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PARTICIPANT HANDBOOK

SOUTHEAST REGIONAL DUI TREATMENT
DOCKET (SERDTD)
WINDSOR, WINDHAM & ORANGE COUNTY, VT



THIS BOOK BELONGS TO: _____

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WELCOME

This handbook is designed to provide you with the necessary tools and information you need to be successful in the DUI program. As you begin your journey toward sobriety, you will work toward changing your lifestyle and becoming substance-free. Please read this handbook carefully. You will be required to follow the instructions and rules outlined here. **This handbook is subject to change. Participants will be notified and expected to comply with those changes.**

First, **CONGRATULATIONS!**

Entering the Southeast Regional DUI Treatment Docket (“Program”) is a monumental first step in recognizing **that use of alcohol and/or other substances** has led to problems for you, and now it’s time to find a different path forward.

Whether or not you have tried to get help in the past and have experienced success for a limited time or just continued challenges, you *do* have the power to effectively address your substance use and change your life in a way you feel good about. Improving one’s health, creating stability at home, building a sense of purpose and developing a relationship with a community that supports you will strengthen your ability to lead a life free of substance use. Help from peers and professionals is available to you while you take advantage of this opportunity to participate in this program.



Making changes can be hard and sometimes feel uncomfortable and even chaotic as you begin. Try to focus on one step at a time, one day at a time, and keep going. We’re here to help you.



The Program will provide you with the following tools to help you be successful. As you progress through the program, you will become more familiar with these tools and how they will help you to move toward a substance-free lifestyle.

- Incentives and sanctions
- Court reviews
- Writing assignments
- Urine drug testing
- Daily planner/journaling
- Case management meetings
- Daily sober living activities and/or support groups



THE TEAM

The SERDTD Team meet regularly before each hearing to review each participants' progress since their last court hearing. Information on compliance with court requirements and your treatment plan are shared. The Team works to support your progress by making recommendations to the judge. **The Judge will make a final determination in court after speaking with you during your hearing.**

The Team consists of the Judge, Program Coordinator, State's Attorney, Defense Attorney, Case Manager, Treatment Provider, Probation Officer, Law Enforcement Officer, and a Peer Recovery Support Specialist.

Following is a description of each of the members of the Program Team:

The Judge

The Judge offers leadership and presides over the treatment docket judicial matters. The Judge meets regularly with the Team before your hearing. They will speak with you about your progress and struggles and will deliver incentives for your successes and determine therapeutic or sanction responses for non-compliance.

Regional Treatment Court Coordinator

The Program Coordinator oversees the daily operations of the SERDTD Program, and coordinates with all members of the Team. They oversee program development and make sure the program is operating as it should be. This includes data management and analysis. They work with the community to build support and resources for the program.

Case Manager

The Case Manager supports participants in their treatment plans to move through the program successfully. They make referrals for services and coordinate with treatment providers. The Case Manager monitors participant progress with program and treatment obligations. This information is shared with the Team in a meeting before each hearing.

State's Attorney

The States Attorney on the team represents the community interests. They participate in the Team meetings and offer suggestions on supporting participants' success. The State's Attorney makes decisions regarding the participant's continued participation in the Program based on engagement and effort in their treatment plan. The State's Attorney can file a *Motion to Terminate* you from the Program if you are not meeting all Program requirements.

Defense Attorney

The Defense Attorney represents you, the Program participant. The Defense Attorney's role is to protect your legal interests and support you while you are in the program. The Defense Attorney will not share information you provide with the team without your permission. Prior to a court hearing in which you may receive a sanction, the Defense Attorney will have a discussion with you so your interests can be met.

Treatment Provider

As part of the program, you will undergo periodic clinical assessments to determine the right level of care for you. Your treatment plan and referrals to community providers will be adjusted according to your needs. The Treatment Provider will provide information

and coordinate with the Case Manager and Probation Officer about your progress with your treatment plan. The Treatment Provider also works to provide the services and communication among providers to meet participants needs.

Probation Officer

The Probation Officer will supervise and monitor you while you are in the program and/or on probation. Probation Officer supervision will include scheduled appointments, home and work visits, random alcohol, or drug testing, and verifying your compliance with your conditions of probation. The Probation Officer will report on your progress and/or challenges to the rest of the Team during the Team meeting.

Law Enforcement Officer

The role of the Law Enforcement Officer on the Team is to help support participants in the community. They participate in team meetings before hearings, and they also serve as a contact to local law enforcement agencies to help build community awareness and support of the program.

Peer Recovery Support Specialist

The Peer Recovery Support Specialist's role is to support participants in their recovery from substance use. The Recovery Specialist will serve as a role model, mentor, advocate, and motivator to participants to help prevent relapse and promote long-term recovery. They provide a person-in-recovery perspective to the team.

CONFIDENTIALITY

Federal law requires that your health and substance use treatment information be protected and confidential through the Health Insurance Portability and Accountability Act ("HIPAA"), and 42 C.F.R. Part II. The program has policies and procedures to guard your privacy. You will be asked to sign a Release of Information so that the team can communicate about your treatment program. Those receiving permission to share your information will be included on the Release.

PROGRAM RULES

Participants are required to follow the rules **in addition to their SERDTD Contract, and Probation Conditions, some of which are duplicated in more than one document.** Your attorney will go over your Participant Contract and Probation Conditions with you. Some, but not all of them are included here:

1. You cannot use alcohol or other mind-altering substances (drugs) while in this program unless prescribed by your physician(s).
2. Federal grants that support the program prohibit the use of medical marijuana while you are in the program. All UDTs positive for THC will be sanctioned accordingly, including positive tests triggered using CBD (cannabidiol).
3. You must inform your treating physician(s) you are in recovery and participating in this program. You will notify your Probation Officer, Treatment Provider and Case Manager of any medications you are currently taking and the name of the prescribing physician. You will notify them of any over-the-counter medications, supplements or any other substances that may trigger a positive UDT (please refer to list of products), and **before** you consume any of these items. Please note that products containing CBD may trigger a positive drug test for THC and will be sanctioned.
4. You must notify your Probation Officer, Treatment Provider and Case Manager **prior to** taking any opiate, narcotic, or benzodiazepine that was prescribed to you by your physician. You will give permission for these Program Team members to verify your prescriptions and to talk to your physician and/or your pharmacist.
5. You must complete a clinical assessment and comply with all treatment recommendations from your provider and the program, including completion of Moral Reconciliation Therapy (MRT) or approved alternative criminal thinking treatment group.
6. You must attend all Court hearings and treatment sessions as scheduled and on time. If you fail to appear for your court hearing an arrest warrant will be issued. If you fail to appear for treatment, probation or case management appointments or alcohol/drug testing you will be sanctioned.
7. You are responsible for your transportation to and from SERDTD program related requirements including court hearings, treatment/counseling sessions, community support meetings, UDT's, etc. Consult with your case manager for availability of transportation support.
8. You will submit to random and observed alcohol and drug testing. A missed or dilute test will be considered as a positive test for the presence of alcohol and drugs. Once you enter the testing site and complete the paperwork, you must submit a sample. Tampering or falsifying a urinary drug test is considered a serious program violation.

9. You must maintain medical health insurance throughout your participation in the program. If you do not have medical health insurance, your Case Manager will help you to get insurance when you come into the program. Your insurance must cover your treatment and laboratory testing costs and your medical care. If you are unsure about your current insurance coverage, contact your insurance provider.
10. It is your responsibility to keep the Court and Team informed of your current address and phone number. You must remain a resident of Windsor, Windham or Orange Counties or areas supervised by Hartford, Springfield, or Brattleboro Probation offices.
11. Per the standard program conditions of probation, participants will not leave the State of Vermont without written permission from the assigned Docket Probation Officer. Authorization for New Hampshire Treatment appointments, grocery shopping and other essential errands may be issued by your probation officer. For all other requests, participants shall complete the SERDTD Travel Authorization Form and submit it to their Docket Probation Officer at least two weeks prior to any proposed non-emergency travel. Requests will be assessed on a case-by-case basis and will depend on several factors, including the participant's number of sober days, program phase (travel is typically not authorized in Phases 1-2), compliance with the program and input from the participant's treatment provider. (revised 5/9/24).
12. You must dress appropriately for Court hearings, treatment sessions, and all other program appointments. All participants shall follow the same guidelines when attending any program related activities. Examples of inappropriate attire include; revealing tank and halter type tops, any clothing depicting alcohol or drug use, obscene or profane language or illustrations of gangs or violence.
13. Cell phones must be turned OFF before entering the Courtroom or treatment session. (No silent ring, no vibrate mode). Be respectful of others. Failure to comply with cell phone rules and etiquette during treatment and court sessions may result in sanction.
14. Failure to fulfill phase requirements may result in termination from the program.
15. You will be honest with all members of the Team and your Treatment Providers. Honesty is key to your recovery.

HOW IT ALL WORKS

This program is not easy. It demands rigorous honesty and self-discipline. The success of your treatment is based on your willingness to be honest with the team and yourself.

Upon entering the Program, you will meet with your Probation Officer and Case Manager to develop a case plan that sets reachable, short-term, and long-term goals with clear action steps.

How often you meet with your Probation Officer, Treatment Provider, and Case Manager is based on your assessment, your personal treatment plan, and the phase you are in. Each program phase has its own goals and requirements for you to achieve. You will move through phases of the program based on your progress and Case Manager recommendations. The Case Manager and Probation Officer will ensure you know what is always expected of you. If at any time you are unclear, refer to them.

You may be asked to write an essay about yourself and your interests for the Team. What is important to you? What do you hope for? What are you worried about? The goal is for the Team to have a better understanding of how to support you. The essay will be read by team members *only* and will not be discussed in court.

PHASE REQUIREMENTS (MINIMUM)

PHASE	DURATION	ALCOHOL/ DRUG TESTING	COURT APPEARANCES	PROBATION MEETINGS	CASE MANAGEMENT
1	60 days	Submit when code is chosen and as directed by your probation officer	2 times/month	4 times/month	Weekly
2	90 days	Submit when code is chosen and as directed by your probation officer	2 times/month	4 times/month	Weekly
3	90 days	Submit when code is chosen and as directed by your probation officer	2 times/month	4 times/month	Weekly

4	90 days	Submit when code is chosen and as directed by your probation officer	1 time/month	3 times/month	2 times/month and as needed
5	90 days	Submit when code is chosen and as directed by your probation officer	1 time/month	2 times/month	Monthly and as needed

ELIGIBILITY DETERMINATION

Once your attorney has referred you to the Program, the Coordinator will call you to set up a screening and orientation. Following your screening, you will be contacted by a Case Manager to schedule your clinical assessment.

You will be required to:

- Meet with the Program Coordinator for a screening and orientation.
- Sign the last page of this handbook to show you have read this Participant Handbook and acknowledge that you understand its requirements.
- Provide your medical health insurance information to your case manager. If you do not have insurance your case manager will help you to obtain it.
- Sign all necessary releases. This is a requirement of the program.
- Meet with the treatment provider and complete a clinical assessment.
- Observe a court hearing.
- Attend all scheduled Court appearances.
- Decide if you want to participate in the Program and through your attorney, accept a plea agreement and be sentenced into the program. You will be placed on probation, and you will agree to all probation conditions *and* Program requirements.

PHASE 1 – ACUTE STABILIZATION

Duration – Minimum 60 days

This phase is designed to support you with the basics you need to begin recovery. Your most important goals in this phase are to **show up** and **be honest!** You must show up to all scheduled treatment, program, and court appointments and begin the journey to

recovery. During Phase 1, you will work to get safe and substance-free housing and begin to develop a regular schedule.

You will be required to:

- Attend bi-weekly court hearings
- Engage with treatment as directed
- Comply with supervision and meetings as scheduled
- Meet weekly with Case manager
- Develop a case plan
- Attend random drug tests 2 times per week
- Develop transportation plan
- Maintain employment if possible
- Stabilize your housing
- Address statutory mandated jail
- Start changing people, places, and things
- A minimum of 14 consecutive sober days before entering Phase 2.

To advance to Phase 2, you will have completed the following (check off when completed):

- Completed a minimum of 60 days in phase 1
- Completed 14 consecutive sober days
- Engaged in treatment
- Compliant with supervision
- Schedule an appointment with a medical provider; and
- Completed my phase advance application

PHASE 2 – CLINICAL STABILIZATION

Duration – Minimum 90 days

Progressing to Phase 2 is an accomplishment and triumph. This phase is all about learning useful life and recovery skills that support your ongoing progress.

You will be required to:

- Attend bi-weekly court hearings
- Engage with treatment as directed
- Comply with supervision and meetings as scheduled
- Meet weekly with Case manager
- Review case plan

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- Attend random drug tests 2 times per week
- Begin Peer Recovery Groups
- Follow transportation plan
- Address medical needs
- Maintain stable housing
- Maintain employment if possible
- Develop a financial plan
- Demonstrate changes you've made to people, places and things
- 30 consecutive sober days
- Complete an orientation at the Turning Point and begin attending peer groups of your choice two times/week;

To advance to Phase 3, you will have completed the following (check off when completed):

- Completed a minimum of 90 days in phase 2
- Completed 30 consecutive sober days
- Engaged in treatment
- Compliant with supervision
- Completed phase advance application

PHASE 3 – PRO-SOCIAL HABILITATION

Duration – Minimum 90 days

In phase 3 you will learn how to apply the recovery skills you've learned toward your continuing recovery. In this phase you will begin to develop your recovery network at Turning Point and in the community. Your choice of meetings can include any combination of group meetings and/or individual meetings. If you choose to meet with someone individually then the meeting must be with a recovery coach, set up through the Turning Point.

You will be required to:

- Attend bi-weekly court hearings
- Engage with treatment as directed
- Comply with supervision and meetings as scheduled
- Meet bi-weekly with Case manager
- Review case plan - begin Criminal and Addictive Thinking
- Attend random drug tests 2 times per week

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- Continue Peer Recovery Groups
- Establish a recovery network
- Address medical
- Follow transportation plan
- Establish prosocial activity
- Maintain stable housing
- Maintain employment if possible
- Address financial plan
- Demonstrate changes you've made to people, places and things
- 45 consecutive sober days

To advance to Phase 4, you will have completed the following (check off when completed):

- Completed a minimum of 90 days in phase 3
- Completed 45 consecutive sober days
- Engaged in treatment
- Compliant with supervision
- Established prosocial activities
- Established recovery network
- Maintain employment (if applicable)
- Completed phase advance application

PHASE 4 – ADAPTIVE HABILITATION

Duration – Minimum 90 days

Life in recovery is a life with purpose! In this phase, you will develop a plan to give back to your community through service. Volunteering your time is not only a great way to make amends, it also lays the foundation for a healthy relationship going forward.

You will be required to:

- Attend monthly court hearings
- Engage with treatment as directed
- Comply with supervision and meetings as scheduled
- Meet monthly with Case manager
- Review case plan – continue criminal and addictive thinking
- Attend random drug tests 2 times per week

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- Follow transportation plan
- Establish prosocial activity
- Continue Peer Recovery Groups
- Establish a recovery network
- Address medical needs
- Maintain stable housing
- Begin or maintain employment
- Begin vocational Training or School
- Discuss graduation project with your Case manager for approval
- Review your Recovery Management Plan with your case manager to reflect any updates since your last phase advancement
- Address financial plan
- Demonstrate changes you've made to people, places and things
- Explore future transportation/license reinstatement options if applicable
- Address ancillary services (parenting/family support)
- 60 consecutive sober days

To advance to Phase 5, you will have completed the following (check off when completed):

- Completed a minimum of 90 days in phase 4
- Completed 60 consecutive sober days
- Engaged in treatment
- Compliant with supervision
- Engaged in prosocial activities
- Engaged in recovery network
- Begin or maintain employment.
- Addressed ancillary services
- Explored transportation/licensed reinstatement
- Submitted written graduation proposal
- Completed phase advance application.

PHASE 5 – CONTINUING CARE

Duration – Minimum 90 days

CONGRATULATIONS! During this phase you will continue to practice your recovery skills and focus on how to maintain recovery after you graduate from the program. Upon completion of this phase, you will be eligible for graduation.

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- Attend monthly court hearings
- Engage with treatment as directed
- Comply with supervision and meetings as scheduled
- Meet monthly with Case manager and develop a recovery plan. (Write and present to the court a long-term recovery plan essay addressing triggers you may encounter after the program and how you will manage them.)
- Review case plan- is Criminal and addictive thinking program complete?
- Attend random drug tests 2 times per week
- Follow transportation plan – license reinstatement if applicable
- Maintain prosocial activity
- Continue Peer Recovery Groups
- Maintain a recovery network
- Address medical needs
- Maintain stable housing
- Maintain employment
- Maintain vocational training or school
- Complete your graduation project 30 days prior to graduation
- Address financial plan
- Demonstrate changes you've made to people, places and things
- Address ancillary services (parenting/family support)
- 90 consecutive sober days

To be eligible for graduation, you will have completed all the phase 5 requirements.

- Completed a minimum of 90 days
- Completed 90 consecutive sober days
- Successfully completed all treatment conditions
- Compliant with supervision
- Maintained prosocial activities
- Maintained recovery network
- Maintain all other services and requirements
- Recovery plan completed.
- Completed graduation application.

If you object to the religious character of any organization from which you receive or would receive services, the treatment docket will provide, within a reasonable period of time after you make your objection, services from an alternate provider at a value that is equal to or exceeds the value of the services you would have received from the organization.

ALCOHOL AND DRUG SCREENS

Achieving and maintaining a substance-free life is one of the main goals of the program. Random urine testing throughout the entire program is a tool of accountability to help you get there.

- Urine Drug Testing will be done on a random basis. The number of tests per week will vary and will average 2 per week.
- You will be assigned a numerical code according to your level of risk and need by the Program Team. The code will be relayed to you by your Case Manager.
- Each morning, **seven days a week after 4:30 AM**, you will be expected to call into the UA phone line, at (877) 734-9994.
- If your numerical code is chosen you will be expected to go to the Dominion Diagnostics Patient Service Center (PSC) during their operational hours. Please note that weekend hours are limited. You must submit before 12 p.m.
- You will be observed to ensure freedom from errors.
- Methods of testing are determined by the Team and are not negotiable. Additional tests may be required by the Court, and Probation and Parole. Information from your ignition interlock device will also be considered and failed tests may be sanctioned.
- If you miss a test or submit a dilute test, it will be treated as a positive test. If you are aware that you have missed a test, you must contact your Probation Officer and Case Manager immediately and submit a specimen the following day or the following Monday if you miss a weekend test.
- Any detectable level of alcohol, drug or other mood-altering substance is considered a positive test.
- If you have a positive test in any program phase, you will lose your sober day count.
- You may be required to use a remote alco-sensor for a minimum of 60 days. The remote alco-sensor may also be used during other phases at the direction of the team. Missed tests or positive blows may be sanctioned. Sanctions will include a loss of sober days. A missed remote alco-sensor test will be treated as a missed UA for purposes of sanctions.

INCENTIVES & SANCTIONS

Incentives are rewards for positive behavior.

Sanctions are the imposition of a consequence for negative behavior.

Both can be recommended by the team members, but the ultimate decision is up to the Judge.



Incentives in Treatment Program

When you demonstrate compliance with the program and progress in treatment, the Judge will award incentives. Incentives are also used to motivate participants as they progress through the program.

Incentives may include:

- ★ Praise by the Judge and the Team members
- ★ Gift certificates and small gifts
- ★ Promotion to the next phase
- ★ Fast passes to leave court early
- ★ Candy bars



Sanctions in Treatment Program

If you continue to use alcohol or mind-altering substances or violate program rules, you will be subject to sanctions. Sanctions will be imposed every time non-compliant behavior occurs. The sanctions imposed will increase in severity for serious violations as well as repeated violations. Sanctions can be imposed by the Judge during any phase of the program.

Sanctions may include:

- ✘ Essay/homework assignments
- ✘ Increased Supervision
- ✘ Increased hearings

- ✘ Jury box (observing court)
- ✘ Community Service hours
- ✘ Time in custody

The use of incentives and sanctions will be determined by the Judge based on your progress in treatment and your program.

TERMINATION FROM THE PROGRAM

Before you may be terminated from the program, you have certain due process protections. These protections include having written notice of the reasons for termination, the appointment of an attorney, and the opportunity to have a hearing. These due process protections are written in the **Termination Protocol** that our attorney will go over with you.

Termination from the program is at the discretion of a Judge, after the State's Attorney has filed a Motion to Terminate, and you have had an opportunity to have a hearing. When a Motion to Terminate is filed, a Violation of Probation is also filed by your Probation Officer. Upon termination, you will no longer be in the Program, and your case will return to the originating criminal division for sentencing. Termination from the program may occur for various reasons including, but not limited to:

- ✘ You engaged in conduct that is a public safety risk.
- ✘ You disappear from probation supervision and fail to contact your probation officer.
- ✘ Any unexcused absence for 30 days or more will be considered for termination from the Program.
- ✘ You move away from Windsor, Windham or Orange Counties or areas supervised by Hartford, Springfield, or Brattleboro Probation offices and serviced by the program treatment provider.
- ✘ You are arrested on new criminal charges whether the conduct forming the basis for the new charge occurred before or after you began participation in the Program.
- ✘ You have a condition that would prevent you from participating in or achieving benefits from the program.
- ✘ You fail to move through the program Phases.
- ✘ You abscond from the program. You failed to attend treatment, appear in court and for urine drug testing.

- ✘ You make threats or engage in acts of violence toward Treatment Providers, other Participants, or the Team.
- ✘ You choose to withdraw from the program.
- ✘ You fail to comply with the terms of your SERDTD Contract.



GRADUATION

Graduation from the program is recognized as a very important event and another step in a life-long journey of living substance free. We encourage you to invite family, friends, and anyone else who has supported you on your journey. If you choose, the team will invite the arresting law enforcement officer to show them how far you have come. At your graduation ceremony you may choose to share with everyone how you achieved success in the Treatment Court Program. You can bring any items you would like to help share your experience.

Graduation project: Your gift to the community

To graduate from the SERDTD Program, you must complete a graduation project that involves direct service to your community. Your Case Manager will provide you will additional instructions, and a graduation project application form that you will submit to the Team in Phase 4. The project is a way to make amends, to help others and to do something for your community that reflects your values, strengths, and abilities. Your project must be approved by the Team before you begin. Below are some guidelines to help you create a meaningful project:

- It should be done through a local non-profit, school, church, or town.
- You must provide proof to your case manager that the project was completed.
- Your project should not cost you any money to complete.
- Work with your case manager if you are struggling to find a project you'll enjoy.

You must complete your project and submit verification to your Case Manager one month prior to your graduation date.

CONTINUING CARE

To provide you with a continuing support system and to assist you in remaining substance-free, you may participate in a Continuing Care phase after graduation. The Continuing Care phase may involve checking in with your case manager once a month, following your Recovery Management Plan, and following all conditions of probation if required. It can also include mentoring participants who are just beginning the program.

CONCLUSION

The goal of the Southeast Regional DUI Treatment Docket is to help you begin a life free from alcohol, drugs, and crime. Maintaining an alcohol and drug-free life requires a daily focus on your wellness and commitment to your recovery plan. While the Team is here to guide and assist you during the Program the ultimate responsibility of a sober life is up to you. Through this program you will learn how to use supports and resources to maintain a full life free from substance use and criminal behavior.

Urine Abstinence Testing and Incidental Alcohol Exposure Contact

Recent advances in the science of alcohol detection in urine have greatly increased the ability to detect even trace amounts of alcohol consumption. In addition, these tests are capable of detecting alcohol ingestion for significantly longer periods of time after a drinking episode. Because these tests are sensitive, in rare circumstances, exposure to non-beverage alcohol sources can result in detectable levels of alcohol (or its breakdown products). In order to preserve the integrity of the DUI Court testing program, it has become necessary for us to restrict and/or advise participants regarding the use of certain alcohol-containing products.

We have also included CBD products, which can result in a positive test for THC.

It is YOUR responsibility to limit your exposure to the products and substances detailed below that contain ethyl alcohol. It is YOUR responsibility to read product labels, to know what is contained in the products you use and consume and stop and inspect these products BEFORE you use them. ***Use of the products detailed below in violation of this contract will NOT be allowed as an excuse for a positive drug test. When in doubt, don't use, consume or apply.***

Cough syrups and other liquid medication: Drug Court participants have always been prohibited from using alcohol-containing cough/cold syrups such as Nyquil®. Other cough syrup brands and numerous other liquid medications, rely on ethyl alcohol as a solvent. Drug Court participants are required to read product labels carefully to determine if they contain ethyl alcohol (ethanol). All prescription and over-the-counter medications should be reviewed with your case manager before use. Information on the composition of prescription medications should be available upon request from your pharmacist. Non-alcohol containing cough and cold remedies are readily available at most pharmacies and major retail stores.

Non-Alcoholic Beer and Wine: Although considered non-alcoholic, NA beers (O'Doul's®, Sharps®) do contain a residual amount of alcohol that may result in a positive test result for alcohol, if consumed. Drug Court participants are NOT permitted to ingest NA beer or NA wine.

Food and Other Ingestible Products: There are numerous other consumable products that contain ethyl alcohol that could result in a positive test for alcohol. Flavoring extracts, such as vanilla or almond extract, and liquid herbal extracts (such as Ginkgo Biloba) could result in a positive screen for alcohol or its breakdown products. Communion wine, food cooked with wine, and flambé dishes (alcohol poured over a food and ignited such as cherries jubilee, baked Alaska) must be avoided. Read carefully the labels on any liquid herbal or homeopathic remedy and do not ingest without approval from your case manager.

Mouthwash and Breath Strips: Most mouthwashes (Listermint®, Cepacol®) and other breath cleansing products contain ethyl alcohol. The use of mouthwashes containing ethyl alcohol can produce a positive test result. Drug Court participants are required to read product labels and educate themselves as to whether a mouthwash product contains ethyl alcohol. Use of ethyl alcohol-containing mouthwashes and breath strips by Drug Court participants is not

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permitted. Non-alcohol mouthwashes are readily available and are an acceptable alternative. If you have questions about a particular product, bring it in to discuss with your case manager.

Hand Sanitizers: Hand sanitizers (e.g. Purell®) and other antiseptic gels and foams used to disinfect hands, contain up to 70% ethyl alcohol. Excessive, unnecessary or repeated use of these products could result in a positive urine test. Hand washing with soap and water are just as effective for killing germs.

Poppy Seeds: Consuming poppy seed products can result in opiates being detected. Foods such as bagels and muffins containing poppy seeds should be avoided. Commercially available poppy seeds have been shown to contain 2 to 294 micrograms of morphine and 0.4 to 57 micrograms of codeine per gram of seed. Following poppy seed ingestion, morphine concentrations in the urine generally peak within 3 to 8 hours and may be detected for as long as 48 to 60 hours post-ingestion.

(PLEASE NOTE: DUE TO COVID-19 WE UNDERSTAND THAT EVERYONE IS USING HAND SANITIZER MORE THAN USUAL. PLEASE CONTINUE TO TAKE ALL THE STEPS NECESSARY TO KEEP YOURSELF HEALTHY AND SAFE. IF YOUR IGNITION INTERLOCK DOES NOT START AND YOU THINK IT IS FROM HAND SANITIZER, YOU MAY HAVE TO WASH YOUR HANDS AND TRY AGAIN IN 15 MINUTES. IF A UDT COMES BACK POSITIVE BECAUSE OF HAND SANITIZER, A CONFIRMATION TEST WILL BE ABLE TO DISTINGUISH THAT FROM ALCOHOL CONSUMPTION.)

Hygiene Products: Aftershaves and colognes, hairsprays and mousse, astringents, insecticides (bug sprays such as Off®) and some body washes contain ethyl alcohol. While it is unlikely that limited use of these products would result in a positive test for alcohol (or its breakdown products), excessive, unnecessary or repeated use of these products could affect test results. Participants must use such products sparingly to avoid reaching detection levels. Just as the court requires each participant to regulate their fluid intake to avoid dilute urine samples, it is likewise incumbent upon each participant to limit their use of topically applied (on the skin) products containing ethyl alcohol.

Solvents and Lacquers: Many solvents, lacquers and surface preparation products used in industry, construction and the home, contain ethyl alcohol. Both excessive inhalation of vapors, and topical exposure to such products, can potentially cause a positive test result for alcohol. As with the products noted above, Drug Court participants must educate themselves as to the ingredients in the products they are using. There are alternatives to nearly any item containing ethyl alcohol. Frequency of use and duration of exposure to such products should be kept to a minimum. A positive test result will not be excused by reference to use of an alcohol-based solvent. If you are in employment where contact with such products cannot be avoided, *you need to discuss this with your case manager*. Do not wait for a positive test result to do so.

Cannabidiol (CBD) Products: This includes tinctures, foods, teas, oils, lotions.

*Remember, when in doubt, don't use, consume
or apply.*

Southeast Region DUI Treatment Docket **Participant Handbook Acknowledgement**

I have read/had read to me and reviewed the Program Expectations outlined in this handbook and as explained to me.

Participants Signature

Date

Participants Name (please print)

Representative's Signature

Date

Representative Name (please print)