

THE RECOVERY VOICE

A Publication by the
TADCP
TENNESSEE ASSOCIATION
OF DRUG COURT
PROFESSIONALS

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CONFERENCE PICTURES! A SAMPLING OF THE AMAZING NETWORKING AT THE DECEMBER CONFERENCE.



Inside This Issue

- Davidson County Press Release** 2
- Recognizing Renie Brown** 3
- Gibson County Next Step Celebration** 3
- The President's Corner** 3
- Training Section - What's Up?** 4
- Roane County Teams With WestCare** 5

WE HAVE MANY MORE PICTURES POSTED ON OUR FACEBOOK PAGE, SO PLEASE VISIT US AT
[HTTPS://WWW.FACEBOOK.COM/TNDRUGCOURTS](https://www.facebook.com/TNDrugCourts)



Metropolitan General Sessions Court-Davidson County Treatment Court-Press Release



For more information contact:

**Natalie N. Broadway-Treatment Court Program Director
615.862.4241**

February 10, 2016



New and exciting events have occurred within the Davidson County Misdemeanor Drug Court under the leadership of Judge Casey Moreland these last few months. Court Foundation Center (CFC), the offsite facility where treatment for most clients is provided has expanded and 1026 sq. ft. has been added to the location. This additional space will be designated as our men's IOP class, in addition to available space for other

treatment services. On January 30, 2016 our winter graduating class took this opportunity as a community service project and actually conducted a deep cleaning of the entire center, while painting the walls, changing ceiling tiles, and other cleaning duties of the new space to ensure that it would be made available to use starting the following week.

On February 3, 2016, Drug Court hosted their 15th Drug Court graduation where 14 graduates received their certificate of graduation for completing the 12-18 month rehabilitation program. Council Member At-Large, Erica Gilmore was the keynote speaker and the graduates even received a certificate from Rep. Carson "Bill" Beck to recognize their accomplishment.



Lastly, Judge Moreland along with members of the District Attorney's Office has created Cherished H.E.A.R.T.S. Cherished H.E.A.R.T.S is a new treatment court open to all women, men and transgendered persons who are currently or have in the past been a victim of human trafficking. The program is 6 to 12 months long, depending on the charge. The client enters the program under a deferred plea and upon completion of the program; the charge is dismissed and expunged at no cost to the client. The program is voluntary and has two treatment phases.



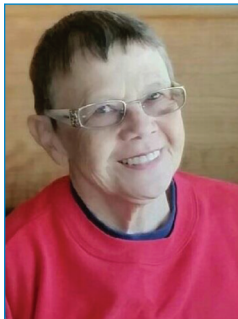
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RECOGNIZING RENIE BROWN

18TH DISTRICT TEAM MEMBER AND GED TEACHER

RECOVERY COURT OF SUMNER COUNTY – 18TH JUDICIAL DISTRICT

Sumner County has been fortunate enough to have on our Team, Renie Brown who is also our GED Teacher. For the last 10 years we have utilized part of our funding from the OCJP/ Mental Health Grant to provide an experienced GED tutor to the participants in need of getting their GED. Twice a week Mrs.



Renie meets with clients helping them to prepare for the test. Since 2005 we have had more than 35 people get they're GED's. In the month of February we had three participants get they're GED. We want to recognize them and Mrs. Renie for their hard work and applaud their accomplishments! Congratulations to, Amanda W., Holly B. and Peyton D.!

GIBSON COUNTY NEXT STEP CELEBRATION

Gibson County Recovery Court held our Next Step Celebration on February 4, 2016 in Trenton General Sessions Courtroom. We don't call our event a graduation simply because we don't want to allow their addiction (and yes it still has a voice for many many years) to say to them, "you're done". We place emphasis on this being just one piece in their journey of recovery. We hold the celebration in the courtroom since at their sickest they began our program in the courtroom and now as healthy productive citizens they end this part of their journey there. Those taking their Next Step were: Travis Brown; Cassie Johnson; Eden Hood; Samantha Green; Kelsha Reece; Lynn Ruark and Bradley Whitney. We celebrated seven amazing people who are living a great life since they did the hard work of putting their disease of addiction into remission. Each participant received a toolbox filled with items to encourage and strengthen them on their continued journey in recovery. Some of the items in their toolbox was: letters from the other participants; notes from the staff;



unlimited free group aftercare at Alternative Choice Counseling Center; keychain; Living in Recovery book and a \$20.00 Wal Mart gift card. The Stacey Ellison Award was presented to Bradley Whitney. The criteria for this award is showing consistent determination / desire to change one's life and having no sanctions throughout the length of the program. I often referred to Bradley as our "Sparkler" because he just quietly worked his program with glittering moments. From the day we met him he said, "if ya'll give me a chance in this program, I promise you won't regret it". Bradley had a hunger from day one for sobriety. The Terry Young Award was presented to Samantha Green. The criteria for this award is giving back to those who also suffer with this disease, as well as rebuilding a life for yourself in the face of obstacles. Sam is finishing up her Associate's degree in Criminal Justice and will graduate in May of this year. She also worked over the summer of 2015 at Aspell Manor as a technician. Lori Tubbs Douglas, Clinical Director



THE PRESIDENT'S CORNER

By KEVIN BATTS

One thing I've learned as a member of a Drug Court team is the importance of allowing each team member to share their knowledge, experience, and "gut feelings" when issues come up. Just as important, is the team's ability to make changes as the need arises.

The best decision made today, may not be the right choice tomorrow. Each situation is unique. If your Drug Court Rules are inflexible, you might as well just program a computer to make your staffing decisions. But we work in a field where every participant and every situation is unique. What's best for one is not best for all. We have to have teams comprised of independent thinkers who are allowed to share their perspectives to come up with team decisions that work for our individual courts.

It brings to mind one decision that our court is reconsidering right now. For years, we allowed participants to possess and consume what are commonly called "Energy Drinks". They come in a variety of shapes and sizes, and ingredients can differ significantly. Long ago, we did not restrict energy drinks. It became a problem when some participants began spending so much money on energy drinks that they neglected their financial obligations. This eventually led to a ban on energy drinks.

A couple of years ago, our team revisited the issue, and decided to once again allow them. There was discussion at the time that energy drinks are really no different from coffee, which has never been restricted.

In recent times, there have been a number of independent studies conducted on energy drinks and addiction. Our team members have been reviewing those findings. Most striking is the medical evidence that energy drinks are quite different from coffee. It's not just the caffeine, but the added ingredients that exponentially multiply the caffeine's stimulant effect that are devastating to the addict. This is especially true for those in the early stages of recovery.

To begin with, the caffeine content in an energy drink can be extremely high. A can of Coca-Cola contains 34mg per 12 ounces. Starbucks coffee contains 160mg per 8 ounce cup, while some energy drinks contain in excess of 500mg per can. The FDA limits the caffeine content in soft drinks to no more than 71mg per 12 ounce can. However, energy drinks are designated as dietary supplements, and are not limited in their caffeine content at all! Some nations have gone so far as to ban certain energy drinks altogether.

Dr. Scott Hambleton, Medical Director of the Pine Grove Women's Center in Hattiesburg, MS, says caffeine is a psychoactive stimulant drug that can trigger cocaine and methamphetamine cravings with excessive use. Restlessness, irritability, and discontentment are caused by excessive caffeine intake and caffeine withdrawal. All good reasons for avoiding energy drinks in recovery, according to Dr. Hambleton.1

Recent studies have underscored the degree of physical impairment caused by energy drink addiction. Excessive energy drink consumption has been linked to insomnia, nervousness, headaches, increased or irregular heartbeat, anxiety, confusion, delirium, muscle trembling, nausea, and vomiting.2

A study by New Hope Recovery Center in Chicago found a disturbing correlation between energy drinks and relapse for those in early recovery. Those in early recovery often suffer from anxiety, sleep disturbances, nausea, muscle weakness and fatigue. More serious symptoms include increased heart rate, increased blood pressure, vomiting/diarrhea, and seizures. Managing these symptoms successfully depends on restorative health measures, such as proper nutrition, adequate fluids, and rest. The study concluded that energy drinks work against restorative health measures in every regard. The study concludes that "absolutely no value can come of energy drink usage in early recovery and they can potentially cause harm!" 3

So what will our team decide? That's completely up to the team. We will review the available literature and apply our individual perspectives to the ultimate decision. Personally, I've learned a lot more about energy drinks through our team dialogue. I am thankful to be a member of a Drug Court team that will ultimately make the right decision based on everyone's input. And we've certainly demonstrated a willingness to evaluate and re-evaluate this issue. We work in a field that is ever-changing. We must all be willing to open our minds and hearts to new information as we seek the appropriate solutions for our participants.

1 Energy Drinks and Recovery: A Dangerous Mix; Scott Hambleton, MD, Pine Grove Behavioral Health & Addiction Services. www.pinegrovetreatment.com.

2 Energy Drink Addiction; Tim Stoddart, April 16, 2013.

3 Energy Drinks in Early Recovery/Rehab"; New Hope Recovery Center, Chicago, IL. info@new-hope-recovery.com.

TADCP MEMBERS ENJOY....

- CONTINUING EDUCATION OPPORTUNITIES (NAADAC AND CLE)
- ANNUAL TADCP CONFERENCE
- QUARTERLY NEWSLETTER
- REPRESENTATION THROUGH THE TADCP LEGISLATIVE COMMITTEE
- FREE AND DISCOUNTED TRAINING OPPORTUNITIES

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SCIENTIFIC

TRAINING SECTION - WHAT'S UP?

TAADAS is conducting Recovery Roundtables in Johnson City and Cookeville. These roundtable discussions are very relevant for recovery courts and your entire team is encouraged to attend.

1. Recovery Roundtable Johnson City

April 7, 2016

Boones Creek Christian Church
305 Christian Church Drive
Johnson, City, TN 37615
9:30AM 2:30 PM EDT

2. Recovery Roundtable Cookeville May 13, 2016

Location TBD

3. Ethical Decisions for Clinical Practitioners-5 Ethics Hours

Space is Limited to 80 Register Today!

Friday April 22, 2016

8:00 to 3:00pm

Riverview Inn

50 College Street
Clarksville, TN 37040
931-552-3331

Contact Hours Provided By Bradford Health Services
More information to follow at a later date

4. Save the Date!

12th Annual Recovery Drug Court Conference
December 7-9, 2016
Chattanooga Convention Center

5. Memphis in May with Dr. Richard Gracer

Location TBD

Free Event, Space is limited to 100
CEUs provided through NAADAC

Memphis in May

with

Richard I. Gracer, MD

Comprehensive Treatment Planning for
Prescription Drug Addiction

May 6th - 10:00am to 2:30pm

Boxed Lunch Provided Free Event-Limited to 100

HOPE

HEALTH

HEALING

Register at:
<http://tadcpmay.eventbrite.com>

ROANE COUNTY TEAMS WITH WESTCARE FOUNDATION

PARTNERSHIP HELPING TO BUILD ROANE COUNTY RECOVERY COURT



Located west of Knoxville, Tennessee, Roane County is a small rural county with a population of approximately 53,000 people. The county seat is Kingston with a population of 5,300. Harriman is the largest city in the county with a population of 6,800 and Oak Ridge is located on the county line with Anderson and has a population of 27,000. In a public service announcement called We Are Those People, Stan Grubb narrates the video by saying, "Roane County has had its fair share of hardships and victories such as the TVA Coal Ash Spill and helping to put an end to World War II with the Manhattan Project. Today, however, Roane County is fighting another war, a war that isn't fought with high powered bombs or even the best trained soldiers. This is the war of chemical addiction

and it is claiming lives and wrecking havoc on our county.

Our General Sessions and Criminal Court dockets are over laden with cases keeping our assistant district attorneys in court sometimes as late as 7 p.m. on a week night and our probation officers and victim witness coordinators trying to fill the gap performing social work duties instead of doing the jobs they were hired to do. These extreme needs led District Attorney General Russell Johnson, to seek the help of WestCare Foundation as they partnered to take the vital steps towards beginning the Roane County Recovery Court. Recovery Court provides appropriate individuals a chance to change the repetitive pattern of reoffending and being jailed for drug-related charges and allows an individual the chance to have an amazing team of professionals provide clinical, legal, and supervisory assistance. WestCare Tennessee provides the Roane County Recovery Court participants with initial assessments as one of the last steps to evaluating for appropriate enrollees. They provide both the Level of Service Inventory-Revised

(LSI-R) and Readiness for Change Assessment (URICA) to evaluate referrals risk of reoffending, level of risk/need, and willingness or readiness to change current problem. WestCare Tennessee then provides outpatient treatment to address both substance abuse and mental health needs for Recovery Court participants. Recovery Court participants also receive individual therapy, family therapy, and case management services.

WestCare is a national behavioral health organization offering services in 17 US states and two offshore territories. They have an established Appalachian division designed to respect the diversity of rural and mountain cultures and a good understanding of the unique needs of the citizens in our district. Roane County Recovery Court is hopeful that this partnership will help address the epidemic we face in Tennessee with over 69,000 Tennesseans being addicted to opiates and our criminal justice system believes it will be part of the solution in dealing with the arrest volume of drug related cases in our county.

- Charlene Hipsher

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 615-939-2872



DRUG TESTING PROGRAM MANAGEMENT INC.

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Considering a specialty laboratory for your agency? DTPM has what you need for any testing volume. As a third party administrator of laboratories throughout the United States we have volume pricing on each and every item that will be used in the laboratory.





COMPUTER

New Horizons Nashville has pricing set up with TADCP for computer training.

The following prices are for TADCP members:

- Access - \$88 per level per student
- Word - \$58 per level per student
- Excel - \$68 per level per student
- OLA Access - \$67 per user for Online Anytime

Feel free to call or email for any additional information:

Ph: 615-850-5919
 Fax: 615-251-6925
 Email: skomar@NHNashville.com

DTPM History

Drug Testing Program Management Inc. (DTPM) opened its doors in April of 1993. We began our testing program in the recovery and treatment environment, and shortly thereafter, expanded our services to include local businesses and industries. In 2001, DTPM began to offer screening analyzers and related products and services. Currently, DTPM has over 300 contracted laboratories nationwide, and our current roster of customers include: Physician offices, Hospitals, Clinics, Labs, Colleges, Government, Judicial system components, Treatment programs, and many others.

Can I trust the results?

DTPM uses the same vendors that provide the hardware and reagents to SAMHSA laboratories. You will basically have a small reference lab in your agency. If they can test for it, you will be able to test for it. Currently 28 different tests are available to you including ETG, Spice and Soma.

Why use DTPM instead of going direct with the reagent and instrument manufacturer?

Three reasons... DTPM will always provide you a more competitive price; DTPM will have more drugs of abuse testing options available for you; and DTPM will use these same vendors so you get both DTPM support as well as the reagent and instrument manufacturer.

What are the benefits of a lab?

- Laboratory results at prices competitive with instant point-of-care devices
- The ability to test for one drug or as many as you choose
- The ability to test for multiple different adulterants through the validity testing
- The data management software package that integrates with state case management software and has numerous report options.
- Ability to be the first to receive new drug test on the market only through DTPM.
- The ability to drug test using Oral Fluids in your laboratory.

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