



# Participant's Handbook

  

## Overdose Intervention Court of Cumberland County, Pennsylvania

Judge Jessica E. Brewbaker  
Cumberland County  
Court of Common Pleas

## **Mission Statement**

The mission of OIC is to identify and involve participants who have opioid and stimulant use disorders to stabilize their recovery and drastically reduce overdose fatalities and recidivism by providing them with a blend of treatment resources, supervision, and accountability.

## **Goals**

1. Reduce overdose deaths for criminal justice involved individuals
2. To provide early screening assessment and Court intervention
3. Reduce recidivism for offenders with opioid and stimulant use disorders

## **OIC Team**

Working together, the OIC judge and team make all decisions regarding your participation in OIC. In addition to the judge, the team consists of the following members:

Coordinator- Erin Gardner (office: 717.240.5437)

Assistant District Attorney- Daniel Sodus, Esq.

Assistant Public Defender- Bradon Toomey, Esq.

RASE Project recovery specialists- Ashli Rudy (717.210.1270)

Jail counselor- Andrea Janssen

OIC case manager- Makenzie Miller (cell: 717.713.7384)

Probation/Parole - Nathan Fazenbaker (cell: 717.706.0243)

Drug and Alcohol Commission Case Manager- Tressa Henry (office: 717.240.6559)

## **Reporting**

You are required to report in to see your probation officer/case manager on a regular basis. How often you will meet with them will depend on your current phase in the program. You will also be required to meet with your Certified Recovery Specialist (CRS) on a regular basis. Those meetings may take place at the RASE office at 1200 Walnut Bottom Road, Carlisle Pa 17015.

## Hearings

OIC is held Wednesdays at 1:30 p.m. (males) and 2 p.m. (females). in the Cumberland County Courthouse, 4<sup>th</sup> Floor, Courtroom 5. Attendance in court is **MANDATORY** on your required dates. If you do not show for your court appearance, a warrant may be issued for your arrest, and you may be detained in jail until you can appear before the court. A \$5 Court fee will be assessed at each Court appearance. In order to change phases, and/or graduate, you must be current on all your accumulated court fees.

You must arrive at court at least 15 minutes before the docket begins and remain in the courtroom until dismissed by the Judge. If you are late to court, you may be subject to immediate sanction by the court. You will be called forward to the podium in front of the Judge individually.

OIC hearings are open to the public and you are encouraged to invite family to attend. Individuals present in the courtroom, other than participants, may quietly observe but not participate in proceedings.

## **COURTROOM ETIQUETTE**

You are expected to maintain appropriate behavior at all times in the courtroom and courthouse. Any violation of the following rules will be reviewed by the OIC team and you may be subject to sanction.

### **Conduct**

Be respectful of the judge, OIC team, the court staff and the other participants. Maintain a respectful attitude at all times in the courthouse and in the courtroom. Disruptive behavior such as talking, laughing, shouting or creating other loud disturbances in the courtroom will not be tolerated. Offenders may be removed from the building and the judge may hold violators in contempt of court. Mild-toned conversations may be held in the lobbies, hallways and conference rooms. You may show support and encouragement to fellow participants by applause, but only during appropriate times.

Participants will refrain from use of profanity and may not sleep in the courtroom. Food, beverages, chewing gum, tobacco and newspapers are not permitted in the courtroom. Smoking is not permitted in the courthouse. Be on time and do not leave during court except to use the restroom.

Coffee and snacks in the Courtroom 5 jury deliberation room hall are there for courthouse staff ONLY and are not to be consumed by program participants without permission.

Children may attend court, however, you should carefully consider whether the child's presence is suitable for the child and for the other participants. If children are in attendance, they must remain quiet and under your control. If your children are disruptive, you and your children may be asked to leave the courtroom and you may be considered absent from OIC and subject to sanction. Any person under the age of 16 is considered a child.

### **Addressing the Court**

Stand when addressing the court and address the judge as "Your Honor" or "Judge." Please advise the judge or OIC coordinator if you have a disability that would make this difficult. When speaking to the court, speak in a loud, clear voice so that you can be heard by the judge and the OIC team members. Only one person at a time may speak when addressing the court during a court proceeding. When speaking to the judge, the OIC team, and court staff, do so with courtesy and respect.

### **Dress Code**

When you appear at court, you should be dressed in respectable attire. If any OIC personnel inform you that you are dressed inappropriately, you will be asked to leave immediately, and you may be considered absent from OIC and subject to sanction.

## **Electronic Devices**

Cell phones must be placed on silent or turned off and placed on the bar prior to the start of court, unless otherwise instructed at entry to the courtroom. No cameras, video equipment or other recording devices are allowed in the courtroom except for ceremonies (with prior approval). Operating computers is not permitted in the courtroom.

## **Confidentiality**

Federal and State laws require that your identity and privacy be protected. As a result of these regulations, the OIC and its treatment providers have developed policies and procedures to protect your privacy. You will be asked to sign several consent forms (Consent Form for Disclosure of Confidential Treatment Information) to allow the release of all records dealing with your substance abuse and mental health treatment. This release of information is for the sole purpose of hearings and reports concerning your specific case.

Your confidentiality waiver is in full force and effect for the period of time in which you are participating in OIC. You will not be eligible to be in OIC if you do not sign the proper releases.

You are also expected to allow access to your medical and other records of care and service to you (as necessary and with your full knowledge) that may impact your participation in OIC.

You are reminded that, similar to other adult court proceedings, your appearance before the judge in OIC is open to the public. You should expect members of the community, other OIC participants, and/or news media to be present at OIC hearings. Interested members of the public will not be required to sign confidentiality waivers as this would be a violation of the public's right to attend court sessions.

All treatment-related documents and other forms of communication shall be maintained in a confidential manner, including those with the court file. The court file will be subject to policies and procedures that prevent public access. For treatment purposes only, your treatment progress reports will be available to the OIC team. Under no condition will information about you from treatment or OIC appearances be used as evidence of a new crime or for any other purpose not directly related to treatment.

Urinalysis results will be used to assist the OIC team to evaluate your progress and determine if you are progressing satisfactorily or whether your treatment plan needs modification. In some cases, the results of urinalysis tests will be used to determine if you should be sanctioned or

terminated from the program. Urinalysis results will not be used as evidence of a new crime, or any other purpose not directly related to treatment.

## Phases

The OIC program is divided into 4 phases with a continuing care phase. The total time you will be in the program is based on your progress. Each phase consists of specific treatment goals, activities, and requirements that you must meet before you can move to the next phase. Your move into the next phase is not automatic and will be determined by the OIC judge according to your individual progress, with recommendations from the OIC team.

Remember: While there are certain things you must complete, your ability to move along in the program and complete will depend mostly on your own actions. If you miss appointments, ignore other requirements, or fail to stay away from alcohol and/or drug use, your time in the program could be longer, or you could be terminated from OIC.

<b>Phase One</b>	
Length of Phase:	Minimum of 60 days
Requirements:	<ul style="list-style-type: none"> <li>* Status hearing weekly</li> <li>* Supervision meeting weekly with PO/case manager</li> <li>* Obtain a drug and alcohol evaluation and a mental health evaluation, if applicable, and comply with all recommendations</li> <li>* Curfew from 10:00 p.m. to 6:00 a.m. unless otherwise approved</li> <li>* Attend one self-help meeting a week               <ul style="list-style-type: none"> <li>• Meeting forms required</li> </ul> </li> <li>* Random alcohol and drug screening</li> <li>* Meet with CRS as required</li> <li>* Develop a transportation plan</li> <li>* Develop recovery plan</li> <li>* Attending self-help meetings as required</li> <li>* Start changing people, places, and things</li> <li>* Pay Court fee when required to appear</li> </ul>
Advancement:	<ul style="list-style-type: none"> <li>* Minimum of 60 days in phase</li> <li>* Minimum of 14 consecutive days of clean drug tests/compliance with testing</li> <li>* Compliant with treatment recommendation</li> <li>* Compliant with supervision/CRS meetings</li> <li>* Attend self-help meeting as required</li> <li>* Current with Court fees</li> </ul>





**Phase Two**

Length of Phase:	Minimum of 90 days
Requirements:	<ul style="list-style-type: none"> <li>* Status hearing every other week</li> <li>* Supervision meeting every other week with PO/case manager</li> <li>* Random alcohol and drug testing</li> <li>* Continue to comply with all treatment plans</li> <li>* Curfew from 10:00 p.m. to 6:00 a.m. unless otherwise approved.</li> <li>* Attend two self-help meetings a week               <ul style="list-style-type: none"> <li>• Meeting forms required</li> </ul> </li> <li>* Meet with CRS as required</li> <li>* Follow transportation plan</li> <li>* Obtain a temporary sponsor</li> <li>* Work on a budget/financial plan</li> <li>* Be in contact with Domestic Relations Office if necessary</li> <li>* Demonstrate changing people, places, and things</li> <li>* Pay Court fee when required to appear</li> </ul>
Advancement:	<ul style="list-style-type: none"> <li>* Minimum of 90 days in phase</li> <li>* Minimum of 30 consecutive days of clean drug tests/compliance with testing</li> <li>* Engaged in treatment</li> <li>* Maintain a temporary sponsor</li> <li>* Attending self-help meetings as required</li> <li>* Compliant with supervision/CRS meetings</li> <li>* Current with Court fees</li> </ul>

<b>Phase Three</b>	
Length of Phase:	Minimum of 90 days
Requirements:	<ul style="list-style-type: none"> <li>* Status hearing every third week</li> <li>* Supervision meeting every third week</li> <li>* Comply with all treatment plans</li> <li>* Random alcohol and drug testing</li> <li>* Curfew from 11:00 p.m. - 6:00 a.m. unless otherwise approved</li> <li>* Meet with CRS as required</li> <li>* Complete CBT class (counts as <b>one</b> meeting)</li> <li>* Follow transportation plan</li> <li>* Attend 3 self-help meetings per week               <ul style="list-style-type: none"> <li>• Meeting report forms required</li> </ul> </li> <li>* Permanent sponsor within 90 days</li> <li>* Maintain a minimum of 30 hours of employment, community service or combination of both weekly</li> <li>* Make regular pre-approved payments towards fines, costs, restitution and/or DRO obligations</li> <li>* Pay Court fee when required to appear</li> </ul>
Advancement:	<ul style="list-style-type: none"> <li>* Minimum of 90 days in phase</li> <li>* Minimum of 60 consecutive days of clean drug tests/compliance with testing</li> <li>* Attending self-help meetings as required</li> <li>* Maintain a permanent sponsor</li> <li>* Maintain employment/community service</li> <li>* Current with payments towards fines, costs, restitution and/or DRO obligations</li> <li>* Engaged in treatment if necessary</li> <li>* Compliant with supervision/CRS meetings</li> <li>* Current with Court fees</li> </ul>

<b>Phase Four</b>	
Length of Phase:	Minimum of 120 days
Requirements:	<ul style="list-style-type: none"> <li>* Status hearing every fourth week</li> <li>* Supervision meeting every fourth week</li> <li>* Random alcohol and drug testing</li> <li>* Comply with all treatment plans</li> <li>* Attend 2 self-help meetings per week               <ul style="list-style-type: none"> <li>• Meeting report forms required</li> </ul> </li> <li>* Maintain a sponsor</li> <li>* Maintain a minimum of 30 hours of employment, community service or combination of both weekly</li> <li>* Meet with CRS as required</li> <li>* Follow transportation plan</li> <li>* Make regular pre-approved payments towards fines, costs, restitution, and/or DRO obligations</li> <li>* Establish pro-social activities</li> <li>* Establish recovery network</li> <li>* Pay Court fee when required to appear</li> </ul>
Advancement:	<ul style="list-style-type: none"> <li>* Minimum of 120 days in phase</li> <li>* Minimum of 90 consecutive days of clean drug tests/compliance with testing</li> <li>* Maintain a sponsor</li> <li>* Attending self-help meetings as required</li> <li>* Compliant with supervision/CRS meetings</li> <li>* Maintain employment/community service</li> <li>* Engaged in treatment if necessary</li> <li>* Established pro-social activities</li> <li>* Established recovery network</li> <li>* Current on payments towards fines, costs, restitution and/or DRO obligations</li> <li>* Current with Court fees</li> </ul>

<b>Continuing Care Phase</b>	
Length of Phase:	Undetermined- based on graduation date
Requirements:	<ul style="list-style-type: none"> <li>* Random alcohol and drug testing</li> <li>* Comply with all treatment plans as necessary</li> <li>* Maintain a sponsor</li> <li>* Attend 2 self-help meetings a week</li> <li>* Maintain a minimum of 30 hours of employment, community service or combination of both weekly</li> <li>* Meet with CRS as required</li> <li>* Make regular pre-approved payments towards fines, costs, restitution, and/or DRO obligations</li> <li>* Continue with established pro-social activities</li> <li>* Continue with recovery network</li> </ul>
To graduate:	<ul style="list-style-type: none"> <li>* Minimum of 90 consecutive days of clean drug tests/compliance with testing</li> <li>* Maintain employment/community service</li> <li>* Maintain a sponsor; attending meetings</li> <li>* Attending self-help meetings</li> <li>* Current on payments towards fines, costs, restitution and/or DRO obligations</li> </ul>

## Rules

As a participant you will be required to follow the rules outlined in the participant contract, including, but not limited to the following:

- **Be honest - do not provide verbal or written false statements to the OIC team.**
  - o **ALWAYS TELL THE TRUTH**. Honesty is your top priority. Overcoming drug or alcohol dependence is not easy, yet thousands of individuals do it every year, with the help of others. Your success will take your best effort, including constant truthfulness on your part. Lies keep you alone, speaking only to yourself. The OIC team will tell you the truth and will expect your truth in return.
  - o Do not forge documents such as meeting attendance sheets. Forgery is not only a lie, it is a crime.
  
- **All requests must be submitted through your case manager or probation officer.**
  - o Do not contact the judge directly outside of weekly court.
  - o Your request will be shared with the team and a decision will be made.

- **Attend all required OIC sessions .**
  - o Failure to attend OIC may result in a bench warrant for your arrest.
  - o Be **on time** for OIC.
  
- **Attend all recommended treatment meetings and appointments.**
  - o Regardless of a treatment facility's attendance policy, you are required to attend all treatment sessions. **If you need to cancel your treatment session, you MUST call your probation office r/case manager before cancelling, to ensure that you are permitted to miss.**
  - o You must arrive on time and not leave until the meeting is over. If you are late, you may not be allowed to attend the session and may be considered absent. Any unexcused absence from a group/appointment will result in a sanction being imposed.
  - o Treatment takes priority over work. No one achieves recovery by going to work.
  
- **Attend all required recovery support group meetings .** (Narcotics Anonymous, Alcoholics Anonymous, or other court approved recovery support group programs)
  - o You are required to engage in a recovery or treatment activity. You must attend a recovery support group meeting as required by your phase.
  - o Meeting sheets must be filled out completely and turned in for each meeting that you are required to attend. You must get the signature of the chair at the meeting. Forging your meeting sheet is a violation of the program and could result in termination.
  - o Meeting sheets can be turned in at any time to either your probation officer, case manager, or to the staff at the drug testing office.
  
- **Do not use or possess drugs or alcohol and related paraphernalia .**
  - o Sobriety is the primary focus of OIC; this condition is crucial to successful completion of the program.
  - o Any prescription and over-the-counter medication must be approved by the OIC team prior to use. Abuse of prescription and over-the-counter drugs will result in a

sanction. Use of someone else's prescription or non-approved medication will result in a sanction.

- Inform your treating physicians that you are a recovering addict, and that you may not take narcotic or addictive medications or drugs.

- **Submit to alcohol and drug testing as directed.**

- An important sign of success in OIC is proof that you are not using alcohol or drugs. You will be tested frequently throughout the entire program. The goal of OIC is to help you completely avoid using alcohol and illicit drugs, to include any mind altering substances.
- Any missed tests will be considered positive tests and you will be subject to sanction.

- **Do not tamper with your urine specimens in order to change test results .**

- Tainted, diluted or substituted urine specimens will be considered as positive tests and may result in sanctions or termination from the program.
- A urine specimen is considered tainted when a foreign substance is put into the collected specimen to purposely disguise drugs in the urine.
- A urine specimen is considered diluted when an individual drank a large amount of water or other liquids in order to decrease the urine concentration and make it difficult to identify any drugs that might be present.
- A urine specimen is considered substituted when something other than the individual's urine has been submitted as the collected sample or a liquid is added to the collected specimen.
  - In addition to being a program violation, using or attempting to use drug-free urine to defeat your drug test is a violation of 18 Pa.C.S. § 7509 and may result in criminal charges filed against you.

- **Do not go to establishments that primarily sell or serve alcohol.**

- You must stay away from environments which might trigger relapse. Alcoholic beverages are a known trigger. Your presence in bars or other establishments which emphasize or primarily sell or serve alcoholic beverages on site puts your future at risk. It is best not to be in any location where alcohol is present.

- **Do not go to casinos or other gambling establishments.**
  - o Just as using alcohol and drugs may become an addiction, gambling may become an addiction and is not an approved behavior for OIC participants.
  
- **Do not change your residence without prior consent from the court .**
  - o Keep the court informed of your current address and phone number at all times.
  
- **Comply with all local, state and federal laws.**
  - o A new charge will likely result in your termination from OIC.
  - o Obey all traffic laws and pay outstanding fines.
  - o Do NOT drive a vehicle without a valid driver's license. If you are caught driving without a license it will result in a jail sanction.
  
- **Notify the court of any contacts you have with law enforcement.**
  - o Additional arrests, citations and/or other violations of the law and any contact with law enforcement must be reported within 12 hours.
  
- **Abide by all conditions imposed on you by the OIC team.**
  - o Failure to comply may subject you to sanctions imposed by the OIC judge.
  
- **Do not make threats or behave in an inappropriate manner toward other participants , counselors or OIC staff .**
  - o Violence, belligerence, inappropriate sexual behavior or harassment or other inappropriate behavior is not tolerated and will be reported to the Court. This behavior may result in a sanction or termination from the program.
  - o Your behavior and attitude are a reflection of the entire program. Maintaining appropriate behavior is a sign of the progress you are making toward your recovery.
  
- **Do not engage in intimate or sexual relationships with other OIC, Treatment Court, or TOMS Court participants .**

- OIC participants are not allowed to become involved on a romantic or sexual basis with each other, or participants of other problem-solving courts. These activities distract from the focus of treatment for both the participants involved and other participants in treatment.
- **Do not associate with anyone engaged in any behavior which constitutes a violation of any criminal law.**
- **Do not associate with people who use or possess drugs or be in areas known to have drug activity.**
- **Maintain confidentiality of all OIC sessions and of other OIC participants.**
  - Treatment cannot succeed unless all participants maintain the confidentiality of other participants and of information disclosed in treatment and OIC.
- **Travel requests**
  - If you are requesting to be out past curfew, you must have a specific reason for that request, and provide your probation officer/case manager with the information regarding the reason for the request and the specific details. The team will discuss the request and decide on a case-to-case basis. Once the decision is made you will be notified whether the request was approved or denied.
  - Short (1-2 days) overnight passes will only be considered in Phase 2 and beyond. Short overnight passes will be considered on an incentive, case by case basis, to participants who are successfully completing their requirements for OIC. Long (3-7 days) overnight passes will only be considered in Phase 4. Long overnight passes will also be considered as an incentive, on a case by case basis, to participants who are completing their OIC requirements, and actively engaged in recovery.
  - If you are requesting to be outside of your approved residence overnight, you must make the request to your probation officer/case manager, with the details of the request (when, for how long, where, with whom, etc.) The team will discuss the



request and decide on a case-to-case basis. Once the decision is made you will be notified whether the request was approved or denied.

- o If you have a request that would require a travel pass (travel outside of the state), you must provide your probation office/case manager with the address, dates, who going with, etc. 7- 10 days prior to vacation/event/etc. The team will discuss the request and decide on a case-to-case basis. Once the decision is made you will be notified whether the request was approved or denied.
- **You must be in your residence during curfew.**
  - o Curfew is 10:00 p.m. until 6:00 a.m. in Phase One and Two; 11:00 p.m. until 6:00 a.m. in Phase Three. There is no set curfew for Phase Four and Aftercare, however any overnight visits **must** be approved by the team.
  - o If you are unable to be located within your residence after curfew, a sanction will be imposed.

## Sanctions

You may incur sanctions for failing to comply with OIC requirements. Sanctions will be gradual and become more severe depending on the type and frequency of the infraction. Sanctions will be different for each OIC participant, even when circumstances seem to be similar. Each person has different needs and concerns. Sanctions may include, but are not limited to, the following:

- Warnings and reprimands from the judge in open court, team or treatment providers.
- Reading/writing assignments.
  - o Writing a short essay to be submitted to the OIC judge and read during an OIC session. The essay will explain the behavior which led to the sanction, how you view the error and how you will change your behavior to avoid a similar error.
  - o Letter of apology to the court, team or treatment provider.
  - o Worksheets
- Daily drug testing
- House arrest with electronic monitoring
- Periods of jail confinement (with or without work release).
- Phase readjustment: demotion to previous phase or restart current phase.
- Termination from the program and reinstatement of regular court processing.
- Bail revocation.

**Remember, as you progress through OIC your actions speak louder than words !!**

## **Termination From OIC**

You may be terminated from the OIC program if you deliberately fail or are not able to comply with the terms and conditions of your individual treatment plan. Additionally, warrants, new arrests, or repeated violations of any aspect of program rules and regulations may result in your termination from the program.

Before terminating your participation, the Court will consider such factors as, but not limited to: the nature of the violation, how long you have been in the program, the number of previous violations, your criminal history, whether your substance abuse and dependence can be reduced within the time limits of the program, your desire to achieve sobriety as evidenced by the nature and quality of prior positive steps to maintain sobriety, and whether the nature of the violation would have initially kept you from being accepted into the program.

## **Testing for Alcohol and Other Drugs**

You will be tested randomly throughout the entire OIC program.

Remember:

- The OIC team stands by the validity of the drug testing program.
- Methods of testing are determined by the OIC team and are not negotiable.
- Drug tests from outside agencies will not be accepted.
- You will be directly observed by a person of the same gender to ensure freedom from errors.
- Any detectable level of alcohol, drug or mood altering substances is considered a positive test.
- Any of the following will count as a positive test:
  - o Missing a test.
  - o Providing a tainted, dilute or substituted specimen.
  - o Stalling - If you are unable to provide a sample within a reasonable amount of time (normally 15 minutes) or if it is not of sufficient quantity to test.
  - o Any attempt to alter the results of a test.

- o A positive portable breath test or a missed curfew check-in will be viewed as a violation of OIC rules. If you have a positive test you will be subject to sanctions imposed by the OIC judge.

You may not be able to stop using drugs immediately and recovery may not occur overnight. However, all use of illegal drugs will be sanctioned. This is not intended as punishment but to encourage sobriety. Thus, the goal of drug testing is to hold you responsible for your sobriety and measure your progress towards recovery.

## **Medication Guide**

### **Off-the-Shelf Products**

Most products that are found on a retailer's shelf are acceptable for use in OIC. Do not use any liquid medications that contain alcohol, such as Nyquil®. You may also consult with the OIC team before taking any product.

### **Over-the-Counter /Pharmacy Medications**

You are responsible for any medication you consume without a doctor's prescription. There are some over-the-counter medications with ingredients which may result in positive or false-positive drug test results. You may not take any over-the-counter medication that you must get from the pharmacy counter by showing your identification without prior permission from the OIC team.

### **Prescription Medications**

All prescription drugs must be reviewed and approved by the OIC team before you may use them. You must tell your medical and dental treatment providers that you are a chemically dependent person pursuing recovery. Explain to them that you cannot take any mood/mind altering substances as it will endanger your recovery and may result in a positive drug test. Prior to being prescribed any drug, you need to explore with your treatment provider the availability of a non-narcotic or non-controlled substance to address your needs. The OIC team and/or the Judge reserve the right to require that you provide a statement from your treatment provider affirming that this dialogue occurred. You must understand that unapproved use of a prescription drug may delay your advancement in, or completion of, the OIC program, whether or not that

drug was validly prescribed. The following prescription medications may not be used in OIC, unless excused by the team.

Schedule II: including, but not limited to amphetamine, barbiturates, fentanyl, hydrocodone, hydromorphone, lisdexamphetamine, methadone, methamphetamine, methylphenidate, morphine, oxycodone, oxymorphone, and phencyclidine.

**Schedule III:** including, but not limited to anabolic steroids, barbiturates, buprenorphine, codeine, and ketamine.

Schedule IV: including, but not limited to alprazolam, barbiturates, chlordiazepoxide, clonazepam, diazepam, flunitrazepam, lorazepam, oxazepam, phentermine, temazepam, tramadol, and zolpidem.

Schedule V: including, but not limited to codeine preparations and opium preparations.

### **MAT Provider Policy**

Participants in the Overdose Intervention Court (OIC) are only permitted to use specifically approved providers to prescribe Medication Assisted Treatment (MAT). The following providers have been approved by the OIC Team:

**Dr. Lakshmi Polovarapu**  
**Sadler Health Center**  
**100 North Hanover Street**  
**Carlisle, PA 17013**

**Dr. Amy Maley**  
**Graham Medical Clinic**  
**100 South High Street**  
**Newville, Pa 17241**

**Dr. Marc Turgeon**  
**100 North Cameron Street, Suite 401**  
**Harrisburg, PA 17101**

**Positive Recovery Solutions- any doctor affiliated with the mobile PRS vehicle**

If extenuating circumstances occur, the Team may make an exception and allow a participant to use a doctor not listed above. The participant must get approval prior to beginning any MAT.

## **Illicit Drugs**

Illicit drugs are those substances classified under Schedules I and II of the Controlled Substances Act. Substances in this schedule have no currently accepted medical use in the United States, a lack of accepted safety for use under medical supervision, or a high potential for abuse. You may not use illicit drugs under any circumstances.

Schedule I: including, but not limited to cathinone (khat), gamma hydroxybutyric acid (GHB), heroin, lysergic acid diethylamide (LSD), marijuana (cannabis), methaqualone, 3,4-methylenedioxymethamphetamine (Ecstasy), peyote, psilocybin, synthetic cannabinoids (K2, Spice), and synthetics stimulants (bath salts).

Schedule II: including, but not limited to cocaine and opium.

## **Other Products**

There are also some plant products which may result in positive drug tests, such as poppy seeds, hemp oil, or coca leaves. As with medications, you are responsible for what you ingest. All positive drug test results where a claim is made regarding plant products will remain positive for the indicated drug.

## **Important Points to Remember**

- **PERSONAL RESPONSIBILITY:** You, and you alone, are responsible for what goes in your body. Don't come to OIC with an explanation that illegal or prohibited drug use is anyone's fault but yours. **NO EXCUSES!**
- **OTHER PEOPLE'S MEDICATIONS:** Never, ever take any medication that has been prescribed for someone else (your mother, brother, boyfriend, girlfriend . . .) Using medication prescribed to another person is a violation of federal law and OIC rules.
- **WHEN YOU ARE NOT SURE:** When in doubt, **DON'T TAKE IT** . Ask your doctor, treatment provider or OIC team members. If you have any questions at all about any medication you are taking, contact a member of the OIC team.

- **READ THE LABEL:** Read the label when you buy cough syrup, cold medicine, mouthwash or other over-the-counter liquids. **MAKE SURE THEY DO NOT CONTAIN ALCOHOL** . Listerine contains alcohol. Dayquil contains alcohol. There are over-the-counter products available that do not contain alcohol.
- **ASK THE PHARMACIST:** If you have trouble reading a product label or are in doubt about the ingredients, take it to the pharmacist and ask him/her to check the ingredients against the lists of substances above.
- **MAKING RECOVERY MORE DIFFICULT:** Taking prohibited drugs can only make your recovery harder.

## Summary of OIC Rules

- Be honest - do not provide verbal or written false statements to the OIC team.
- Attend all required OIC appearances.
- Attend all recommended treatment sessions and appointments. You must get prior approval from your PO/case manager before cancelling any counseling session.
- Attend all required recovery support group meetings.
- Do not use or possess alcohol or other drugs and related paraphernalia.
- Submit to alcohol and other drug testing as directed.
- Do not tamper with your urine specimens in order to change test results.
- Do not go to establishments that primarily sell or serve alcohol.
- Do not go to casinos or other gambling establishments.
- Do not change your residence without prior consent from the court.
- Do not possess any firearms, weapons, instruments of crime, or contraband.
- Comply with all local, state and federal laws.
- Notify the court of any contacts you have with law enforcement.
- Abide by all conditions imposed on you by the OIC team.
- Do not make threats or behave in a violent manner toward other participants, counselors or OIC staff.
- Do not engage in intimate or sexual relationships with other OIC, Treatment Court, or TOMS Court participants while in the OIC program.
- Do not associate with anyone engaged in any behavior which constitutes a violation of any criminal law.
- Do not associate with people who use or possess drugs or be in areas known to have drug activity.
- Be in your residence during curfew.
- Maintain confidentiality of all OIC sessions and of other OIC participants.
- Dress and act appropriately for court and treatment sessions.
- Abide by all other rules and regulations imposed by the OIC team.

## **Rules for Writing Essays**

If the judge has required you to write an essay on a specific topic for your next court appearance, you must comply with the following conditions:

- The essay must be of sufficient length to respond to the question and/or topic. You may not use a paper required by your treatment provider in response to the judge's assignment.
- The essay must be written by you and address the topic(s) the judge has specified.
- The essay must be submitted on the date as stated by the judge.

## **Tips on How to Succeed**

1. Keep all your appointments and make all court appearances. Keeping appointments is as important as coming to court.
2. You will be busy with appointments and court dates, so put all of your appointments in a daily planner or calendar.
3. Plan your schedule (work, meetings, treatment, court) in advance.
4. If you have a problem making early morning appointments and court appearances, go to bed early and buy an alarm clock.
5. Know your treatment schedule.
6. Plan ahead. If transportation is a problem, have a back-up plan to get where you have to be. Failure to have adequate transportation is not an excuse.
7. Keep all your paperwork. Do not throw anything away.
8. Be honest. Honesty is essential to recovery.
9. Carry a photo ID with you at all times.

## **What if You Relapse ?**

You may relapse during this program, but that just means you have more work to do. It does not necessarily mean, however, that you will be terminated from the program. The OIC team understands that substance abuse disorder is a devastating disease which consumes you. All we ask is that you are honest and tell us if it happens. That is the only way the team can make sure the program is fitting your needs.



**Remember: The OIC Team is here to support your journey to recovery. When in doubt, talk to a team member about your problems or concerns. Our goal is for you to live a happy, healthy, productive, and drug-free life!**