



Gaining Independence

Important Information

Please bring this book to each required court appearance and to each treatment and court required meeting or group. In this book you will find your program conditions, sanction and incentive information, phase descriptions and requirements, your relapse prevention plan, and space for your various required treatment and meetings. Be sure to keep this book in your possession and take its contents seriously. This book will guide you through Recovery Court's rigorous program and hold you accountable to your actions. It is a vital record of your progress within the Recovery Court program.

Please use this book as a reference and contact your probation officer should you need further clarification. Below are important contacts for your convenience.

Probation Department	615-862-8380	RecoveryCourt.nashville.gov
TCFC	615-810-9629	TennesseeRecoveryFoundation.org
Averhealth	615-777-0850	my.averhealth.com
Mental Health Coop	615-726-3340	MHC-TN.org
Public Defender's Office	615-862-5730	PublicDefender.Nashville.gov
District Attorney's Office	615-862-5500	DA.Nashville.gov
Criminal Court Clerk	615-862-5601	CCC.Nashville.gov

Grievance Policy

All concerns and complaints regarding the Recovery Court team and the program should be brought to the Program Manager's attention at 615-862-8380. If there is no resolution to your grievance, the Court Administrator should be contacted at 615-862-8318.

Recovery Court Conditions

1. I am agreeing to enter Recovery Court with a supervision period of up to 24 months which may exceed the length of my sentence.
2. I will report to court as directed based on my phase or as directed by the Recovery Court Court Team unless prior approval has been granted by the Recovery Court team.
3. When my Probation Officer is unavailable and I need immediate assistance, I will seek help from the Program Coordinator or the Director of Probation.
4. I will attend substance abuse treatment and behavioral/mental health treatment programming while in Recovery Court as assessed. Treatment meetings include but are not limited to IOP, MRT, Aftercare, Anger Management, Parenting, Seeking Safety, Marijuana Dependence, etc.
5. In addition to treatment meetings, I will also attend community meetings as determined by my phase or clinical need. Community meetings include but are not limited to therapy, 12 step meetings, Celebrate Recovery, SMART Recovery, CODA, SLAA, etc. I will get my meeting sheet signed by the counselor/facilitator and bring this sheet to court for each scheduled appearance.
6. I will immediately notify my Probation Officer of any change in my telephone number, address or employment.
7. I agree to abide by all rules set forth by any treatment or residential agency while participating in Recovery Court.
8. I will keep the identity of my fellow participants confidential.
9. I will notify the Recovery Court team if I plan to move and will submit a move out plan if living in assigned housing. I will not move out of assigned housing without prior approval from the Recovery Court team.
10. I understand that I am eligible for an overnight pass after I have been in the program for a minimum of 30 days. I will submit a travel pass request and get approval from the team prior to any overnight stay.
11. I will allow my Probation Officer to visit my home or place of employment at any time.
12. I will not drink alcohol or use illegal or non-prescribed substances while in Recovery Court. I will refrain from partaking in food or liquids that may alter drug testing results including (but not limited to) CBD, poppyseeds, SleepWalkers, Kratom, Kambucha, bath salts, synthetic marijuana, detox drinks, creatine, and excessive quantities of fluids leading to an invalid urine sample.
13. I will submit drug and alcohol testing as directed at averhealth. Not reporting for an ordered drug screen will be considered a positive test.
14. The following medications are approved while participating in Recovery Court: Asprin, Advil, Aleve, Ibuprofen, Motrin, Tylenol, Claritin, Zyrtec, Alka-Seltzer-Cold-Plus, Ecotrin, and Naproxen. Liquid medications are prohibited. All other medications not listed above must have prior approval by the Recovery Court team *prior* to taking the medication. Proof of prescriptions must be provided to the probation officer.
15. I will avoid all people, places, and things that are not conducive to my recovery and safety. That includes alcohol, drugs, and other illegal activity.
16. I agree to complete drug and alcohol treatment and attend all mental/physical health appointments as directed by the Recovery Court Team and clinical recommendations.
17. I understand that I am required to complete a minimum of eight hours of career or educational advancement (ie:HiSet classes, job readiness, resume writing, continuing education, or financial readiness).

18. I shall NOT possess, live with anyone who possesses, or be around a firearm/weapon while participating in Recovery Court.
19. I will not have any new arrests. I will immediately report to my Probation Officer all new criminal charges, tickets or summons placed against me; whether by criminal citation or arrest both inside and outside of Davidson County. A new arrest and/or conviction committed during my Recovery Court participation may result in sanctions or getting revoked.
20. All verbal and written communications to the Recovery Court team will be truthful.
21. I will not harass, threaten or intimidate the Recovery Court Team or fellow participants by words or actions.
22. All conditions of the Recovery Court program must be completed within my allowed time or a violation will be filed against me that may result in my supervision being extended or revoked.
23. I understand that all additional conditions listed on my Disposition Sheet or other Court Order is a condition of my Recovery Court requirements. Failure to complete additional conditions as court ordered may result in a probation violation warrant being issued.

Sanctions and Incentives

Recovery Court is a highly individualized program intended for participants that want to change their life. We accept participants that have previously displayed a high degree of anti-social behavior. Some examples of anti-social behavior include drug use, lying, theft, assault, isolation, not taking responsibility, poor friend choices, negative attitudes and misusing money.

Participants are successful in this program because they work hard to change their past antisocial behaviors. When positive, prosocial changes are made or displayed, the Judge will issue an incentive. When antisocial behaviors or attitudes occur, we issue a sanction and/or therapeutic adjustment.

Sanctions, incentives and therapeutic adjustments are issue by the Judge only. The team discusses the antisocial or prosocial behavior. We then reviews our sanction and incentive guidelines for the Judge to decide on an appropriate sanction or incentive. Finally, the Judge will assign a therapeutic intervention as needed. Each decision is individualized. The following conditions are considered when discussing sanctions, incentives and therapeutic intervention:

- * Phase
- * Program engagement
- * Past performance
- * Personal needs
- * Criminal history
- * Individual plea agreement
- * Substance abuse history
- * Treatment history
- * Medical or mental health needs
- * Current financial situation

Please keep in mind- the team knows about each individual's personal situation and uses that knowledge in making decisions on sanctions/incentives/therapeutic adjustments. When a situation doesn't seem fair, we ask that you assume there is something you don't know and trust our process.

Incentives

Incentives are rewards for positive behavior and change. **When the Judge is deciding on an incentive, the entirety of the participant's situation is considered and the consequence is highly individualized.** Below is a list of some common behaviors that may earn an incentive.

Incentive worthy behaviors

- * Attending all office visit appointments
- * Gaining employment
- * Reporting for all treatment groups, meetings and appointments
- * Reporting for all random drug screens
- * Passing all random drug screens
- * Sobriety milestones
- * Complete treatment
- * Earning GED
- * Completing educational courses
- * Significant supportive act toward another individual

Rewards

- * Verbal praise
- * Round of applause
- * Leave court early
- * Phase promotion
- * Travel passes
- * Small items
- * Gift certificates
- * Reduced supervision
- * Legal incentives
- * Letter of commendation
- * Posted accomplishments
- * Graduation from Recovery Court Program

Sanctions

Sanctions are consequences for non-compliant or negative behavior. **When the Judge is deciding on a sanction, the entirety of the participant's situation is considered and the consequence is highly individualized.** Below is a list of some common behaviors that may earn a sanction.

Sanction worthy behaviors

- * Dishonesty
- * Moving without an approved move out plan
- * Missed meeting with PO
- * Missed self-help meeting
- * Missed treatment session
- * Missed drug test
- * Failing to complete an issued sanction
- * Failing to gain employment
- * Failing to complete court ordered condition
- * New criminal charge
- * Disrespect to Court team member or partner agency

Sanctions

- * Increased supervision
- * Verbal admonishment
- * Letter or apology
- * Writing/drawing assignment
- * Daily activity log
- * Community service
- * Jail
- * Journaling
- * Court observation
- * Team meeting with participant
- * Research

Therapeutic Adjustments

Therapeutic adjustments may be made to your case plan in addition to a sanction in response to anti-social attitude and/or behavior. These adjustments are intended to provide individualized support and may include:

- * mental health support
- * added self- help meetings
- * one-on-one sessions
- * relapse prevention classes
- * prolonged IOP
- * transitional housing
- * inpatient treatment
- * detox
- * new Addiction Severity assessment
- * new Risk/Needs assessment

Davidson County Recovery Court Phases

Phase 1 Acute Stabilization

60 days minimum, come to court weekly

- Engaged with treatment
- Comply with additional conditions and supervision
- Develop case plan
- Bi-monthly office visits with P.O.
- Monthly home visits
- Random drug testing- \$2.00 per test
- Obtain medical needs
- Address housing
- Obtain employment
- Start changing people, places and things
- 14 days sobriety to move up to phase 2

Phase 2 Clinical Stabilization

90 days minimum, come to court on the 2nd and 4th Wednesday of each month

- Engaged with treatment
- Comply with additional conditions and supervision
- Review case plan
- Bi-monthly office visits with P.O.
- Maintain housing
- Address medical and financial needs
- Obtain medical needs
- Maintain employment
- Monthly home visits
- Random drug testing- \$2.00 per test
- Demonstrate changing people, places and things
- 30 days sobriety to move up to phase 3

Phase 3 Pro-Social Habilitation

90 days minimum, come to court on the 3rd Wednesday of each month

- Engaged with treatment
- Comply with additional conditions and supervision
- Review case plan
- Bi-monthly office visits with P.O.
- Maintain housing
- Maintain employment
- Begin vocational training/school/GED
- Address medical and financial needs
- Monthly home visits
- Random drug testing- \$5.00 per test
- Demonstrate changing people, places and things
- Establish recovery network and pro-social activity
- 45 days sobriety to move up to phase 4

Phase 4 Adoptive Habilitation

90 days minimum, come to court on the 1st Wednesday of each month

- Engaged with treatment
- Comply with additional conditions and supervision
- Review case plan
- Bi-monthly office visits with P.O.
- Maintain housing
- Address medical needs
- Address financial issues
- Address medical needs
- Maintain employment
- Address ancillary services (ie: parenting, family support)
- Monthly home visits
- Random drug testing- \$5.00 per test
- Demonstrate changing people, places and things
- Maintain recovery network and pro-social activity
- 60 days sobriety to move up to phase 2

Phase 5 Continuing Care

90 days minimum, come to court on the 1st Wednesday of each month

- Engaged with treatment
- Comply with additional conditions and supervision
- Develop continuing care plan
- Monthly office visits with P.O.
- Maintain housing
- Address medical needs
- Address financial and medical needs
- Maintain employment, vocational training and/or school
- Address ancillary services (ie: parenting, family support)
- Monthly home visits
- Random drug testing- \$5.00 per test
- Community Service Project
- Demonstrate changing people, places and things
- Maintain recovery network and pro-social activity

Graduation Requirements

Participants are eligible to graduate when the following conditions have been met:

- * Completed all court ordered requirements
- * Completed all assessed aspects of drug and alcohol treatment
- * Maintained sobriety for 90 consecutive days
- * Maintained employment
- * 8 hours of vocational training
- * Participant has a plan for maintaining independence