



SPOKANE COUNTY DUI COURT

ISTC Participant Handbook

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Mission Statement

The mission statement of the Spokane County Intensive Supervision Therapeutic Court is to compel chemically-dependent offenders to address their chemical dependency, criminal thinking and behavior. This is accomplished through support, accountability, treatment, intensive supervision and consistent contact with the ISTC team. By eliminating alcohol/drug use and the associated criminal activity, it is the intent of the court to also reduce recidivism, enhance community safety, reduce alcohol-related deaths and other drug-related deaths and increase rehabilitation.

I. DESCRIPTION

What is ISTC?

The **Intensive Supervision Therapeutic Court** (“ISTC”) is a specialty court with the responsibility of handling cases involving repeat offender DUI drivers who are chemically dependent. Offenders are managed through comprehensive supervision, treatment services, and a graduated system of incentives and sanctions. Rather than focusing only on the crimes you commit and punishments you receive, ISTC attempts to address your underlying issues.

As part of a comprehensive approach to encourage a sober lifestyle, your individual supervision program will include a combination of chemical dependency treatment, sober support meetings, Moral Reconciliation Therapy (MRT), frequent biological testing for alcohol and/or drug use, regular court hearings, and regular contact with Probation staff to assist you in obtaining needed additional services.

The ISTC judge will be closely involved in your case as a team member. You will be recognized or sanctioned based on your compliance with the program. If you choose not to work the program and want out, the balance of your suspended jail time may be imposed. On the other hand, if you *do* work toward treatment goals, you will be given an opportunity to gain the necessary tools to rebuild your life.

Why was I ordered into the ISTC?

ISTC was ordered as a condition of your probation because you met the following criteria:

- You have been convicted of three or more DUI/Physical Control, Minor DUI **or** amended DUI's or have had a previously "dismissed" deferred prosecution within the last ten years.
- Potential disqualifiers (on a case-by-case basis) include prior sex or violent crime convictions, prior or current Drug Court involvement, and DOC community custody holds, residency outside of Spokane County, active gang affiliation, or individuals identified as ROP offenders.

How does ISTC work?

There are two ways to enter ISTC. First, you have already been convicted of your DUI charge and are ordered in due to current violations of your deferred sentence or probation conditions. There must be at least 36 months remaining on your current probation term. You may also be ordered into ISTC if the judge found you guilty of a new qualifying charge.

ISTC participants remain in the program for a **minimum of 36 months and a maximum of 60 months. The amount of time it takes you to graduate is dependent on your progress. You must have six months of abstinence prior to graduation.** There are five phases that you must complete. ISTC is designed to address your addiction, possible mental health issues, criminal thinking, social and family problems, and your employment or education needs.

Once you have graduated from the ISTC program, your judgment and sentence will be modified by the ISTC judge and you will be placed on 24 months of monitored probation. You will be required to meet with the Probation Department monthly for the first six months and then quarterly until probation/jurisdiction ends. You will be subject to random

drug and/or alcohol testing at Probation's discretion. If there are no issues at the end of the 24 months, your probation will be closed.

This is a team approach. Everyone wants you to succeed and create a new life free of dependency. Not only will you become part of this community during your treatment, but it will continue after you have graduated to help you transition into a healthier lifestyle.

What happens during ISTC?

You must complete all **five phases** in order to graduate from ISTC. Once you have completed all of the phases and you have a minimum of six months sobriety, you will be placed on 24 months of monitored probation, as mentioned above. Your individual program is subject to change by the ISTC team consistent with your progress through the phases. To advance to the next phase, you must complete the necessary tasks and assignments given to you by your treatment provider and the ISTC team **AND** be violation free for a minimum of 30 days. The following phase descriptions are not all inclusive. **Each participant's progress through the program is based solely on their individual performance and compliance with the following phase system.**

Spokane County ISTC – DUI Court Phase System

Phase I: Orientation and Assessment

You must remain in this phase for at least 30 days.

- Attend court twice per month
- Meet with Probation at least once per week
- Random testing eight times per month or other alcohol monitoring as directed (IN HOM breath testing device, UA, transdermal and/or SCRAM/EHM systems)
- Additional testing at Probation's discretion.
- Complete chemical dependency evaluation and / or a mental health evaluation as directed by the ISTC Team
- Begin looking for a sponsor with a minimum of two-years sobriety
- Declare a 12-step based self-help home group
- Attend two approved 12 step-based self-help group meetings per week
- Be employed, begin job search or enroll into an educational program
- Be enrolled into the recommended treatment program with acceptable attendance and participation. This may also include entering into MRT with the

Probation Department at this time, or at any time during the next four phases

- Apply for the Ignition Interlock License
- **Personal Project:** Goodbye Letter
- 9:00 p.m. Curfew

In Order to Complete Phase I:

- Submit any treatment evaluation(s) within 14 days if requested
- Report to ALL scheduled court appearances and Probation appointments
- Submit proof of completion of the required 12-step based self-help attendance
- Declare a 12-step based self-help home group
- Be employed or enrolled as a full time student working towards a degree or trade
- Make progress towards achievement of treatment plan
- Complete the Orientation Phase Test
- Be violation-free for a minimum of 30 days
- Present: Goodbye Letter
- Complete and present to the court your application to move to Phase II

Phase II: Stabilization and Cognitive Restructuring

You must remain in this phase for at least 60 days

- Attend court twice per month
- Meet with Probation a minimum of two times per month

- Random testing six times per month or other alcohol monitoring as directed (IN HOM breath-testing device, UA, transdermal and/or SCRAM/EHM systems)
- Additional testing at Probation's discretion
- Attend a minimum of two approved 12-step based self-help group meetings per week
- Declare a 12-step based sponsor
- Treatment compliance which may also include entering into MRT with the Probation Department at this time, or at any time during the next three phases
- Work towards relicensing (including insurance, Ignition Interlock etc.)
- Be employed, or enrolled and working on an educational program
- Attend DUI Victim's Impact Panel
- **Personal Project:** Strength and Weaknesses List
- Complete two-hours of community service from the court-approved non-profit agency list
- 9:30 p.m. Curfew

In Order to Complete Phase II:

- Report to ALL scheduled court appearances and Probation appointments
- Submit proof of completion of the required 12-step-based self-help attendance
- Have a 12-step-based sponsor
- Have 12-step-based home group

- Be employed, or enrolled in an educational program
- Continue making progress towards achievement of treatment plan
- Provide verification to Probation regarding license/insurance/ignition interlock status
- Have all treatment, probation and participation fees paid current
- If not a high school graduate or have a GED, submit proof of enrollment in an appropriate course to obtain equivalent
- Attend a DUI Victim's Impact Panel
- Be violation-free for a minimum of 30 days
- Present personal project in court
- Provide verification of the completed community service hours
- Complete and present to the court your application to move to Phase III

Phase III: Early Recovery

You must remain in this phase for at least 90 days

- Attend court twice per month
- Meet with Probation a minimum of two times per month
- Random testing six times per month or other alcohol monitoring as directed (IN HOM breath testing device, UA, transdermal and/or SCRAM/EHM systems)
- Additional testing at Probation's discretion.

- Attend a minimum of two approved 12-step-based self-help group meetings per week
- Treatment compliance which may also include entering into MRT with the Probation Department at this time, or at any time during the next two phases
- Work towards relicensing (including insurance, Ignition Interlock etc.)
- Be employed, or enroll in an educational program
- **Personal Project:** Autobiography Essay
- Complete four hours of community service from the court-approved non-profit agency list
- 10:00 p.m. Curfew

In Order to Complete Phase III:

- Report to ALL scheduled court appearances and Probation appointments
- Submit proof of completion of the required 12-step-based self-help attendance to Probation
- Have 12-step-based home group
- Have a 12-step-based sponsor
- Be employed or enrolled in an educational program
- Continue making progress towards achievement of treatment plan
- Provide verification to Probation regarding license/insurance/ignition interlock status
- Have all treatment, Probation and participation fees paid current

- If not a high school graduate or have a GED, submit proof of enrollment in an appropriate course to obtain equivalent
- Be violation-free for a minimum of 30 days
- Present Autobiography essay in court
- Provide verification of the completed community service hours
- Complete and present to the court your application to move to Phase IV

Phase IV: Transition

You must remain in this phase for at least 90 days

- Attend court once a month
- Meet with Probation a minimum of one time per month
- Random testing 6 times per month or other alcohol monitoring as directed (IN HOM breath-testing device, UA, transdermal and/or SCRAM/EHM systems)
- Additional testing at Probation's discretion.
- Attend a minimum of two approved 12-step-based self-help group meetings per week
- Treatment compliance which may also include entering into MRT with the Probation Department at this time, or at any time during the next phase
- Work towards relicensing (including insurance, Ignition Interlock etc.)

- Be employed or enrolled in an educational program
- **Personal Project:** Relapse Prevention Plan
- Complete six hours of community service from the court-approved non-profit agency list
- 10:30 p.m. Curfew

In Order to Complete Phase IV:

- Report to ALL scheduled court appearances and Probation appointments
- Submit proof of completion of the required 12-step-based self-help attendance
- Have 12-step-based home group
- Have a 12-step-based sponsor
- Be employed or enrolled in an educational program
- Continue making progress towards achievement of treatment plan
- Provide verification to Probation regarding license/insurance/ignition interlock status
- Have all treatment, Probation and participation fees paid current
- If not a high school graduate or have a GED, submit proof of enrollment in an appropriate course to obtain equivalent
- Be violation-free for a minimum of 30 days
- Present personal project in court
- Provide verification of the completed community service hours

- Complete and present to the court your application to move to Phase V

Phase V: Maintenance

You must remain in this phase for at least 90 days

- Attend Court one time per month
- Meet with probation a minimum of one time per month
- Random testing three times per month or other alcohol monitoring as directed (IN HOM breath-testing device, UA, transdermal and/or SCRAM/EHM systems)
- Additional testing at Probation's discretion.
- Attend a minimum of two approved 12-step-based self-help group meetings per week
- Treatment completed
- Work towards relicensing (including insurance, Ignition Interlock etc.)
- Be employed or enrolled in an educational program
- Complete eight hours of community service from the court-approved non-profit agency list

In Order to Complete Phase V:

- Report to ALL scheduled court appearances and probation appointments
- Submit proof of completion of the required 12-step-based self-help attendance

- Have 12-step-based home group
- Have a 12-step-based sponsor
- Have at least 180 current, continuous, clean/sober days
- Be violation free for a minimum of 30 days
- Be employed or enrolled in an educational program
- Submit proof that you have obtained diploma or GED and/or verification of full time employment
- Provide verification to Probation regarding license/insurance/ignition interlock status
- Complete all treatment
- You must have completed MRT through the Probation Department
- Have all treatment, Probation and participation fees paid current
- Provide verification of the completed community service hours
- Complete and present to the court your application to graduate
- Complete a Graduate survey

Employment in retail alcohol sales and service industry:

Program participants shall not enter nor frequent bars or any other business whose primary purpose in sales is alcoholic beverages; however, employment in restaurants and bars may be permitted, provided participant maintains sobriety and program compliance. Failure to maintain sobriety and program compliance will result in a court ordered removal from the work site.

Additional information:

This program will last for approximately (1) year and can be extended in cases of relapse or until satisfactory completion of all requirements have been achieved.

Upon graduating from the intensive portion of the ISTC Program, participants will be monitored for an additional 24 months with the following conditions of Probation: No Criminal Law Violations, No Possession/Use/Consumption of any alcohol or non-prescribed drug, Random testing at Probation's discretion and to have all fines and fees paid in full prior to the end of the 24-month period.

Random home visits can occur during all phases of the ISTC Program

II. FREQUENTLY ASKED QUESTIONS

What if I relapse?

Chemical dependency can be an all-consuming and devastating disease. Your ISTC team and treatment counselors know this. Effective and appropriate treatment depends on your **honesty**. If you are not honest about your own personal challenges and relapses then you will get inappropriate recommendations, and you will feel like you are wasting your time. Reporting challenges and relapses will help your ISTC team and treatment counselors to make appropriate recommendations.

A self-reported relapse does not necessarily lead to termination from the ISTC program or from treatment. **You will get credit for your honesty, which will be reflected in the outcome of your violation hearing in front of the judge. If you are dishonest about a relapse, harsh sanctions may apply.**

Team Response to Violations

In the event of a violation, a flash sanction may be imposed or a show cause hearing will be held where all pertinent information will be presented by probation staff. You will have an opportunity to present your version of the alleged events and the judge will make a determination if the violation did or did not occur and will impose sanctions if deemed necessary.

What sanctions are given?

If you fail to comply with your treatment program, receive new criminal charges, fail to take biological tests, attend court hearings and probation appointments, relapse or violate

any other terms of your individual ISTC supervision plan, the judge will sanction your actions. Possible sanctions include:

- Admonishment
- Essays/Presentations
- Increased 12-Step support meetings
- Increased biological testing/monitoring
- Extended or loss of phase time
- Increased treatment requirements
- GPS/EHM
- In-Hom breath testing device with camera
- Community service
- Work release incarceration
- Jail time
- Termination from ISTC Program with imposition of suspended sentence
- Flash sanction, i.e., booked into jail from court
- Partial Work Confinement

How do alcohol / drug screens work?

You will be required to provide ongoing, random urine, breath or blood samples and/or be hooked up on other equipment, to monitor your sobriety. In the event of suspected use, you will be referred to an outside agency and expected to pay for the cost of the urinalysis. Any positive urine screens, tampered samples, positive readings on the equipment or refusal to provide a sample may be grounds for sanctions.

A refusal, dilute or missed test will be considered a positive screen. Any attempt to adulterate or falsify a test result will be considered a positive screen. If you are

unable to provide a sample within the designated testing hours, it will be considered a positive screen.

Frequency of testing is subject to change at court's discretion at any time.

While participating in ISTC, you may not consume any alcohol, marijuana or other illegal drugs at any time for any reason.

Be very careful not to ingest non-alcoholic beer or wine, poppy seeds in any form (muffins, bagels), flushing agents, "natural" or herbal remedies, over-the-counter medications such as Nyquil, mouthwash which contains alcohol, Metabolife (or other over-the-counter diet aids), or any other substance containing alcohol. If you have questions, or are concerned about something affecting your testing, please contact Probation Staff.

What if I have a serious medical condition?

In general, if you have a serious medical condition you will not be excluded from ISTC. You must be willing to **fully** disclose your condition and medical care to the treatment providers and ISTC team. If you are taking medication for your condition, you must continue to do so according to your primary care physician's directions. Although we can be flexible and work around your condition, you must be able to engage in and complete treatment. You **must** provide a copy of all prescriptions to your probation officer and **must** advise the team of any changes in your medications.

What is Moral Reconciliation Therapy (MRT)?

You must attend and successfully complete the ISTC MRT program. The class is given once per week in a location determined by the Probation Department. The cost is \$30.00 and is payable to the Probation Department directly.

MRT is an evidence-based, cognitive behavioral program developed to reduce recidivism and reduce criminal behavior. MRT confronts and seeks to change faulty criminal thinking by enhancing the offender's social, moral and behavioral deficits.

MRT is a sixteen-step program, including twelve mandatory steps and four optional steps. Facilitators will guide you in self-assessment, building trust, setting goals, helping yourself and others while redirecting behavior so that you are able to think through the decision process.

MRT is offered by the Spokane County District Court Probation Department. MRT is an open-ended program allowing offenders to enter the program at any point in their supervision.

Can I use prescription medications?

As a general rule, ISTC participants are expected to be drug-free, including the use of prescription medication. If your doctor prescribes medication, it must be reviewed by the Probation staff. You will then sign a release of information between the prescribing doctor and Probation in order to verify your prescription. While in ISTC, you must use ONE doctor and ONE pharmacy.

What if I need to move, change roommates, or get a new job?

You must notify your probation officer **before** you move to a new address or change your phone number.

You must notify Probation immediately if you get a new job, quit, get laid off or fired.

What if I want to travel outside of Spokane County?

If you need to travel outside Spokane County, you must first contact your probation officer to request permission to leave. If you are requesting a day trip, it is usually approved, as long as there is advanced notice and you are in full compliance. An overnight or out-of-state trip will require court permission. Any out-of-state travel will require a trip permit. You will be required to test **prior** to leaving and **immediately** upon return.

What if I have contact with Law Enforcement?

You must report all police contact to your probation officer within 24 hours of contact. Police/Law Enforcement contact includes any sort of interaction with law enforcement personnel, including outside Probation/Parole agencies. Contact could include, but is not limited to: Being asked for ID by law enforcement, being a passenger in a vehicle that is contacted by law enforcement, being involved in a crime event or collision where law enforcement respond, or being questioned by law enforcement personnel as a suspect, victim and/or witness to a criminal act.

If you learn that you have a warrant or are the subject of an investigation, or if you are sought as a witness, you must report that to your probation officer.

If you receive a subpoena or a restraining order, or are a party to a lawsuit, you must report that to your probation officer.

III. RULES AND RESPONSIBILITIES

CONFIDENTIALITY

You are required to sign a Release of Information which allows Probation to give information to the ISTC Team. The team consists of the judge, prosecuting attorney, public defender, program manager, probation officer, and chemical dependency case manager. Your privacy is respected and the team will make every effort to protect your identity.

Confidentiality is also essential to maintain the integrity of group therapy sessions. Nothing that is discussed within the confines of those meetings will leave those meetings. No information pertaining to another client should be discussed outside of the group. This confidentiality applies to things said in the courtroom as well.

FINANCIAL OBLIGATIONS

All court payments are to be established and paid through PAR Acceptance Corp. Information regarding your payments may be obtained from the court clerks.

If your charge involved a property crime, you are required to pay the restitution that is owed to the victim(s) of the crime. The amount of restitution, if any, was determined at your

sentencing. You must make regular payments on your restitution in accordance with the court order.

COURT ATTENDANCE

Attendance in court is ABSOLUTELY mandatory on the dates you are ordered to appear by the judge. As you advance to higher phases of the program, court appearance may be decreased. You must arrive at court at least five minutes before the docket begins, and remain in the courtroom until after the docket is complete.

If you are not present in court on the required days, a bench warrant may be issued. It is then your responsibility to get the warrant quashed or turn yourself in. ***If this does not happen, you will be arrested and remain in jail until your next ISTC appearance.***

COURTROOM BEHAVIOR

You are expected to maintain appropriate behavior at all times in the courtroom and courthouse. This includes:

- No talking in the courtroom
- No eating or drinking in the courtroom
- No smoking in the courthouse
- No chewing gum
- Be on time and do not leave during the hearing except to use the restroom
- Turn off beepers and cell phones or they may be confiscated
- ISTC Court is NOT the appropriate time to speak with any of the team members. You must call or set up an appointment.

- Appropriate dress is necessary; shoes and shirts are required and no hats, short shorts, sunglasses or tank tops should be worn. You are expected to maintain appropriate grooming.

IV. GRADUATION

You will be eligible for graduation once you have completed all five phases as outlined above. The time frame varies according to your performance and will be determined by the ISTC Team. Your family, friends, employers, counselors and sponsor are welcome to come to court and share in this joyous and life-affirming occasion. There will be a graduation ceremony in which you will receive a certificate demonstrating your completion of ISTC and accomplishment of achieving a clean and sober life.

At that time, you will be placed on 24 months of monitored probation with the expectations described above. You will be required to meet with Probation monthly for the first six months, followed by quarterly appointments until your probation terminates. You will also be required to submit to random testing at Probation's discretion.

V. ALUMNI GROUP

The ISTC Alumni Group is a partnership made up of ISTC graduates to give hope and encouragement to those recovering from addictions. The goal of ISTC is to lead by example, and to help facilitate abstinence and outreach prevention programs. All graduates are invited to participate.