

THE RECOVERY VOICE



JUVENILE DRUG COURT

THE TALK OF THE TOWN

There's lots of buzz at the national level about juvenile recovery courts as they are receiving some well-deserved attention and support from folks that can make a difference! The Office of Juvenile Justice and Delinquency Prevention (OJJDP) will be rolling out evidence-based guidelines in the fall of this year, along with "testing" to follow up on how well they work. More to come on those!

therapy), to the juvenile drug court model, as well as addressing parental supervision and peer influence, significantly increases positive outcomes.



- Youth who have active parent participation in the drug court perform better while in the drug court program compared to youth with non-involved parents.
- Exposure to professional training, as well as frequency of training,

This extra attention is exciting for (at least) two reasons. First, our hard-working juvenile recovery court professionals need all the support they can get. After all, they serve a vulnerable population in our communities and directly impact families. We want that! Second, it suggests that the proverbial "powers that be", you know, the "They" out there, have looked at the evidence and have found that there's more to learn about juvenile recovery courts and what works (more on that when we give the OJJDP guidelines update).

is correlated with stronger adherence to the 16 Strategies in Practice. In other words, train often and ensure that all team members are exposed to a wide range of training topics.

It is helpful to be reminded that there's some information out there for juvenile recovery courts to use that is based on evidence. In light of the fact that so much about juvenile recovery courts has been negative, or at least not good, this is what we know, brought to you by the 2011 article, Exploring the Evidence: The Value of Juvenile Drug Courts.

- Team members must be assigned to the drug court for a significant period of time. Rotating and/or temporary positions are ineffective and negatively impact the cost-benefit of the program.

You can find the full article here: <http://www.courtswv.gov/lower-courts/juvenile-drug/Exploring-the-Evidence.pdf>

WHAT WE KNOW

- When juvenile drug courts utilize a wide range of non-detention based sanctions, they can experience cost-savings as high as \$5,000 per participant.

Our state is developing juvenile drug court standards and the OJJDP is coming out with guidelines very soon. It will continue to be important for juvenile recovery courts to adhere to the best practices available and the known evidence-based guidelines to ensure Tennessee juveniles and their families receive the quality of service we desire for them.

- Team members matter! Juvenile drug court team members need to be aligned philosophically, and the judge continues to be a critical position on the team—for the youth, families, and team members.

We are here to help juvenile recovery courts, implementing and operational, to continue to learn about these practices and guidelines, and to help you share and connect with each other. Please do not hesitate to reach out for support, and to join discussions with your peers.

- Adding and adhering to evidence-based practices (e.g. multisystemic

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MAT RESOURCES AT YOUR FINGERTIPS

INFORMATION ABOUT MEDICATION-ASSISTED-TREATMENT

Here are few resources for those of you wanting to learn more about medication-assisted treatment.

1. From the Legal Action Center, a document for drug courts wanting to include MAT access. This document provides basic information about MAT and suggestions about MAT implementation. It can be found here: <http://lac.org/wp-content/uploads/2016/04/MATinDrugCourts.pdf> to download in PDF form.

2. The National Drug Court Resource Center has an ongoing webinar series

called Tune In on Tuesday. You can listen and watch live, or you can playback archived webinars. While the topics vary, there has been a recent one (May 17) on Opioid Overdose Prevention. Check it out, along with others here: <http://www.ndcrc.org/node/182>.

3. The MAT online course, a partnership between the National Drug Court Institute and the American Academy of Addiction Psychiatry, includes 9 online modules, and can be located in its archived format here: <http://www.ndcrc.org/content/medication-assisted-treatment-course>

4. This website is all things MAT: <http://pcssmat.org/>. It is clinical, but a good resource. You can sign up to receive emails for online training and additional information.

5. Not the same but related, you can go here to find out the latest preventing opioid overdoses, a growing concern: <http://www.stopopioidoverdose.org/>

JUDGE TIM DWYER HONORED

SHELBY COUNTY DRUG COURT JUDGE RECEIVES U OF M DISTINGUISHED ALUMNI AWARD

The University of Memphis inducted Judge Dwyer as a Distinguished Alumni during a ceremony at the University of Memphis on May 21st. Judge Dwyer joined an exceptional group of former graduates who have been recognized for their outstanding accomplishments and contributions as University of Memphis graduates. Judge Dwyer graduated from the U of M with a bachelor's degree in 1976, and then received his juris doctorate from the University of Memphis Law School in

"I think about the great education I received and all the opportunities this university afforded me and I am overwhelmed."

1980. Steelers Running Back and former Memphis Tiger DeAngelo Williams was also recognized during the event. During a heartfelt acceptance speech, Judge Dwyer remarked that the award was the greatest honor he has ever received, saying "I think about the great education I received and all the opportunities this university has afforded me and I am overwhelmed. I would not have had the opportunity to preside over the Shelby County Drug Court for the last 19 years if it weren't for the University of Memphis."



MAY IS RECOVERY MONTH

The Following Articles Represent A Special Month For The TADCP

12TH DISTRICT GRADUATION


GRADUATES CELEBRATE WITH DIRECTOR RON BAILEY

Graduates of the 12th Judicial District Recovery Court celebrate with Director Ron Bailey after the commencement program on May 19th. The Court makes an effort to




prepare a group for commencement each May in celebration of National Recovery Month.

These ten happy folks are beginning their walk on the path to success.



TADCP

EVENTS



Mark Your Calendars!

2016 TADCP Conference

December 7-9, 2016

Chattanooga Convention Center

Chattanooga, Tennessee

Registration Information Coming Soon!

WILLIAMSON COUNTY DUI COURT GRADUATION COURT HAS QUADRUPLED NUMBERS IN THE PAST YEAR!

The Williamson County DUI Court has quadrupled its number of current participants in the past year! In addition, on Monday, May 16, 2016, Williamson County's DUI Court held a graduation ceremony for five more graduates from the DUI Court program! It was a wonderful evening of fellowship and great stories. Each graduate had amazing things to say about the Williamson County DUI Court's life-changing program. In addition, the very talented singer and songwriter,



Pictured: Mike Wolfe of American Picker with The Honorable Denise Andre, Presiding Judge of Williamson County General Sessions DUI Court

Tyler Hayes, performed a beautiful song. Tony Owens, our Treatment Provider, received the All Rise Award for his outstanding dedication and commitment to the program.

The Williamson County DUI Court Foundation hosts an annual benefit each October called "Take the Cake". This is always a wonderful event held in downtown Franklin, Tennessee consisting of a silent auction, a cake auction, as well as great food and entertainment. Last year's "Take the Cake" event featured Mike Wolfe from American Picker as our Emcee. Our next "Take the Cake" event will be at the Franklin Theatre on October 27, 2016 and will feature a surprise musical guest! With community support and grant funding, we are truly changing lives and creating safer roads for our community.

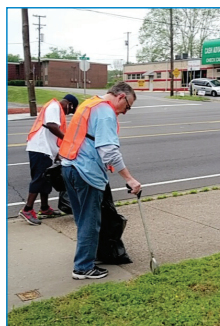
DAVIDSON COUNTY GRADUATION

CITYWIDE CLEAN-UP AND GRADUATION HIGHLIGHT BUSY MONTH

Davidson County Misdemeanor Recovery Court under the leadership of Judge Casey Moreland participated in the 2016 Mayor Megan Barry's Citywide Clean-up in picking up trash to beautify our



communities. Even Mayor Barry came by at our location to thank us for our support and to cheer us on! There was a graduation during Recovery Month as well!



27TH JUDICIAL DISTRICT GRADUATION

With May being designated as Recovery Court Month by NADCP, the 27th Judicial District Recovery Court held a graduation to honor participants who have successfully completed the requirements of the 27th Judicial District Recovery Court Program. This ceremony took place before a "packed house" in the Circuit Court room of the Weakley County Courthouse on May 20, 2016. Ten women and men received plaques and a newly made, one of a kind, 27th Judicial District Recovery Court Challenge Coin. Former graduates from last May also received the Challenge Coin and recognition for maintaining sobriety for one year following their graduation.

One Hundred and sixty-five participants have now graduated the program since 2003.

Pictured: Front: Pamela Freeman
1st Row: Deza Rae Powers, Christine Harris, Recovery Court Judge, Jimmy Smith, Public Defender, Joe Atnip 2nd Row:

Recovery Court Coordinator, Michael Walton, Tammie Snider, Clayborne Tate, Amanda Williams, Counselor, Stephanie Jackson, Case Officer, David Maddox 3rd Row: Recovery Court Judge, Tommy Moore, Brandon Earls, Kelly Meade, Michael Vincent, Adam Wright, Counselor, Hal McCarter Back: District Attorney, Tommy Thomas, Circuit Court Judge, Jeff Parham, Case Officer, Anthony Hamilton



THE PRESIDENT'S CORNER

By KEVIN BATTS

Addiction meets Technology

Opioids have changed the landscape of addiction and treatment in this country. Treatment centers are adapting to a younger, more affluent addict population. Studies have shown that younger people in recovery have a much tougher time navigating a continuing care plan.

Technology may have some answers. A smartphone app called A-Chess is one of several new apps that offer help to people in recovery. Studies of A-Chess have demonstrated a reduction in the days that patients drank heavily.

A-Chess users wake up to a daily question: How confident are you of your abstinence today? A "not very confident" answer alerts family members and the recovery manager. Patients also undergo a weekly comprehensive health survey.

Before patients leave rehab, they work with their counselor to load into the app high-risk locations like their usual bar or a park where dealers hang out. When the patient ventures near one, she gets an alert: "Are you sure you want to be here?" The app then calls pre-set numbers to let others know where the patient is. The app also has a panic button. If the patient needs immediate help, it alerts designated people.

Many recovering addicts use the app to communicate with treatment providers, sponsors, and each other over message boards. One patient in her early 20s asked for help; her dog had just died and her father was sick. Three of her peers in the program picked her up and took her to dinner. Potential crisis averted.

Apps are new to the world of recovery, and few have been rigorously tested. One entry in an early stage is Esqyir, a simple program that sends young people in recovery text message reminders, inspirational messages and questions about their sobriety confidence. In a trial, the relapse rate of Esqyir users was much lower than that of a control group who did not use the app.

Another such app, about to be released, is Square2. Lisa Marsch, the director of the Center for Technology and Behavioral Health at Dartmouth, led the program to design it and is now the company's chief executive. Square2 uses proven interventions like cognitive behavior therapy to help people not only with recovery, but also with problems like depression and pain that accompany substance abuse. In randomized trials, people who used it had higher rates of abstinence and were more likely to stay in a recovery program than those in the control group.^{1/}

Apps, by themselves, are not a continuing care program. But since they are used on phones, they are a logical tool to help people stay connected to their programs. People in recovery need three things: social connection, motivation, and confidence that they know how to cope with their struggles. Apps can help with all three.

^{1/} "Web-based behavioral treatment for substance use disorders as a partial replacement of standard methadone maintenance treatment." J Subst Abuse Treat. 2014 Jan;46(1):43-51. doi: 10.1016/j.jsat.2013.08.012. Epub 2013 Sep 21

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MAKING A DIFFERENCE IN GREENE COUNTY

Standing before family, friends, law enforcement and judicial officials, Samuel Wilburn said he sometimes becomes "frozen with awe" when he ponders his present state in life.

"Every now and then I think about where I was a year-and-a-half ago versus where I am at today," he said. "If there is anything I can communicate to the newer people in the recovery program: Take advantage of the opportunity you've been given."

On Thursday, Wilburn joined Matthew Allen as the latest graduates of Greene County Recovery Court, a multi-phase program aimed at helping its participants ditch drug addiction.

Both men heaped high praise on the program. In return, members of the recovery court team celebrated Wilburn and Allen with a ceremony at Greenville Cumberland Presbyterian Church.

Judge Kenneth Bailey Jr. and Samantha Venerable, director of the program, presented certificates to the graduates.

For Allen, the program helped him rearrange his priorities.

"A lot of times you hear negative stuff about recovery court. It's too hard. You don't want to do that," he said. "But once I asked for it and was accepted by the team, I changed my focus in life."

Wilburn said he learned "the world around me doesn't need to change ... I need to change the way I look at things."

"All throughout my drinking and drug use I would tell myself, 'If only this were different, or that were different, maybe I could change my ways,'" Wilburn said. "But I've learned that life is never going to be a constant.

It is full of ups and downs. Each day that I can face life without having to insert a substance into my body, that gives me that much more confidence that I can press through it."

Wilburn and Allen received plenty of encouragement from members of the committee, as well as from guest speaker Jane Ann Toney Carico.

Carico is a ministry leader at Christ Fellowship in Kingsport. She spoke not about overcoming drug abuse, but about dealing with codependency -- a condition marked by a person forming a destructive relationship with someone often struggling with drug addiction, she said.

"In the broadest sense, it is an addiction to people, behavior or things," she said.

Carico said she struggled with codependency when her family adopted a 16-year-old who had struggled with drug addiction.

"I tried to be my family's savior, and I liked it," she said. "How sick is that?"

A number of behaviors are associated with codependency, including extreme guilt and a deep fear of rejection, she said. Replacing loving, healthy relationships, she told the crowd, are dysfunctional relationships defined by a strong need to please others.

"For those graduating today, I want you to ask yourself, 'Who is codependent in your life?' I promise you there is one," she said. "Encourage them to seek help and begin healing. There are a lot of great programs out there."

Bailey and Venerable followed up Carico's talk by presenting the graduates with framed certificates.

Founded in 2004 by then-General Sessions and

Juvenile Court Judge Tom Wright, recovery court was initially called DUI court. It existed with the stated purpose of rehabilitating repeat DUI offenders. In 2006, the program expanded to match much of its current form.

Both of the program's latest graduates are grateful that recovery court exists.

"Luckily, they gave me the opportunity to change my life and my way of thinking. It opened up my eyes to the choices I had made and look inside myself," Allen said.

It's a similar story for Wilburn.

"This is probably the best thing I could have ever done for myself," he said.

This article was written by O.J. Early for The Greenville Sun and sent to us by the Greene County Recovery Court Program.



Pictured: Members of the Greene County Recovery Court stand with recent graduates during Thursday's ceremony. Appearing from left are Judge Kenneth Bailey Jr.; Samantha Venerable, program director; graduates Samuel Wilburn and Matthew Allen; and Jane Ann Toney Carico, guest speaker.

THE RECOVERY VOICE

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 TADCP
 TENNESSEE ASSOCIATION
 OF DRUG COURT
 PROFESSIONALS

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