

DRUG AND ALCOHOL TESTING REQUIREMENTS FOR MHC

- Drug and alcohol testing will be required on a random basis throughout your participation in MHC. All drug and alcohol testing will only be accepted and performed by a collection site approved by the court, which is currently Cordant Health Solutions in Everett.
- In addition to calling the UA call-in line, you may be told at any time, either in person or by phone (including voicemail), that you will be required to submit a UA test that same day.
- It is your responsibility to provide the MHC Officer with a current phone number. If your phone number changes, you must notify the MHC Officer immediately. You must ensure your voicemail is set up so that callers can leave voicemails.
- You must check your voicemail regularly while in MHC. Failure to check your voicemail is not an excuse for failing to provide a UA sample when required.
- Observed UA testing is a requirement of the MHC UA testing protocol. A same-sex collection site staff member will directly observe the collection of all UA samples.
- Collection site staff will inform you of the UA testing collection procedures. It is your responsibility to review these procedures and ask for clarification if you do not understand.
- UA specimens with temperatures below 90° F, above 100° F, or that have a creatinine level below 20 mg/dL will be presumed to be diluted or fraudulent. You must not drink fluids excessively before UA testing.
- A missed, unable to provide, diluted or tampered test will be treated as a positive UA result. Any attempt to falsify a UA test is grounds for immediate termination from MHC.
- You must **avoid** environmental contaminants or foods that can conflict with UA testing results. You are responsible to check all labels of all products and foods you use or consume.
 - These include but are not limited to:
 - Products containing alcohol (hand sanitizer, mouthwash, medications, Nyquil, etc.)
 - Foods cooked or prepared with alcohol
 - Poppy seeds (sometimes hidden in breads, muffins, bagels, pastries, salad dressings, etc.)
 - Energy drinks
 - Supplements containing creatine
 - Designer drugs or any drugs sold as “not for human consumption,” e.g. spice, bath salts, kratom, etc.
- There are certain prescription medications, over-the-counter medications and supplements that will conflict with UA testing. Be sure to follow the MHC Medication Policy in this handbook and discuss it with the MHC officer prior to taking any new medications/supplements.
- If you receive a positive UA test because you were exposed to or ingested one of the above substances without prior approval, it will be treated as a positive UA and you will receive a sanction from the court. Again, you are responsible for anything that you consume or are exposed to.
- When in doubt: do not use, apply, or consume the food or substance.

UA CALL LINE PROCEDURE:

- You will receive a unique Client ID Number during your participation in MHC. It is your responsibility to not lose this important number.
- You are responsible to call the UA Call Line **each day (including weekends and holidays)** to see if you need to provide a UA specimen that day. **The UA Call Line is only open from 5:00 AM – 3:59 PM.** It closes at 4:00 PM daily. The number is **(425) 953-1346**. Please realize that everyone who tests calls the same number. If you fail to get through the UA Call Line the first time due to excessive call volume, continue to call until you get through.
- When calling the UA Call Line, follow the prompts as directed. The message will tell you either that you **ARE REQUIRED** or **NOT REQUIRED** to test today.
- If you are required to test, you will need to report to the **Cordant Health Solutions collection site at 1316 Wall St, Ste B-1, Everett, WA, 98201** within the following collection times on the same day you called:

Monday – Friday

7:00 AM – 11:30 AM or 1:00 PM – 5:30 PM

Saturday or Sunday

7:00 AM – 11:30 AM only

- You can also check online to see if you need to test on any given date by going to the following website: **www.mycallin.com**.
- If for some reason both the UA Call Line and online notification systems are down, you must call the Collection site directly at **(425) 252-5656** to ask if you need to report for a UA. If you cannot get through to the collection site on the phone, you must go down to the collection site that day during collection times and ask if you need to provide a UA specimen on that day. You may receive a sanction for a missed UA if you do not follow these directions.

CORDANT COLLECTION SITE PROCEDURES:

- Once you enter the collection site, collection site staff will sign you in and you will be asked to initial next to your name on the sign-in sheet.
- After signing in, **DO NOT** leave the waiting room until you have provided your UA specimen for that day. If you do leave, you will not be able to come back in to UA that day and it will be counted as a missed UA. Signs are posted at the collection site notifying you of this policy.
- Please be respectful to collection site staff, property and other donors at the collection site. Any inappropriate behaviors will be reported to MHC, such as but not limited to: inappropriate language (profanity/drug talk/sexual comments/etc.), destruction of property, loitering, etc.