



Snohomish County Adult Recovery Court (ARC)
GENERAL PROGRAM RULES

Client Name: _____

You will be sanctioned or terminated by the court if you fail to follow the rules on this form:

1. ARC is drug and alcohol treatment program. You will be in the program between 12 to 18 months. If you do not complete graduation requirements by 18 months, you may be terminated.
2. You must attend ALL court appointments and treatment services as scheduled and on time. This includes, **but is not limited to**, the following:
 - ☞ **Court** ... You will be scheduled for regular court hearings to review your participation and progress.
 - ☞ **Treatment** ... You will be scheduled for group and individual counseling sessions. You will also be required to complete Moral Reconciliation Therapy (MRT). You may be recommended to go to detoxification services, inpatient treatment, or mental health counseling based on your treatment plan.
 - ☞ **Sober Support Meetings** ... You must attend at least three sober support meetings each week, one of which must be an Alumni Group meeting.
3. You will be required to sign all releases of information
4. You must have, or get, a high school diploma or GED.
5. You must be working at least part-time (20 hours each week) or going to school (e.g., College, Trade School, etc.) at least part time (10 credits each quarter) in order to graduate from ARC.
6. You must pay participation fees and restitution as ordered by the court:
 - ☞ **Participation Fees** ... You will have to pay a total of \$900 to participate in the program. If you are terminated from ARC, you may still have to pay the remaining balance of these fees, up to \$900.
 - ☞ **Restitution** ... You will have to pay all restitution ordered by the court for all cases that you bring in to ARC.
7. You will have to participate in random drug and alcohol testing while in the program. This testing can only be done by a collection site approved by the Court. You **must** be available to provide a sample **7 days a week, 365 days a year** while in ARC. You may be also told at any time, either in-person or by phone (*this includes voicemail*), that you must provide a urine sample at the collection site that same day. Observed UA testing is protocol requirement of ARC. This means that a same-sex staff member will be in the bathroom with you to directly watch the collection of all UA samples.
8. You will be sanctioned for giving positive, missed, diluted, tampered or “unable to provide” UA samples. UA samples with temperature readings below 90 degrees, above 100 degrees, or that have a creatinine level below 20 mg/dL will be considered to be diluted or fraudulent. **Make sure you do not drink too many fluids before giving a UA sample.**
9. You must avoid products and foods that can conflict with UA testing results. **You are responsible to check all labels.** These include but are not limited to:
 - ☞ **Products containing alcohol** (*Hand sanitizer, mouthwash, medications, etc.*)
 - ☞ **Foods cooked or prepared with alcohol**
 - ☞ **Fermented Beverages** (*kombucha tea*)
 - ☞ **Poppy Seeds** (*Sometimes hidden in breads, muffins, bagels, pastries, salad dressings, etc.*)
 - ☞ **Energy Drinks**
 - ☞ **Supplements containing Creatine**
10. You must not use **substances that could be habit forming, have abuse potential, be harmful to your recovery, or that conflict with UA testing (this includes the use of inhalants)** while participating in ARC.
 - ☞ **Prescription Medications:** You must tell your medical provider about your participation in ARC before you are given any prescription medication(s).
 - ☞ **Over-the-Counter Medications:** Some over-the-counter medication and supplements may conflict with UA testing and may be habit forming. You may not take medications containing pseudoephedrine, ephedrine, dextromethorphan, phenylephrine, alcohol (e.g., Nyquil, Sudafed, Robitussin, Delsym, Vicks, Claritin-D,

Benadryl, Zantac, and Imodium). If you receive a positive UA test it will be treated as a positive UA, and you will receive a sanction from the court.

A MEDICATION FORM MUST BE TURNED IN TO YOUR COORDINATOR WITHIN 48 HOURS. IF NOT APPROVED FOR USE IN RECOVERY COURT, THE MEDICATION MUST BE STOPPED AS SOON AS MEDICALLY APPROPRIATE.

11. You must have at least 6 months of sobriety from all habit-forming substances, including prescribed medications that are not allowed in the program and UA violations such as: positive, missed, unable to provide, diluted, or tampered UA tests, in order to graduate from ARC.
12. You must not spend time with people who are using drugs or alcohol, or committing crimes, or in places where people are engaging in these activities.
13. You must live in Snohomish County at a place that is clean and sober. The Recovery Court Team conducts unannounced home visits during your participation in ARC. **If your address or phone number changes, you must notify your Coordinator within 24 hours.**
14. You must notify your Coordinator immediately if you have any contact with law enforcement. If you get new charges while in ARC, you **may be terminated** from the program.
15. You **must** get permission from your Coordinator before you leave the State of Washington,
16. If you miss a court hearing, a bench warrant may be issued. If a bench warrant is issued, you **may be terminated** from ARC. You **will be terminated** from ARC if you are on bench warrant over than 60 days.
17. You must contact your treatment counselor and Coordinator immediately if you have relapsed. Your success in ARC requires you to be honest. If you are dishonest with the court in any way (e.g., forgery, failing to provide important information, etc.), you may be terminated from ARC.

By signing below, you acknowledge that you have reviewed and understand the above general ARC rules.

Client Signature

Date

Coordinator Signature

Date