program. Attend all scheduled treatment sessions. Obtain a Sponsor.
- Be compliant with all directives from the Court

We are not here to “catch” you doing something wrong...

We are not here to embarrass you if you slip...

We are here to help you live a life free from addiction!

Make the choice to change...

Remember, compliance does not equate to behavior change!

Are you entering Wellness Court in order to avoid going to prison or to lessen the number of days you spend in prison? Or are you choosing Wellness Court so that your criminal charges are reduced or possibly dismissed? If your answer is YES, that's okay. Consider this your first step toward a positive change. Our Wellness Court Team is here to help guide you along the road to recovery. It starts with you choosing to change. It won't be easy. But it will be worth it! Read what some York County Wellness Court graduates had to say about their experience:

“I was the worse of the worse. I went to 5 rehabs in 10 years. Now I am drug free. I made it! I did it! I couldn't have done it without Treatment Court.”

“How I have become successful is how I am living now. I value freedom. I value my recovery. Things fell back into place not because of luck but through hard work.”

“On my 17th, 18th and 19th birthdays, I was a heroin addict. On my 20th birthday, I was in jail. On my 21st birthday I was in Treatment Court. On my 22nd birthday, I was sitting on a beach resort vacationing with my family who trust me again.”

“If you've come to this program looking for an easy ride—you've come to the wrong place.”

“Being sober is the best ‘high’ ever...and I didn't have to pay for it!”

“Stay in the moment. Trust the process.”

“Drug Court is not something I wanted to do; it is what I needed to do.”