San Mateo County Collaborative Courts

Veterans Treatment Court

Participant Handbook

Welcome to Veterans Treatment Court (VTC)!

As a veteran of the Afghanistan and Iraq campaigns, I understand the sacrifices you made by signing on the dotted line to serve your country. I thank you for your service. The goal of VTC is treatment. We want you to succeed, and we will work with you to ensure you succeed. We have the best collaborative team in the state who all care about you, want to provide you individualized treatment and want you to terminate probation successfully with your case being dismissed!

In VTC, we treat veterans differently than others in the criminal justice system. Why? Simply, because you deserve different treatment. The Team has unique tools that will provide structure, motivation, resources and assistance. This includes a mentor, who is also a veteran, and has also gone through the problems of adjusting back into civilian life and has volunteered to share their experiences to help you.

Please remember- we ALL want you to succeed. Believe in the program and the process, and you will be successful and you will never regret it. I look forward to working with you, getting to know you and supporting you. Thank you again for your service and dedication- I am thankful for you.

Always Faithful,

Mike Wendler

Welcome to the Veterans Treatment Court of San Mateo! This is a problem-solving court serving current or former members of the United States military with criminal charges. The goal of the Veterans Treatment Court (VTC) is to reduce the impact of substance use and mental health on crime. Veterans Treatment Court meets this goal by connecting veterans to services they may need, like:

- mental health therapy
- substance use counseling
- healthcare
- job training and employment
- help with housing
- peer support and mentoring
- sober activities and events

We hold our participants accountable in their recovery through supervision and individualized treatment plans. Our participants who meet all their requirements will be able to graduate from the program. Graduation may mean we reduce your fines, end your probation early, and/or expunge or dismiss your conviction.

Who is Eligible for Our Program:

Our participants must:

- Have a prior or current membership in the United States military
- Have a diagnosis of Post-Traumatic Stress Disorder (PTSD), Traumatic Brain Injury (TBI), sexual trauma, substance abuse, or other mental health issue that comes from their military service
- Be eligible for probation
- Not considered a danger to the community

The following veterans are not eligible for the program:

- They are required to register as a sex offender or gang member
- The victim of their current offense suffered death, great bodily injury, permanent disability or disfigurement.

To determine if you are eligible, you will meet with a case manager from the San Mateo County Health department. This case manager will discuss your personal history, your military service, and your treatment history with you.

If you're eligible and you agree to the program rules, Veterans Treatment Court will be ordered as part of your sentence.

Your Team:

Our Veterans Treatment Court is a joint effort of multiple justice partners. The team includes staff from:

- San Mateo County Superior Court
- the District Attorney's office
- the Private Defender Program
- Behavioral Health and Recovery Services
- the Department of Veterans Affairs
- and the Probation Office

Below is the current contact information for our justice partners:

San Mateo Superior Court 400 County Center, Redwood City, CA	Courtroom 2E Honorable Judge Michael K. Wendler Court Hearings: The 1st or 2nd Tuesday of Each Month 10 am and 3 pm Court Management Analyst: Ryan Blihovde (650) 261-5660 rblihovde@sanmateocourt.org
Menlo Park Veteran's Administration Hospital 795 Willow Road Menlo Park, CA 94025 Main Phone: (650) 614-9997 Mental Health Care: (650) 849-0303	Leah White Veteran's Justice Outreach Specialist and Treatment Liaison (650) 815-1640 Tim Healy Lead Peer Mentor (650) 933-2705 raymond.healy@va.gov
Probation: San Mateo County Probation 400 County Center, 5th Floor Redwood City, CA 94063 (650) 363-4244	Deadra Lampkin Deputy Probation Officer (650) 363-4207 dalampkin@smcgov.org
Behavioral Health and Recovery Services 310 Harbor Blvd., Building E Belmont, CA 94002 (650) 802-6400	Angelina Gianfermo (650) 363-4705 agiangermo@smcgov.org

Defense Council: Private Defender's Office 333 Bradford Street, Suite 200 Redwood City, CA 94063 (650) 298-4000	My attorney is: Their phone number is:

Your Responsibilities:

Our Veterans Treatment Court program is designed to last 18 months on average. The exact length of your program may depend on your charge. If you join the program, you'll have many responsibilities. Examples are:

- Regular court appearances
- Letters to the Judge
- Random drug and alcohol testing
- Regular probation visits
- Enrollment in all educational programming ordered by your specific charges
    - Example: You must enroll in the Multiple Offender Program if you have a DUI
- Dual diagnosis treatment and recovery support
- Case management services (including assistance linking to health care)
- Peer support & mentoring services
- Employment, education, and/or community services support
- Sober activities and events

For the full list of rules and responsibilities, please review the contract at the end of this handbook. You will sign a copy of this contract with your Probation Officer.

Your specific responsibilities will be shaped by which stage of progress you are in. This is known as your "Phase." The VTC Program has 3 Phases. You will advance through the phases as you meet the goals and benchmarks of each.

Participation in Veterans Treatment Court is not a right. You may be terminated for one of the following reasons:

- Breaking program rules
- Violating your probation
- Arrest or conviction on new criminal charges
- You request termination

The decision to terminate participants is not taken lightly. If you are at risk of termination, your attorney is always included in the decision-making process. The team will

discuss all possible consequences with you. Exiting unsuccessfully means you will not receive the benefits of graduating.

The Phases

Red Phase	
Program Requirement	**Expectation**
Time in Red Phase	4-8 months
Mentor	Call weekly
Treatment	Attend all sessions and engage with your treatment plan
Monitoring	Continuous testing
Court Appearances	Once per month, in person
Letters to the Court	A letter is due at your first review and at your phase promotion
Volunteer Hours	Postponed
Employment/education	Postponed
Jail or Sheriff's Office Alternate Program	Postponed

In order to advance from the Red Phase to the White Phase:

The expectations above must be met. Additionally, you must have a minimum of 30 consecutive days of sobriety at the time of your promotion to the White Phase. A relapse will reset the 30-day requirement. Your promotion will be delayed.

White Phase	
Program Requirement	**Expectation**
Time in White Phase	6-24 months
Mentor	Call your mentor at least every other week
Treatment	Attend all sessions and make progress in your treatment plan
Monitoring	Continuous testing as instructed, with the possibility to move to urine testing if in compliance
Court Appearances	Every other month, with the option of appearing virtually if following all rules
Letters to the Court	As ordered, with 1 due at promotion to Blue Phase
Volunteer Hours	Minimum of 50 hours during the phase
Employment/education	Must be seeking employment or educational enrollment if possible
Jail or Sheriff's Office Alternate Program	Must be completed during this phase

In order to advance from the White Phase to the Red Phase:

The expectations above must be met. Additionally, you must have a minimum of 60 consecutive days of sobriety at the time of your promotion to the White Phase. A relapse will reset the 60-day requirement. Your promotion will be delayed.

Blue Phase	
Program Requirement	**Expectation**
Time in Blue Phase	2-8 months
Mentor	Call your mentor at least every other week
Treatment	You are completing treatment and focusing on aftercare
Monitoring	Urine testing as instructed
Court Appearances	Every other month, with the option of appearing virtually if following all rules. Your graduation will be in-person
Letters to the Court	As ordered, with 1 due at graduation
Volunteer Hours	All hours must be completed prior to graduation
Employment/education	Must be seeking employment or educational enrollment
Jail or Sheriff's Office Alternate Program	All hours must be completed prior to graduation

In order to be considered for graduation from Veterans Treatment Court:

The above expectations must be met. Additionally, you must have a minimum of 90 consecutive days of sobriety at the time of your graduation. A relapse will reset the 90-day requirement. Your graduation will be delayed.

Court Sessions and Attendance

You will have regular program hearings that you must attend. You must arrive on time and dress for court. If you miss court, the court may issue a warrant or a sanction. If you have an issue that comes up, contact your defense counsel and your probation officer ***immediately.***

The time and location for program hearings is located in the "Your Team" section. You should contact your probation officer or attorney to confirm your next date.

During court, you will be called before the bench. The Judge will comment on your progress, offer praise or admonishment, and ask you questions. The Judge may order an incentive or a sanction be given, depending on your progress.

You must stay for the entire program hearing. If staying would conflict with your work or treatment, please let the team know.

Veterans Treatment Court can allow you to appear in court virtually. This is a privilege that can be taken away. Your probation officer will let you know if you are allowed to appear virtually.

Drug Testing Protocol

As part of the program, you are ordered to be sober. You are not allowed to use any alcohol or drugs. You must comply with all drug and alcohol monitoring that is ordered. Testing may be ordered by the Judge, your probation officer, or your treatment team. Missing testing or tampering with testing may be treated as a positive test.

The program uses different types of monitoring for substances. You may be asked to do breath testing, urine testing, or continuous monitoring. Continuous monitoring can be an ankle monitor or a skin patch. The team will let you know what kind you will be on. Your probation officer will work with you to make sure your monitoring works for you.

The Team encourages honesty and accountability. We encourage you to self-report any substance use. Being open about your use helps your team respond better.

You must have a prescription for all of your medications. Your probation officer may request proof of your prescriptions. You should ask for non-narcotic medication, whenever possible. There is a list of approved and prohibited medications at the end of this handbook.

The state of California has legalized marijuana, but you are not allowed to use marijuana. The team will discuss with your attorney and treatment team if a valid marijuana prescription is acceptable for your recovery. This may be a San Mateo County Medical Marijuana card or a prescription from your doctor. Medical cards and prescriptions from online are not allowed.

Supervision Protocol:

You will be assigned a probation officer in the program. They will meet with you and keep in contact with you on a regular basis. You must obey all instructions from your probation officer. The probation officer will go over your probation conditions and rules with you.

Your probation officer will work with your treatment team to help you remove any barriers to success. It is your responsibility to inform your officer of any address or contact information changes.

Treatment Protocol

You will be ordered to attend and engage in substance use and/or mental health treatment. A draft treatment plan will be recommended during your intake interview with the BHRS case manager. Your treatment plan will be finalized when you connect with your treatment provider.

Your treatment may include:

Residential treatment, detox, or partial hospitalization

Individual counseling

Medication or Medication Assisted Treatment

Sober living or halfway houses

Group counseling or classes

Self-help group meetings

Most participants receive their treatment through the Veteran's Administration. A Veteran's Justice Outreach Specialist will work with you to develop your case plan and connect you to all appropriate treatment.

If you are privately insured or don't qualify for VA services, the BHRS case manager will work with you to connect to treatment and recovery services.

Incentives and Sanctions

If you break a program rule, the Judge may issue a sanction. A sanction is a negative consequence for unacceptable behavior. All sanctions will be appropriate to the behavior. If you miss testing, you may be tested more. Sanctions will also graduate each time. This means your fourth sanction will be harsher than your first sanction.

Sanctions may include:

Admonishment

More drug & alcohol testing

Community Service

More probation contact

More court appearances

Flash incarceration or a remand

The ultimate sanction is termination from the program. The team wants to see you succeed in our program. Use your sanction as a chance to reflect. Your team wants to work with you to avoid sanctions.

Your progress and good behavior will be rewarded by the team. Incentives are positive consequences for behavior we want to see. Incentives will also match the behavior and will graduate each time.

Incentives may include:

Praise and courtroom recognition

Gift cards

Permission to travel

Less probation contact or fewer court hearings

Priority treatment in court

Reduction in fines or fees

For a full list of sanctions and incentives, please review the lists at the end of this handbook.

The court can also respond with treatment adjustments. The team will increase or decrease your therapy if you are not doing well with the type or amount of treatment. For example, you may be assessed for residential treatment or MAT services if you relapse.

All treatment adjustments will rely on the clinical expertise of your treatment team. These changes are not punishment. Your treatment plan is adjusted to meet your health needs.

Fees and Jail:

You will be issued the jail sentence and fines that are required by your case. Your fines and jail will be postponed to a later phase. Your fines may be reduced at graduation. Your jail sentence may be eligible for referral to the Sheriff's Office for one of the alternate programs. You may be referred for Home Detention or Work Furlough, if available.

Your Privacy:

Our program connects you to treatment, counseling, and assessment services for behavioral health. Your medical care, diagnoses, and treatment plan are protected by confidentiality laws.

Before sharing medical information, you will review and sign a Release of Information (ROI). This form allows the Veterans Court team to receive and discuss the medical information in your treatment plan. The ROI will explain what information can be shared, who can receive this information, and how information will be shared. The release will have an expiration date.

You have the right to withdraw your consent at any time. Withdrawing your consent will, however, result in your exit from the Veterans Court program.

Just as this protection applies to you, it also applies to your fellow participants. Please respect their privacy as well.

Your Rights:

As a participant in our program, we want to make sure you are treated with respect. We want to make sure you are given the opportunities and resources you need to succeed in your recovery. Finally, we want to make sure your privacy and legal rights are protected. These are your rights in the program:

1. You'll be informed about Veterans Court, the services we provide, and the justice partners we work with.
2. Your legal requirements and program rules will be explained to you
3. You'll know what sanctions and treatment adjustments may happen if you violate program rules
4. You will be treated with respect, dignity, and compassion
5. You will receive equal treatment without regard to your age, race, sex, religion, ethnic background, national background, HIV status, language, or mental or physical capacity
6. You have the right to privacy and confidentiality when your medical care is discussed
7. You can withdraw consent from sharing your medical records, but doing so will result in your exit from Veterans Court
8. You have the right to language interpretation at court hearings
9. You will be informed of your financial obligations in the program and what financial assistance program may be available to you
10. You won't be denied entry into Veterans Court based on your economic status
11. You have the right to ask for a confirmation test of a positive drug test, but the confirmation test may be your financial responsibility

12. You won't be ordered to religious recovery and community services if you object
13. You have the right to use Medication Assisted Treatment and all legally prescribed medication that is FDA approved
14. You have the right to not have any discussions of your drug use used against you in criminal proceedings of your case if you are terminated
15. You have the right to voice complaints and grievances about your experience in Veterans Court program

If you feel that one of your rights listed above has been violated, you may utilize the following procedure:

Submit a written complaint to the Court Management Analyst assigned to Veterans Court. Their information is in the "Your Team" section. Explain in your complaint which specific right(s) you feel has been violated and detail the event(s) that happened. You must submit this complaint within 30 days of the incident. The Court Analyst will review your complaint. They may follow up with you for more information.

The Court Analyst will report their findings to the Veterans Court Judge within 2 weeks of receiving your complaint. The Judge and the Court Analyst will determine an approach to resolve the situation.

If you have a complaint with your treatment provider and/or your probation officer, you have to use their Grievance Process. You can still file a complaint with the Court Management Analyst, but the Court will have to let the justice partner resolve the complaint with you.

If you have a complaint regarding disability accommodation, we urge you to use the formal procedure through the Superior Court. This process is on the Court's website.

You will not be punished for filing a complaint.

Program Resources

Our program is proud to refer our participants for services and help through these community resources in San Mateo County:

- ***Warrior Canine Connection:*** The 8-week training program uses WCC's innovative canine connection therapy program. The program uses the bond we have with animals to reduce the symptoms of combat trauma. A WCC representative and trainee service dog are at all program hearings. They are there to educate and engage new referrals. They are also there to support our participants who struggle with appearing in court.
- ***Veteran's Service Office:*** The County of San Mateo Veterans Services Office helps veterans and their families connect with VA benefits and resources they are entitled to. CVSO staff are accredited by the California Department of Veterans Affairs to represent

veterans in the claims process. The CVSO also provides referrals to housing, employment, and training services. The CVSO does not charge any fees for their services. Their services are available to all veterans and their family members.

For questions and inquiries concerning VA Benefits or local services:
Visit: www.SMCveterans.org
Call: (650) 802-6598

- ***The Wendler Substance Abuse Treatment Fund:*** The Wendler Substance Abuse Treatment Fund was established in 2006 and is in honor of Paul Wendler, the longest serving Deputy District Attorney in San Mateo County history. Paul Wendler was a key member of the Collaborative Courts team for many years. These funds are used to help our participants. It may be used to pay for hygiene and dental needs, transportation, housing assistance, DMV and GED fees, and food and clothing. The fund is also used to provide incentives for good performance. Any VTC team member can suggest use of the funds to support participants. Each request will be reviewed to ensure it will assist a participant's continued success in VTC.

If you have any questions about our program resources, please feel free to speak to your team.

Participant Contract:

SUPERIOR COURT OF CALIFORNIA, COUNTY OF SAN MATEO

THE PEOPLE OF THE STATE OF CALIFORNIA **Plaintiff,** **vs.** **Defendant**	**Case Number(s):**
VETERANS TREATMENT COURT RULES	

I understand and agree that as part of my participation in Veterans Treatment Court, and during the term of my probation, I will:

1. Report to the Probation Department, on the Fifth Floor of this building, immediately following my first appearance in Veterans Treatment Court, unless ordered by the Court to appear on a different date;
2. Follow all reasonable directives of the Probation Department and Veterans Administration, including any treatment directives;
3. Follow all orders of the Court, and appear in Court as ordered and as directed by the Probation Department or Veterans Administration;
4. Submit to treatment or counseling as directed;
5. Seek and maintain employment/education, as directed;
6. Not commit any criminal offense;
7. Obey all laws;
8. Keep the Probation Department and the Veterans Administration informed of my whereabouts and residence;
9. Adhere to all of the rules and regulations of an electronic monitoring program, if placed on any such program;
10. Not possess any dangerous or deadly weapons, ammunition or explosives;
11. Not possess or use any controlled substances;
12. Pay fines/fees/assessments as ordered through the Probation Department;
13. Submit to Genetic Marker Testing;
14. Submit to search and seizure of my person, my vehicle, or my residence, or any vehicle, residence or area which is under my control, at any time, without reasonable or probable cause or search warrant;

15. Submit to chemical testing (blood or urine) for the detection of controlled substances as directed by any probation officer or peace officer;

16. Pay any restitution ordered by the Court, whether or not my case is ultimately dismissed or my conviction expunged as a result of my successful completion of Veterans Treatment Court, and whether or not other fines and fees are deleted/forgiven by the Court; and,

17. Comply with all other conditions of probation as ordered or required by law, including fines and fees, entering and completing First Offender or Multiple Offender counseling programs, and Domestic Violence conditions, as applicable.

I also understand and agree that if I should fail to comply with the Veterans Treatment Court Rules, I will be subject to sanctions, including but not limited to:

1. Additional custody time in the County Jail, or, for certain felonies, State Prison, as ordered by the Court;

2. Immediate custody time in the County Jail, for up to 10 days at any one time, at the discretion of the Probation Department, without any right to a court hearing or to be represented by an attorney, should the Probation Department determine that I have violated any of the Veterans Treatment Court Rules;

3. Extension of the term of my Probation by the Court;

4. Being required, by the Court, to perform community service hours; and/or,

5. Being excluded by the Court from Veterans Treatment Court.

I understand that the Veterans Treatment Court can change my specific conditions of Probation, reduce or extend my Probationary time, and/or terminate me from the Veterans Treatment Court, for violation of the above rules and conditions, with County or State incarceration as a possible consequence**. I have read and do agree to follow the above rules.**

_____ _____
Probationer Date

_____ _____
Probationer (Please print name) Date

_____ _____
Probation Officer Date

Release of Information

Consent to Release of Information for Veterans Treatment Court

TO: San Mateo County Adult Probation
San Mateo County Mental Health Division
San Mateo County General Hospital
San Mateo County Forensic Mental Health
San Mateo County District Attorney
San Mateo County Superior Court
Maguire Correctional Facility—Medical Records, Mental Health Records
_____, Attorney at Law
United States Department of Veterans Administration
Other:_____

I, _____, hereby authorize any of the above named persons or organizations, to release to my attorney, _____, to San Mateo County Adult Probation, to San Mateo County Mental Health Division, San Mateo County General Hospital, San Mateo County Forensic Mental Health, San Mateo County District Attorney, San Mateo County Superior Court, Maguire Correctional Facility—Medical Records & Mental Health Records, United States Department of Veterans Administration, and to Honorable John L. Grandsaert, Judge of the Superior Court, or their designees, any and all information and/or records from my files held by the individuals or organizations named above relating to my evaluation and treatment for any mental illness or mental health related issues. This includes, but is not limited to, the following records and reports: hospitalizations, correctional, medical, psychological, psychiatric, probation and rehabilitation (including alcohol and drug rehabilitation), consultation reports and/or diagnostic data, medication list, as well as any files prepared in connection with prior civil commitments.

I understand that this information will be used for pending judicial proceedings, and for the determination of my eligibility for the Veterans Treatment Court, and for the determination by San Mateo Mental Health and San Mateo Adult Probation Department of my suitability for receiving such treatment.

I understand that by signing this authorization, I agree that my attorney may further disclose my medical/mental health information in connection with his/her representation of me when he/she deems such disclosure necessary for the adjudication of the legal proceedings, i.e., criminal prosecution, in which I am involved, to-wit: People v. _____, case number(s) _____, now pending in the San Mateo County Superior Court.

I understand that the recipient may not lawfully further use or disclose the health information unless another authorization is obtained from me or unless such use or disclosure is specifically required or permitted by law.

The providers of the information requested shall not condition treatment or payment based on this authorization. I understand that I need not sign this authorization and that if this authorization is not signed, the information shall not be released except when specifically required or permitted by law.

I further understand that I may revoke this authorization at any time by writing to, or otherwise notifying my attorney, or any of the addressees listed above, or the Court, of my desire to revoke this authorization.

I understand that revocation will not apply to information that has already been released in response to this authorization.

You are specifically authorized to photocopy the records mentioned above and to release copies to those named above as authorized recipients. A photocopy of this authorization shall be as valid as the original.

I understand that I have a right to receive a copy of this authorization if I so desire.

This authorization becomes effective on the date of my signature, and expires in one year from that date; however, if I am accepted into Veterans Treatment Court, the release will expire upon termination of the treatment ordered by the Court, or earlier if I execute a revocation in writing.

_____ _____
Date Signature

_____
Print or type name

_____
Social Security Number

_____
Sheriff's Office ID Number

_____ _____
Date Witness Signature

_____ _____
Date Signature for revocation of release

Dated: _____ _____
Veteran's Signature

Incentive Master List

	Incentive	Description
	Certificate or Plaque	A certificate or plaque celebrating an accomplishment
	Choice of Community Service Activity	You can select your community service assignment
	Court Event Participation	You can participate in a court sponsored event, party or other activity.
	Event Ticket/Pass	A ticket or pass to attend an activity like a sporting event or film
	Fast Pass	You will be called first in court
	Courtroom Praise	The Judge recognizes your accomplishments and the court applauds you.
	Virtual Court	You can appear virtually for court
	Alternative Work Program recommended	You can apply for Electronic Monitoring or Alternative Work instead of serving your time in jail
	Less Community Service	Your Community Service hours are reduced
	Gift Card	You get a gift card, typically from $10-$100
	Good Time	You are given credit toward your jail time
	Residential Credit	Your time in Residential Treatment is credited to your jail time

	Less frequent drug testing	Your monitoring is reduced. The type or frequency of monitoring may change.
	Medallions/Chips/Cards	You are given a chip, coin, card, or token to celebrate your sobriety
	Phase Length Reduced	You can move through a phase quicker. Your sober time requirement remains
	Reduced Supervision Contacts	Your contact with your probation is lessened. You may switch from in-person to phone calls. Or the number of contacts per month may drop.
	Reduction in Court Appearances	You will appear in court less often.
	Excusal from Court Appearance	You are excused from your next court hearing.
	Transportation Pass	You are given a pass for public transit. The pass may be one-way, round trip, or good for all day.
	Permission to Travel	The team gives you permission to travel out of the county, state, or country
	Surrender date extension	You are given extra time to surrender to the jail. This may give you extra time to apply for an Alternative Work Program
	Fine/Fee Reduction	Your fines may be reduced or you may be given credit toward your fine
	No Contact Order Changed	If you are prohibited from contacting a victim, that order may be changed. You may be given supervised visits. It may be changed to a “No Harass” order.
	Phase Advancement	You are moved to the next phase if you have met your responsibilities and have the required sober time
	Removal/Reduction of Activity Restriction	If your probation sentence kept you from doing a specific activity, that order may be removed

	Return to Regular Drug Screening Procedure	If you were testing more frequently or on continuous monitoring, you are allowed to move down to regular monitoring
	Letter of Recommendation or Recognition	A member of the treatment team writes a letter about your efforts, character, and accomplishments in the program.
	Graduation	You are permitted to graduate from Veterans Court if all of your responsibilities have been met
	Removal of Electronic Monitoring	The Judge will order that your electronic monitoring is removed. The Judge may leave removal up to your Probation Officer. This may include removal of GPS or continuous alcohol monitoring.

Sanction Master List

	Sanction	**Description**
	Admonishment	The Judge expresses disapproval of your actions or lack of compliance with the program. This will happen during court
	Warning	You are given a verbal or written warning. The warning will include the consequence that will occur if your behavior is repeated.
	Increased Court Appearances	You will have more program hearings.
	Apology	You will be asked to give a verbal or written statement expressing remorse for a harmful action
	Loss of Clean Time Days	Your sober time in your phase is reset to zero. This will happen after a relapse
	Loss of Good Time Days	If you have Good Time credit toward your jail sentence, these will be reduced by a specific amount.

Make Up Unattended Meetings	You must make up all meetings you missed. You could be asked to go to extra meetings.
Reading and/or Written Assignment	The team orders you to complete an assignment on a topic. The topic will be relevant to your recovery or progress. You may be required to complete reading. You may be asked to present on your topic.
"Last Call"	You are called last in court.
Additional Supervision Contact	Your must have more contact with your probation officer. You may be asked to meet with them in-person and/or more frequently
Courtroom Watch	You are told to sit-in on extra court hearings.
Community Service Assignment	You are ordered to complete community service. This could be additional hours on top of existing hours. It could also be a specific type of community service.
Stricter Drug Screening	Your monitoring will increase in frequency or type. You may be asked to test multiple times per week or you are put on continuous monitoring.
No Contact Order	The Judge will issue an Order preventing you from contacting a specific person.
Phase Length Increased	Your current phase is increased by a specific number of days.
Removal of Alternative Sentencing Option	You are excluded from one or more of the Sheriff's Alternative Work Programs. You may have to serve your sentence in jail.

Program Probation	You are put on a behavior contract. You have to meet specific goals and orders by a certain date. If you don't, you could be terminated
Probation Violation	Your probation officer files a probation violation. This alleges formal violations of your probation. It may mean more jail time, community service work, or termination
Activity Restriction	You are not allowed to participate in a specified activity or a previously granted benefit
Electronic Monitoring Imposed	You are switched to electronic monitoring. This could include home detention, GPS, or alcohol monitoring
Phase Demotion	You lose your current progress. You have to re-do an earlier phase. Your time in the program is extended.
Incarceration	The Judge or your probation officer places you into custody for a specific amount of time. It may be called "Flash Incarceration" or "Remand"
Termination/Revocation	You are terminated from the program. You do not receive the benefits that graduates do.

Approved Medication List

The following over-the-counter medications may be taken without affecting drug testing. All medications must be taken at the correct dosage listed on the label. Failure to take the correct dosage could result in an initial positive drug test. If you are prescribed a medication, you must provide documentation to your PO prior to your next test. If you take an over-the-counter medication that is not listed on this form, you risk testing positive. Keep in mind, it is your responsibility to make sure you don't test positive. If you have doubts, ask your pharmacist, medical provider, or program staff.

Pain, Headache, and Fever Relief

- Acetaminophen (Tylenol)
- Aspercreme
- Aspirin
- BenGay (rub and patches)
- Chloraseptic Spray
- Excedrin
- Excedrin Migraine
- Ibuprofen (Advil, Motrin)
- Icy Hot (rub and patches)
- Midol
- Naproxen (Aleve)
- Orajel
- Tylenol Arthritis

Cough, Cold, Congestion

- Alka-Seltzer (regular form ONLY; "Cold" version not allowed)
- Cepacol Sore Throat Spray
- Chloraseptic Spray, lozenges, & Daily Defense
- Cold Eeze Lozenges
- Halls Cough Drops
- Mucinex (regular form ONLY; no D or DM allowed)
- Ricola Cough Drops
- Robitussin plain, Chest Congestion, & Cough Drops
- Sucrets Defense & Cough Drops
- Thera-Flu
- Vick's Vapor Rub & Cough Drops
- Zicam

Allergy and Sinus

- Allegra
- Claritin (regular form ONLY; no D or DM allowed)
- Loratadine
- Ocean Nasal Spray
- NaSal
- Salinex
- Zyrtec

Stomach, Digestion, Heartburn

- Alka Seltzer
- Beano
- Dimenhydrinate (Dramamine)
- Dulcolax
- Gas-X
- Imodium AD
- Meclizine (Anti-Nausea)
- Milk of Magnesia
- Mylanta
- Pepto-Bismol
- Pepcid
- Prilosec
- Rolaids
- Tums

Vitamins and Antibiotics

- Most antibiotics & anti-virals will not cause false positives
- Prenatal Vitamins

Prohibited Medication & Substances List

Alcohol (All Forms)

- Mouthwashes contain alcohol. You must use an alcohol-free alternative
- Nyquil, Robitussin, and most cough syrups and liquid caps contain alcohol
- Foods containing or cooked in alcohol are not allowed
- Certain beers and ciders labeled “Non-Alcoholic” may contain a percentage of alcohol

Amphetamine

- Medications containing “Pseudoephedrine” like Alka-Seltzer Cold, Claritin-D, Dayquil, Nyquil, Robitussin, Sudafed, Tylenol Cold or Allergy are prohibited

Barbiturates

Benzodiazepine

Cocaine

Dextromethorphan (DM)

- This ingredient is present in most Cold & Allergy medications. You must use medications without this ingredient. Avoid any versions with “D” or “DM” in the name
- Alka Seltzer Cold, Dayquil, Nyquil, Robitussin, Sudafed, Tylenol Cold, and Vicks 44 contain DM. There are versions without.

Diphenhydramine

- Many medications that use the phrase “Sleep” or “PM” contain diphenhydramine

Hallucinogens

Methamphetamine

THC & CBD

Opioids

- This includes foods with poppy seeds

Miscellaneous Substances that can cause an initial positive drug test result

- Caffeine Pills
- Diet Pills
- Energy Drinks
- Muscle Building Substances
- Steroids
- Herbal Supplements
- Kombucha or other fermented beverages
- Muscle relaxants