

# Family Treatment Court

## 2022 Monthly Planner



Children and Family Justice Center  
1211 E. Alder St., Room 4016  
Seattle, WA 98122

Phone: 206-477-2311



## **INTRODUCTION**

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The Family Treatment Court (FTC), which started in August 2004, is an alternative to regular dependency court. It is designed to improve the safety and well being of children in the dependency system by providing parents access to drug and alcohol treatment, judicial monitoring of their sobriety, and individualized services to support the entire family.

Parents voluntarily enter the program and agree to increased court participation and intense case management in order to reunite with their children. Initially, case review hearings in front of a judge occur every other week and become less frequent as parents progress through the program. Incentives are awarded to recognize parents' achievements and graduated responses are used when parents violate program rules. It is expected that cases will remain in the FTC between 12 months and two years. If a parent is unable to engage in services or maintain sobriety, despite their involvement in FTC, the court provides early permanency for children so they may establish roots in another family without delay.

Each case has a FTC team that reviews parents' participation and recommends services. The team includes: parents' attorneys, assistant attorney general, DCFS social worker, treatment specialist, CASA and/or child's attorney, family recovery support specialist and court specialist, and the judge.

Substance abuse treatment, counseling, assistance with housing, parenting and childcare are some of the services available to each family. The court has also added Wrap-Around meetings to the array of services available to FTC families.

Family Treatment Court can help you reunite with your children by supporting you as you learn new skills and begin recovery. This handbook provides information about the FTC program and what is expected of you as a participant.

## **COMMUNITY RESOURCES**

### **Alcohol Drug 24-Hour Help Line**

206-722-3700

Available 365 days a year

### **24-Hour Crisis Line**

206-461-3222

1-866-4CRISIS (427-4747) Toll Free

Available 365 days a year

### **Community Resources Line**

211

### **Community Resources Online**

[www.crisisclinic.org](http://www.crisisclinic.org)

# January 2023

SUN	MON	TUE	WED	THU	FRI	SAT
1	2	3	4 FTC Peer Group 1pm (KNT)	5 FTC Peer Group 1pm (SEA)	6	7
8	9	10	11 FTC Peer Group 1pm (KNT)	12 FTC Peer Group 1pm (SEA)	13	14
15	16	17	18 No FTC	19 No FTC	20	21
22/29	23/30	24/31	25 FTC Peer Group 1pm (KNT)	26 FTC Peer Group 1pm (SEA)	27	28

## KEY POINTS

Participation in the Family Treatment Court (FTC) is completely voluntary. You cannot be forced into the program.

FTC is an intensive program and requires your commitment. You will be required to go to treatment and attend court regularly.

Your FTC team includes: your attorney, other parent's attorney if applicable, assistant attorney general (AAG), your DCFS social worker, treatment specialist, CASA and/or child's attorney, FTC program supervisor, FTC court specialist, family recovery support specialist and the judge.

*Note: Even as a member of the Family Treatment Court team, your attorney still represents you and makes sure your legal rights are protected*

Many services are available to you and include substance abuse treatment, counseling, assistance with parenting, childcare issues, and wrap-around coordination

## PARTICIPATION REQUIREMENTS

### Frequently Asked Questions

#### Will participating in Family Treatment Court help me get my children back?

Yes. Although getting your children back is up to you, Family Treatment Court can help you as you are going through the dependency process and provide support that you won't get through the regular system. You will have an entire treatment team on your side.

#### What is the difference between Drug Court and Family Treatment Court?

There are many similarities between Drug Court and Family Treatment Court. The main difference, however, is that Drug Court focuses primarily on substance use disorder treatment and FTC does not use jail.

In addition to treatment, the Family Treatment Court team looks at your parenting skills and abilities and helps you develop ways to ensure a safe and nurturing environment for your children.

Throughout the program, you and your team develop and follow a plan to address the issues that were presented on your initial dependency petition.

#### How often do I have to come to court?

For the first month, you will come to court every week, then advance to coming every other week, so the Family Treatment Court judge can review how you are doing in the program.

As you advance in the program, court hearings will take place less often. However, in certain circumstances, you may be asked to come in weekly.

#### How long is court? Should I expect to be there all day?

Family Treatment Court is in session on Wednesdays in Kent starting at 1:30pm and Thursdays in Seattle starting at 1:30 p.m. Court usually lasts about 2 hours but could be longer depending on the calendar. You will be expected to stay until the courtroom is dismissed.

If you have an urgent matter and need to leave, please notify the Family Treatment Court Program Specialist a day prior to court.

## December 2022

SUN	MON	TUE	WED	THU	FRI	SAT
				1 Peer Group 1pm (SEA)	2	3
4	5	6	7 Peer Group 1pm (KNT)	8 Peer Group 1pm (SEA)	9	10
11	12	13	14 Peer Group 1pm (KNT)	15 Peer Group 1pm (SEA)	16	17
18	19	20	21 No FTC	22 No FTC	23	24
25	26	27	28 No FTC	29 No FTC	30	31

# November 2022

SUN	MON	TUE	WED	THU	FRI	SAT
		1	2 Peer Group 1pm (KNT)	3 Peer Group 1pm (SEA)	4	5
6	7	8	9 Peer Group 1pm (KNT)	10 Peer Group 1pm (SEA)	11	12
13	14	15	16 Peer Group 1pm (KNT)	17 Peer Group 1pm (SEA)	18	19
20	21	22	23 No FTC	24 No FTC	25	26
27	28	29	30			

## Do I have to go to substance abuse treatment or counseling?

Yes, you will be required to participate in treatment which includes individual and group counseling. Like court, treatment appointments may take place less often as you advance in the program.

## What happens if I miss treatment or don't go to group?

Missing treatment or group without authorization is a violation of your court order. You can be discharged from the program for continually violating your court order, not following your treatment plan and not following Family Treatment Court rules.

## Are UAs (urinalysis testing) required?

Yes, UAs are a very important tool used to ensure compliance with the program. To test for drug use, random (unscheduled), observed UAs can take place two to three times a week.

## What are incentives and how or when do I get them?

Incentives are rewards for your progress and successes as you move through the program. Success can include: regular attendance at treatment, ongoing periods of being sober (negative UAs for 30, 60, 90, and 120 days, 6 months, 9 months, 1 year and 18 months), and advancing to the next level of the program. Incentives range from in-court recognition by the judge to vouchers for food/clothing and passes for family outings such as movies or the zoo.

## What are responses and how or when do I get them?

The Family Treatment Court uses responses if you don't follow the court order. The kind of behavior resulting in a response can include: positive or dilute UAs, not showing up for UA testing, failing to go to treatment, or failing to come to court. Responses range from reprimands by the judge to writing assignments, increased court attendance, peer group involvement, and increased sober supports.

# October 2022

## What do I need to do in order to complete or graduate from the Family Treatment Court Program?

There are four levels in Family Treatment Court each with their own set of requirements. In order to advance to the next level, you have to complete all requirements for that level. For example, 90 days of consecutive sober time is one of the requirements you need to move from Level 1 to Level 2. To graduate, you must complete the requirements of all four levels.

A requirement in the third level is to complete all requirements of the ISSP (Individual Safety and Service Plan). The ISSP is a very important document and is filed with the court. It summarizes what needs to happen in order to have your children returned to your custody and the dependency dismissed. Your DCFS social worker prepares the ISSP based on your initial meetings. Please make sure you talk to your Social Worker about what you are required to do.

See pages 10-12 for a Graduation Checklist and for the requirements of each level.

## How long does it take to complete Family Treatment Court?

We hope that parents successfully complete the Family Treatment Court program in about 12 months. Most parents are expected to complete the program in 18 months; however, some parents will take longer than 18 months.

## What if I relapse? Will I be asked to leave Family Treatment Court?

The Family Treatment Court team knows that relapse is a part of recovery. Relapse alone is not a reason to end a parent's participation in the program.

## What is a Wrap-Around Team and Wrap-Around Meeting?

Your Wrap-Around Team consists of your FTC team, your family and any other people you choose to be part of your team. Through regular Wrap-Around meetings, you and your team develop a plan to support your progress and your family. This becomes your family's plan of care and is built around the strengths of your child and family. More information about this can be obtained through your social worker.

SUN	MON	TUE	WED	THU	FRI	SAT
						1
2	3	4	5 Peer Group 1pm (KNT)	6 Peer Group 1pm (SEA)	7	8
9	10	11	12 No FTC	13 No FTC	14	15
16	17	18	19 Peer Group 1pm (KNT)	20 Peer Group 1pm (SEA)	21	22
23/30	24/31	25	26 Peer Group 1pm (KNT)	27 Peer Group 1pm (SEA)	28	29

# September 2022

SUN	MON	TUE	WED	THU	FRI	SAT
				1 Peer Group 1pm (SEA)	2	3
4	5	6	7 No FTC	8 No FTC	9	10
11	12	13	14 Peer Group 1pm (KNT)	15 Peer Group 1pm (SEA)	16	17
18	19	20	21 Peer Group 1pm (KNT)	22 Peer Group 1pm (SEA)	23	24
25	26	27	28 Peer Group 1pm (KNT)	29 Peer Group 1pm (SEA)	30	

## PROGRAM RULES

**As a Family Treatment Court participant, you are required to abide by the following rules:**

**Do not use or possess any drugs or alcohol.** Sobriety is the primary focus of this program. Maintaining a drug free lifestyle is very important in your recovery process. Carefully choose the people with whom you associate.

**Take prescriptions medications as prescribed by your doctor.** If any medications show up as a positive urinalysis and you have not complied with the following conditions, you will be given a response.

If a physician prescribes medication for you:

You must first tell your treating doctor that you are participating in treatment and that you are required to abstain from mood-altering medications, so that the doctor can make decisions with full knowledge of your situation, and;

You must contact your treatment provider and social worker immediately to let them know exactly what medications your treating doctor has prescribed.

You must not take more medication than your doctor ordered or get multiple prescriptions from different doctors.

**Attend all ordered treatment.** You may be ordered to do both in-patient and outpatient treatment. You must complete treatment as directed by the treatment center and the court. This includes individual and group counseling, educational sessions and sober-support meetings. If you leave treatment against the advice of the treatment center, additional treatment and/or responses may be imposed.

If you are unable to attend a scheduled session, you **MUST** contact your treatment counselor **BEFORE** a session is missed.

# August 2022

**Report to your DCFS Social Worker as directed.** If you have any problems making an appointment, contact your DCFS Social Worker immediately. This is especially important for requested urinalysis.

**Be on time.** If you are late, you may not be allowed to attend your counseling session and will be considered non-compliant. Contact your treatment counselor if there is a possibility you may be late.

**Maintain appropriate behavior.** Violent or inappropriate behavior will not be tolerated and will be reported to Court. This may result in termination from the Family Treatment Court Program.

**Attend all court hearings** and plan to stay until the end. If you must leave early, contact the Family Treatment Court Court Specialist a day prior to court to allow enough time for the team to be notified.

**Dress appropriately for Court and treatment sessions.** Dress to make a positive impression. Clothing bearing drug or alcohol related themes or promoting or advertising alcohol or drug use or violence is considered inappropriate. Speak with your DCFS Social Worker if you need assistance with clothing.

**Participate in Dependency Court Services.**

**Attend all parenting time opportunities.**

**Be Honest.** Honesty is essential to your recovery and to your success in the Family Treatment Court. This rule is intended to encourage and reward upfront honesty that supports sobriety and will be applied accordingly.

*When in doubt about a rule, consult with your attorney and/or your DCFS Social Worker before making a mistake which could have serious consequences.*

SUN	MON	TUE	WED	THU	FRI	SAT
	1	2	3 Peer Group 1pm (KNT)	4 Peer Group 1pm (SEA)	5	6
7	8	9	10 No FTC	11 No FTC	12	13
14	15	16	17 Peer Group 1pm (KNT)	18 Peer Group 1pm (SEA)	19	20
21	22	23	24 Peer Group 1pm (KNT)	25 Peer Group 1pm (SEA)	26	27
28	29	30	31 Peer Group 1pm (KNT)	27	28	29

# July 2022

SUN	MON	TUE	WED	THU	FRI	SAT
					1	2
3	4	5	6 No FTC	7 No FTC	8	9
10	11	12	13 Peer Group 1pm (KNT)	14 Peer Group 1pm (SEA)	15	16
17	18	19	20 Peer Group 1pm (KNT)	21 Peer Group 1pm (SEA)	22	23
24	25	26	27 Peer Group 1pm (KNT)	28 Peer Group 1pm (SEA)	29	30

## COURTROOM EXPECTATIONS

The courtroom can be intimidating but it can also be a learning environment for everyone. Almost like treatment, it is an opportunity for you to listen to stories much like your own and observe other participants as they achieve success, struggle with relapse, and reunite with their children.

We would like you to be a part of this process. To ensure fewer distractions and a smoother court process, please be aware of the following expectations:

### DO

- Arrive Early
- Sit Quietly
- Speak clearly and loud enough for the judge to hear you when it's your turn
- Listen actively and pay attention to others
- Stay until the Judge dismisses the courtroom (*if you have an urgent matter and need to leave, remember to notify the Program Supervisor a day prior to court*)
- Dress for court
- Turn off your cellular phone or beeper

### DON'T

- Talk
- Chew gum
- Wear shorts or tank tops or clothes that may be inappropriate (*if you have any doubts, don't wear it*)
- Leave early
- Sleep or read

## GRADUATION CHECKLIST

Remember, for most parents, successful completion of the Family Treatment Court program will take a minimum of one year. Most parents are expected to complete the program in 18 months. In order to complete the program and graduate, you must have:

- 6 months consecutive sober time.
- Children returned and living at home for six months or in permanent placements.
- Successful discharge from a substance use disorder treatment program.
- Consistent attendance at a sober support program or community based support program documented.
- Housing arranged: Transitional living and/or drug free home.
- Outstanding warrants resolved.
- Support system established.
- Relapse prevention program established.
- Life plan initiated (e.g., employment, education, vocational training).
- Dependency court services completed (ISSP plan completed)
- Graduation can occur at various times throughout the year. It will be a time of recognition for you in choosing sobriety. As you complete the requirements, check each box.

If a requirement does not apply to you, mark NA through the box.

## June 2022

SUN	MON	TUE	WED	THU	FRI	SAT
			1 No FTC	2 No FTC	3	4
5	6	7	8 Peer Group 1pm (KNT)	9 Peer Group 1pm (SEA)	10	11
12	13	14	15 Peer Group 1pm (KNT)	16 Peer Group 1pm (SEA)	17	18
19	20	21	22 Peer Group 1pm (KNT)	23 Peer Group 1pm (SEA)	24	25
26	27	28	29 Peer Group 1pm (KNT)	30 Peer Group 1pm (SEA)		

# May 2022

SUN	MON	TUE	WED	THU	FRI	SAT
						1
1	2	3	4 Peer Group 1pm (KNT)	5 Peer Group 1pm (SEA)	6	7
8	9	10	11 No FTC	12 No FTC	13	14
15	16	17	18 Peer Group 1pm (KNT)	19 Peer Group 1pm (SEA)	20	21
22/29	23/30	24/31	25 Peer Group 1pm (KNT)	26 Peer Group 1pm (SEA)	27	28

## PROGRAM PROBATION PERIOD

Once placed on program probation, participants have 60 days to complete assigned tasks before a probation review hearing is held. At this hearing it will be determined whether or not the parent participant will be discharged from Family Treatment Court due to noncompliance with program expectations. Participants may be placed on program probation as a 5th response. The program probation period may be ended sooner than 60 days if all tasks are completed or it may be extended if new information is received during the probation period.



## MEASURE YOUR PROGRESS

LEVEL	GOALS
<b>Welcome</b>	<ul style="list-style-type: none"> <li>- Parents engaged with the team</li> <li>- Parents coming to court consistently</li> <li>- Starting to take UAs on a regular basis</li> </ul>
<b>Level 1</b>	<ul style="list-style-type: none"> <li>- Parents enrolled and participating in substance use treatment</li> <li>- Strength and Needs assessment completed for parents, children and family including assessment of parenting skills and parent-child interactions</li> <li>- Initial family-driven care plan developed that specifically includes housing and finances</li> <li>- Abstinence from all mood-altering substances</li> <li>- Increased stability in lifestyle, housing and finances</li> <li>- Benefits secured</li> <li>- Communication</li> </ul>
<b>Level 2</b>	<ul style="list-style-type: none"> <li>- Continued abstinence</li> <li>- Continued participation in substance use treatment</li> <li>- Identify and improve parenting skills or parent-child interactions (if necessary)</li> <li>- Increased stability in lifestyle, housing and finances</li> <li>- Expands coping skills</li> </ul>
<b>Level 3</b>	<ul style="list-style-type: none"> <li>- Continued abstinence</li> <li>- Housing secured</li> <li>- Income secured</li> <li>- Improved parenting skills</li> <li>- Improved interaction with children</li> <li>- Start educational/vocational training or employment.</li> <li>- Establish natural competing reinforcers to drug use</li> <li>- Establish family and social support</li> <li>- Update Relapse Prevention and Coping Plan</li> </ul>

## April 2022

SUN	MON	TUE	WED	THU	FRI	SAT
					1	2
3	4	5	6 Peer Group 1pm (KNT)	7 Peer Group 1pm (SEA)	8	9
10	11	12	13 No FTC	14 No FTC	15	16
17	18	19	20 Peer Group 1pm (KNT)	21 Peer Group 1pm (SEA)	22	23
24	25	26	27 Peer Group 1pm (KNT)	28 Peer Group 1pm (SEA)	29	30

# March 2022

SUN	MON	TUE	WED	THU	FRI	SAT
		1	2 Peer Group 1pm (KNT)	3 Peer Group 1pm (SEA)	4	5
6	7	8	9 Peer Group 1pm (KNT)	10 Peer Group 1pm (SEA)	11	12
13	14	15	16 Peer Group 1pm (KNT) No FTC	17 Peer Group 1pm (SEA)	18	19
20	21	22	23 No FTC	24 No FTC	25	26
27	28	29	30 Peer Group 1pm (KNT)	31 Peer Group 1pm (SEA)		

INDICATORS/REQUIREMENTS FOR ADVANCEMENT
<ul style="list-style-type: none"> <li>Weekly court appearances</li> <li>No missed UAs for 30 days</li> <li>Makes contact with someone on the team once a week outside of the court appearances</li> </ul>
<ul style="list-style-type: none"> <li>Bi-weekly court appearances</li> <li>Attends treatment as recommended</li> <li>Attends sober support meetings (AA, NA, etc.) as recommended</li> <li>Attends first and second team meeting</li> <li>Participates in family-team decision making and completes assigned tasks</li> <li>Visits with child(ren) as recommended or has regained custody of children</li> <li>Explores parenting opportunities</li> <li>90 days of consecutive sober time</li> <li>Obtains a sponsor</li> <li>Completes leveling up form and submits it to the team to staff</li> <li>Demonstrates ongoing communication progress</li> </ul>
<ul style="list-style-type: none"> <li>Monthly court appearances</li> <li>Attends treatment as recommended</li> <li>Attends sober support meetings (AA/NA etc.) as recommended</li> <li>Participates in sober activities outside of treatment</li> <li>120 days of consecutive sober time</li> <li>Begins services intended to improve parenting or parent-child interaction</li> <li>Engages in parenting opportunities</li> <li>Participates in family-team decision making and completes assigned tasks</li> <li>Attends parenting time with child(ren) as recommended or has regained custody of children</li> <li>Maintains sponsor</li> <li>Completes leveling up form and submits it to the team to staff</li> <li>Completes Relapse Prevention Packet and meets with Treatment Specialist</li> <li>Sharing skills learned in services</li> </ul>
<ul style="list-style-type: none"> <li>Consistent and measurable progress in achieving goals</li> <li>Attends court every 4 to 6 weeks</li> <li>Attends treatment as recommended</li> <li>Attends sober support meetings (AA/NA etc.) as recommended</li> <li>Maintains sponsor</li> <li>Participates in sober activities outside of treatment</li> <li>6 months of consecutive sober time</li> <li>Visits with child(ren) as recommended or has regained custody of children</li> <li>Practices identified positive parenting skills</li> <li>Includes natural supports in family-team decision making</li> <li>Practices coping and other relapse prevention skills as outlined in plan</li> <li>Attends Transitional Team meeting</li> <li>Completes Graduation Packet and meets with Treatment Specialist</li> </ul>

# January 2022

SUN	MON	TUE	WED	THU	FRI	SAT
						1
2	3	4	5 Peer Group 1pm (KNT)	6 Peer Group 1pm (SEA)	7	8
9	10	11	12 Peer Group 1pm (KNT)	13 Peer Group 1pm (SEA)	14	15
16	17	18	19 No FTC	20 No FTC	21	22
23/30	24/31	25	26 Peer Group 1pm (KNT)	27 Peer Group 1pm (SEA)	28	29

# February 2022

SUN	MON	TUE	WED	THU	FRI	SAT
		1	2 Peer Group 1pm (KNT)	3 Peer Group 1pm (SEA)	4	5
6	7	8	9 Peer Group 1pm (KNT)	10 Peer Group 1pm (SEA)	11	12
13	14	15	16 Peer Group 1pm (KNT) No FTC	17 Peer Group 1pm (SEA) No FTC	18	19
20	21	22	23 No FTC	24 No FTC	25	26
27	28					