



York County
Wellness Courts

YORK COUNTY COURT OF COMMON PLEAS

Heroin/Opioid/Drug Wellness Court Participant Manual

BLENDING JUSTICE, TREATMENT AND SOCIAL SERVICE SYSTEMS

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IMPORTANT CONTACTS Adult Probation Main Number: 717-771-9602	WELLNESS COURT TEAM Adult Probation Main Number: 717-771-9602
Case Manager: _____ Phone Number: _____	Laura Westover, Administrator • 717-771-9602 Ext. 2049 Ashley Dearborn, Administrative. Assistant • 717-771-9602 Ext. 2093 Johnna Whitcraft, Probation Officer • 717-771-9602 Ext. 2036 Holly Buck, Probation Officer • 717-771-9602 Ext. 2610 David Poretta, Probation Officer • 717-771-9602 Ext. 2055 Seth Forry, Probation Officer • 717-771-9602 Ext. 2087 Tara Connolly, Probation Officer • 717-771-9602 Ext. 2066 Breanne Smith, Case Manager • 717-771-9222 Jaime Keesey, Case Manager • 717-771-9222 Denise Delone, Case Manager • 717-771-9222
My Attorney: _____ Phone Number: _____	
Sponsor: _____ 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 Heroin/Opioid/Drug Wellness Court?
York County Heroin/Opioid Wellness Court (HOW-C) 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.



Heroin/Opioid/Drug Wellness Court is designed to be a 12 to 24 month program. It is a minimum of 12 months. Your progress determines the length. The program consists of three 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. You will also be required to complete an Aftercare Phase upon completion of the program.

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 get and stay clean and sober



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 three phases:

Phase I: Report to Court weekly (for a minimum of 4 weeks then bi-weekly court for the remainder for Phase 1)

Phase II: Report to Court monthly (minimum of 4 months)

Phase III: Report to Court bi-monthly (minimum of 6 months)

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 accountability, 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 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 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
- 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 (Risk and Needs Assessment Tool)
- Attend at least two Alumni Panels (Phase 1)
- Co- Facilitate at least two Alumni Panels (Phase 3 and aftercare)
- Comply with urine screens

Financial Obligations:

- Pay the \$5 weekly participation fee (Payable to Ashley Dearborn in Adult Probation)
- 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 Ashley Dearborn in 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)

DRUG TESTING: KNOWING THE EXPECTATIONS

251658240



Random Drug Testing Call Line

717-258-0614

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

The following medications are not allowed in the program:

- Narcotic pain medications such as Percocet, Darvocet, Oxycontin, etc.
- Benzodiazepines such as Ativan, Valium, Xanax, Klonopin
- ADHD Meds with Amphetamines such as Adderall, Dexedrine, Procentra, etc.
- Non-Narcotic Pain Medications: Tramadol and Ultram
- Muscle Relaxers such as Flexoril
- Caffeine Pills such as Vivarin or NoDoze
- Sleep Aids such as Ambien or Soma
- K2, Spice, Kratom and/or all designer drugs legal or illegal are prohibited
- All Cough medicines must be pre-approved by a Probation Officer. Alcohol, codeine and dextromethorphan (DM) ingredients are prohibited

Dietary supplements, vitamins and weight loss aids are prohibited in the program, unless medically necessary and a doctor's note is provided. 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



No poppy seeds!

Salvia, morning glory seeds, K2/Spice or any other such mood altering or hallucinogenic substance is strictly prohibited.

No alcoholic beverages.

You may not frequent bars, casinos or other gambling establishments.

all prescriptions to your Probation Officer for verification that it is an approved medication.

Tools For Success

Screenings/Assessments: Before moving forward in the program, a Drug/Alcohol Case Manager will meet with you to initiate comprehensive screenings and assessments, including RANT (Risk and Needs Assessment Tool) 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, faith-based group) 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.

Young Men's Group/Young Women's Group:

As part of the recovery program, there are gender specific support groups for the younger population in which issues and discussions are tailored to address the commonalities identified for that specific age group.

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

Make the choice to 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."