



BUNCOMBE COUNTY ASPIRE COURT

PARTICIPANT HANDBOOK

BUNCOMBE COUNTY JUDICIAL COMPLEX

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Asheville, NC 28801
Phone: 828.250.4463

<https://www.buncombecounty.org/governing/depts/justice-services/programs-services/treatment-courts.aspx>

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Table of Contents

Introduction	Page 3
ASPIRE Court Team Members	Page 4
Phases of the ASPIRE Court	Page 5
Screening, Intake and Orientation	Page 6
ASPIRE Court Phases	Page 7
Phase Progression, Clinical and Psychosocial Stability and Early Remission	Page 9
Graduation	Page 10
Proximal, Distal, and Managed Goals	Page 11
Recovery Capital and Recovery Management	Page 10
Courtroom Etiquette	Page 11
Determination of Level of Treatment and Therapeutic Adjustments	Page 12
Community Meeting Attendance and Prosocial Activities	Page 13
Leave Requests, Place of Residence & Missed Appointments	Page 13
Inclement Weather	Page 14
Finances	Page 14
Medications and Medication Assisted Treatment (MAT)	Page 15
Drug and Alcohol Testing (Policies and procedures)	Page 15
Diluted Drug Screens	Page 16
Compliance and Probation Violations	Page 17
Incentives and Rewards	Page 18
Service Adjustments	Page 18
Sanctions and Responses	Page 20
Dismissal from ASPIRE Court	Page 20
Absconding	Page 21
Employment in Retail Alcohol Sales and Service Industry	Page 21
Roles of the Team members	Page 21
Community Resources	Page 24
Medications to Avoid	Page 25
Medications That May Be Taken	Page 28

Introduction to the Buncombe County ASPIRE Court

What is Buncombe County ASPIRE Court and when did it begin?

The Buncombe County ASPIRE Court (previously known as Buncombe County Sobriety Court), was the first DWI Court in Western North Carolina. This court was originally designed and implemented in February 2014 under the direction of Judge Julie M. Kepple. At its inception and for the next 5 years, the court was entirely funded by the North Carolina Governor's Office of Highway Safety. In 2017, the North Carolina Governor's Office of Highway Safety awarded Judge Kepple, "Partner of the Year" for the State of North Carolina. In 2023, the Buncombe County ASPIRE Court was recognized by the National Center for DWI Courts (NCDC) (now All Rise) as an Academy Court. All Rise's Academy Court Network identifies exemplary DWI courts to host foundational trainings, receive staff from other jurisdictions for site visits, play a significant role in participating in research and media, and serve as a national model for DWI courts. The designation honors a culmination of years of training and implementing changes/ideas from past ASPIRE Court teams over the last 9 years. The teams were able to develop and implement policies and procedures that adhere to the All-Rise Best Practice Standards for Treatment Courts. The Buncombe County ASPIRE Court has had crucial support from important stakeholders: Buncombe County Government and Justice Resource Center, Buncombe County Sheriff's Office, the 40th Prosecutorial District Attorney's office, the Buncombe County Public Defender's office, Asheville Police Department, Mothers Against Drunk Driving (MADD), Adult Probation and Parole officers, Buncombe County Criminal Defense bar, local recovery residences, as well as many treatment providers and facilities that service Western North Carolina.

ASPIRE Court operates on a TEAM (Together Each Achieves More) concept. The team is composed of a Judge, the district attorney's office, law enforcement, the public defender's office, a court coordinator/case manager, probation officers, peer support specialists, and licensed substance abuse treatment professionals. All team members work in a non-adversarial collaborative approach to holistically support each participant in addressing and combating the substance abuse issues that brought them into the criminal justice system. The team meets twice monthly in a meeting called pre-court status conference to review the progress of each participant. Twice monthly, the participants attend a court session called a "status hearing" session to meet with the team and to give an update on their progress. The team follows and complies with all national and state standards and best practices for treatment courts¹.

What is the primary mission of the Buncombe County ASPIRE Court?

The primary mission of Buncombe County ASPIRE Court is to increase public safety and save lives by reducing recidivism of persons with substance use disorders. ASPIRE Court seeks to accomplish this by facilitating substance use treatment and habilitation, providing increased supervision, and requiring participant accountability. The Court strives to challenge participants to aspire to build a strong foundation of internal and external assets needed for the participant to initiate and sustain long term recovery. The participants will then be able to return to the community better equipped to maintain their long-term recovery, which will provide them with a better quality of life. With a restorative justice approach, the participants will have a positive impact and will improve the community as a whole, which increases public safety.

Are DWI Courts effective?

DWI Courts provide an opportunity for early treatment intervention. A study by the National Highway Traffic Safety Administration (NHTSA) found that: (1) repeat DWI offenders who graduated from a DWI Court were up to 65% less likely to be rearrested for a new DWI offense; and (2) all DWI Court participants had a recidivism (relapse) rate of only 15%, whether or not they graduated or were terminated. Similar offenders who did not attend a DWI Court had a recidivism rate of up to 35%.² Through enhanced supervision, counseling, accumulation of recovery capital and treatment, the goal of this Court is to improve the quality of each

participant's life and to reduce repeat offenses to improve community safety. Graduates will have a solid foundation to build upon for a sober, healthy, and productive future.

***ASPIRE Court complies with: North Carolina DWI/Drug Court Standards, promulgated by the North Carolina Administrative Office of the Courts; the Adult Drug Court Best Practice Standards, Volume I & II, published by the National Association of Drug Court Professionals (NADCP); Defining Drug Courts: The Key Components, published by the NADCP; and the Ten Guiding Principles of DWI Courts, published by the National Center for DWI Courts (NCDC). ²An Evaluation of the Three Georgia DUI Courts, U.S. Dept. of Transportation, NHTSA DOT HS 811 450, March 2011.

ASPIRE Court Team Members:

Judge Julie M. Kepple	28 th Judicial District Court Judge
Brannon Wilson	Chief Probation Officer/ Department of Corrections
Andrew Gutierrez	Lead Probation Officer / Department of Corrections
Josh Harrold	Assistant District Attorney/ Buncombe County District Attorney's Office
Susanna Knox	Assistant Public Defender/ Buncombe County Public Defender's Office
Madeline Watson	Treatment Court Clinician/ Buncombe County Justice Services
Pam Sexton	Corporal Deputy Sheriff / Buncombe County Sheriff's Office
Hannah Calloway	Justice Resources Case Manager/ Buncombe County Justice Services
Lisa Keyes	Vaya Health Care Representative/ Vaya Health Care
Hunter Welborn	Patrol Sergeant / Asheville Police Department
Jaime Vaske	Court Evaluator
Currently Open	Certified Peer Support Specialist
Tiffany Graaff	ASPIRE Court Coordinator and Case Manager

Buncombe County ASPIRE Court Phases

PHASE 1

60 day
Minimum
Extended
Assessment

Move from
Contemplation to
Preparation Stage

-Comply with
probation

*9pm curfew with GPS

WELCOME TO THE
TEAM!

-Initial intake with
Probation and
Coordinator
Baseline Drug Screen

-Court 2x/ month

-Call UA line
daily/submit UAs

-Coordinator 1x week

-Complete TX
assessment with in
first 2 weeks and
participate in TX as
prescribed

-Enroll in CAM 90 or
120 days

- 2 community
recovery meetings as
recommended by
treatment

-Secure primary care
Dr. and meds if
needed

-Complete Phase Up
Project

-Clinical Stability per
TX provider

PHASE 2

90 day
Minimum
Active Treatment

Move from
Preparation to
Action Stage

-Comply with
probation

*GPS comes off/ no
curfew
*Create repayment plan
for fines/fees

-Court 2x/ month

-Call UA line
daily/submit UAs

-Coordinator 2x month

-Participate in
recommended TX

-Obtain DWI/ 508
assessment and work
towards satisfying
state/DMV
requirements

-2 community recovery
meetings/ week bring
completed sheets to
court.

-Maintain recovery
capital management

-Complete Phase Up
Project

-Clinical Stability per
TX provider

PHASE 3

90 day
Minimum
Relapse Prevention

Move from Action
to
Maintenance Stage

-Comply with
probation

-Court 2x/ month

-Call UA line
daily/submit UAs

-Coordinator 2x month

-Participate in
recommended TX

- 2 community recovery
meetings/ week
1 prosocial sub bring
completed sheets to
court

-Screen for and
complete JRC
recommended group

-Obtain employment/
enrollment in an
educational program

-Maintain recovery
capital management

-Complete Phase Up
Project

-Clinical Stability per
TX provider

PHASE 4

90 day
Minimum
Sustained Recovery

Maintenance Stage

-Comply with
probation

-Court 1x/ month
leave early

-Call UA line
daily/submit UAs

-Coordinator 2x month

-Participate in
recommended TX

- 3 community recovery
meetings/ week
2 prosocial sub bring
completed sheets to
court

-Complete JRC
recommended group

-Maintain recovery
capital management

-Complete Phase Up
Project

-Clinical Stability per
TX provider

-Maintain sobriety for
final 90 days



PHASE 5

90 day
Minimum
Maintenance
Stage/
Recovery

-Comply with
probation

-Excused from Court

-Call UA line
daily/submit UAs

-Coordinator 1x
month

- 4 community
recovery meetings/
week 3 prosocial
sub

-Maintain recovery
capital management

-Complete
graduation project

-Clinical Stability
per TX provider

-Maintain sobriety
for entire Phase

**GRADUATE
CONGRATULATIONS!**

Screening, Intake and Orientation

Upon receiving an application for entry into the ASPIRE Court program, the applicant is screened by the district attorney to confirm there are no legal conflicts. The court coordinator will also meet with the applicant to conduct a standardized Risk/Needs assessment. The results of the assessment will be shared with the applicant through the applicant's attorney.

Upon acceptance into the program and pursuant to a written plea agreement, the applicant will plead guilty to their DWI charge and serve the mandatory minimum sentence for that charge/level of DWI pursuant to statutory and North Carolina sentencing guidelines. Credit for time previously served and/or participation in an approved inpatient rehabilitation program, may be applied to reduce the mandatory minimum sentence. It is solely within the discretion of the sentencing judge whether the credit is applied to the minimum sentence.

****It is the responsibility of the applicant's attorney to request pretrial confinement credit. The applicant must fully understand the associated mandatory minimum sentencing for their specific offense so that they can make an informed decision to join the ASPIRE Court.**

After pleading or modifying a current supervised case into the ASPIRE Court program and the completion of the applicant's mandatory minimum sentence an applicant starts the program. Starting includes an intake and orientation with the court coordinator and the program's probation officer directly upon sentencing or release. Probation will also conduct their own screening and assessment pursuant to NCDPS policy and procedures.

During the initial intake and orientation, the following will occur:

- Explanation of the participant's conditions of probation to include fines and fees, initial phase one curfew, PREA advisory, and communication expectations.
- Recovery capital assessments (Human, Physical, Social and Cultural assessments)
- Detailed coordinator orientation with assignment to Reconnect drug/alcohol randomized testing system, program documentation and releases of information.
- Application of state mandated CAM (Continuous Alcohol Monitor) ankle unit
- Application of probation GPS monitoring ankle unit
- Substance Abuse/Level of Care Clinical Assessment/Counselor assignment
- Baseline drug/ alcohol test
- Trauma Assessment referral

After the initial orientation is complete, the participant will begin the building of internal and external assets that will contribute toward long-term recovery and success in the Court. The Court program is structured to move participants through the phases as they gain knowledge and skill to work towards sobriety and long-term recovery. Each participant is unique and will need to continuously communicate and assess their progress, assets and needs. A participant must be the agent of their own change at their own pace.

Phase 1 - Extended Assessment

(Move from Precontemplation to Contemplation Stage of Change)

Goals:

- Participant will be able to identify their own behavior related to substance use and how that aligns with various models of addiction. Participant will begin to explore their personal relationship with drugs and/or alcohol and where he or she falls in the spectrum of substance use disorders.
- Participant will demonstrate stability with the structure, schedule, and accountability of both treatment and supervision within the Court (for example: attending treatment and making appointments on time).
- Participant will develop a Relapse Prevention Plan that: a) supports their definition of both Recovery and Relapse, b) includes “warning signs” to patterns associated with relapse, and c) develops strategies to effectively manage the challenges and changes a participant will encounter.

ASPIRE Court Program Requirements:

- Complete jail sentence
- Attend bi-monthly court session and remain for the entire session.
- Comply with regular conditions of probation.
- Submit to randomized Reconnect drug screening.
- Weekly meetings with coordinator
- Complete an initial substance abuse/mental health assessment within two weeks.
- Attend all treatment sessions as clinically recommended.
- Attend a minimum of 2 community recovery meetings per week, when deemed appropriate by a treatment provider.
- Secure primary care physician and secure medications if required.
- Enroll in Continuous Alcohol Monitoring per judgment.
- Abide by 9 pm curfew, electronic monitor.
- Address any physical, mental, or recovery health issues (including Medication Assisted Therapy (MAT), if needed. It is the participant’s responsibility to maintain these health elements throughout the program. **“Self-medicating” with prohibited substances is not an option.**
- Complete a Phase up Project / Self-Assessment
- Begin and achieve clinical stability per a treatment provider.
- Identify managed goals

To complete this phase, the participant must assess as “clinically stable” as determined by a treatment provider.

Phase 2 – Active Treatment and Early Recovery

(Move from Preparation to Action Stage of Change)

Goals:

- Participant will be able to recognize/verbalize changes that they need to make in any high-risk patterns and/or behaviors associated with their substance use.
- Participant will be able to recognize their personal motives for use, situations that trigger the desire to use, and verbalize coping skills to avoid use.
- Participant will develop a personal narrative around their current abstinence that supports their desire to make positive changes in their substance use patterns and behaviors.
- Demonstrate continued clinical stability within the structure of the program and move toward a therapeutic alliance with their treatment provider.
- Participant understands the concept of recovery capital.

ASPIRE Court Program Requirements:

- Attend bi-monthly court sessions and remain for the entire session.
- Comply with regular conditions of probation.
- Submit to randomized Reconnect drug screening.
- Attend bi weekly meetings with their coordinator as directed.
- Attend all treatment sessions as clinically recommended and maintain a therapeutic alliance with their provider.
- Attend a minimum of 2 community recovery meetings per week when deemed appropriate by a treatment provider.
- Obtain 508 DWI assessment.
- Complete a Phase up Project / Self-Assessment
- Maintain clinical stability per a treatment provider.
- Understand psychosocial stability per treatment provider.
- Acquire managed goals.

In order to complete this phase, the participant must be clinically stable, begin psychosocial stability and acquire managed goals.

Phase 3 - Relapse Prevention **(Move from Action to Maintenance Stage of Change)**

Goals:

- Participant will be able to verbalize the meaning of return to use in terms of patterns and behaviors associated with their relationship with substance use.
- Participant will be able to demonstrate continued stability within the structure of the program.
- Participant will complete an assessment for an individualized class at the Justice Resource Center (JRC). If screened appropriately, the successful completion of the class is mandatory.
- Begin acquiring recovery capital (identifying and collecting human, physical, social, and cultural assets for a solid foundation for long term recovery success).
- Demonstrate continued clinical stability within the structure of the program and establish a therapeutic alliance with their treatment provider.

ASPIRE Court Program Requirements:

- Attend bi-monthly court sessions and remain for the entire session.
- Comply with regular conditions of probation.
- Submit to randomized Reconnect drug screening.
- Biweekly office visits with coordinator as directed.
- Attend and participate in all treatment sessions as clinically recommended.
- Attend and participate in a minimum of 2 community recovery meetings per week can substitute one approved prosocial activity per week.
- Obtain employment or enroll in an education program.
- Complete a Phase up Project / Self-Assessment.
- Maintain clinical stability per a treatment provider.
- Exhibit signs of psychosocial stability per a treatment provider.
- Sustain managed goals.
- Collect recovery capital.

To complete this phase, the participant must be able to identify/verbalize and utilize their support to sustain changes in their personal relationship with substance use.

Phase 4- Recovery Management **(Sustaining Change and Recovery Skills)**

Goals:

- Participant will effectively demonstrate the coping skills necessary to remain abstinent from substance use with decreased structure and support from a formal treatment setting.
- Participant is actively engaged in a process of self-evaluation to identify past problem behaviors and be able to verbalize changes to others.
- Participant will be able to utilize “action plans” to support changes, model positive coping skills and use assertive communication skills in all aspects of their life.
- Participants will be able to build upon and manage internal and external assets that support long term recovery.

ASPIRE Court Program Requirements:

- Attend one monthly court session and may leave after check-in with the Judge.
- Comply with regular conditions of probation.
- Submit to randomized Reconnect drug screening.
- Biweekly office visits with coordinator as directed.
- Attend, participate, and engage in all treatment sessions as clinically recommended.
- Attend and participate in a minimum of 3 community recovery meetings per week, can substitute up to two approved prosocial activity per week.
- Complete a Phase up Project / Self-Assessment.
- Remain substance free for the final 90 days of Phase.
- Maintain clinical stability per a treatment provider.
- Maintain psychosocial stability per treatment provider.
- Sustain managed goals.
- Build and sustain recovery capital.

To complete this phase, the participant must be able to verbalize: “What’s different about my personal relationship with substance use and how I maintain a healthy lifestyle”.

Phase 5- Sustaining Recovery **(Sustaining Change and Recovery Skills)**

Goals:

- Participant will effectively demonstrate the coping skills necessary to remain abstinent from substance use with decreased structure and support from a formal treatment setting.
- Participant will actively engage in a process of self-evaluation to identify past problem behaviors and be able to verbalize changes to others.
- Participant is able to utilize “action plans” to support changes, model positive coping skills, and use assertive communication skills in all aspects of their life.
- Participants are able to establish, protect, and use their recovery capital to enhance the quality of their lives and enhance their long-term recovery success.

ASPIRE Court Program Requirements:

- Excused from all court sessions, unless directed to attend.
- Comply with regular conditions of probation.
- Submit to randomized Reconnect drug screening.

- Monthly office visits with coordinator as directed.
- Complete JRC class prior to graduation
- Attend and participate in a minimum of 4 community recovery meetings per week, can substitute up to three approved prosocial activities per week.
- Complete court cost payments.
- Complete all graduation projects.
- Maintain abstinence for the 90-day phase.
- Maintain clinical stability per a treatment provider.
- Maintain psychosocial stability per a treatment provider.
- understand and identify early signs of remission per a treatment provider.
- Protect and maintain managed goals.
- GRADUATE!

Phase Progression, Clinical and Psychosocial Stability and Early Remission

For any phase progression, participants must have time in their respective phase and complete all the phase requirements. In addition, participants must show appropriate progress towards the goals of positive change, clinical stability, and recovery as defined by treatment providers. The ASPIRE Court team will evaluate projects, participation in treatment, time in current phase, drug and alcohol test results, and the participant's individualized progress so as to determine a participant's readiness to move to the next phase.

Clinical and psychosocial stability are milestones by which phase progression will be determined. Clinical and psychosocial stability will be determined by the participant's treatment provider. Clinical stability is present when participants are no longer experiencing symptoms that interfere with attending and benefiting from counseling, (for example: no persistent or severe cravings, withdrawal symptoms, anhedonia, impulsivity/ stress reactivity, acute mental health symptoms, or cognitive impairment). Psychosocial stability includes factors that may include stable housing, reliability with attending appointments, no longer experiencing clinical symptoms that may interfere with the ability to attend or benefit from interventions and developing an effective therapeutic or working alliance with therapy. Early Remission can be described as having at least 90 days of clinical stability.

Graduation

In order to be eligible to graduate the program, a participant must meet all previous phase requirements, including completion of all treatment obligations, remain current with all court and probation fees, attend all required appointments with the probation officer, and appear for all call-in drug screens. The participant must also have no positive alcohol/drug screens, elevated tests, dilute tests, or suspect tests for the entire phase 5.

A major goal of the ASPIRE Court team is to holistically support each participant as they progress through the phases toward graduation from the ASPIRE Court. Graduation is an important milestone; providing the participant, the ASPIRE Court team and the community, an opportunity to reflect on the personal journey each participant has experienced during the program. Participants are encouraged to maintain his or her relationship with the court after graduation as alumni or mentor to other participants. Graduates of ASPIRE Court have a standing invitation to stay in touch, attend court and graduations, and remember they are not alone.

"You can find the desired freedom in what you aspire to become as your life is the result of the accumulated choices you made." – S.Redhead

Proximal, Distal, and Managed Goals

Proximal goals are goals that can be achieved in the short term and be sustained for a reasonable time. Very little skill or experience is needed to achieve a proximal goal. Distal goals are goals that may take time, experience, or skill to accomplish. Managed goals are achieved goals that have been maintained/managed for a reasonable amount of time.

Examples of these goals are as follows:

Proximal Goal- It takes very little effort/experience to make a phone call to set up an appointment for a treatment assessment.

Distal Goal- It may take some time/experience to trust and feel secure in a group therapeutic setting to actively participate.

Managed Goal- Attending treatment consistently and interacting appropriately in treatment, for a prolonged period of time.

It is the expectation of ASPIRE Court that a participant will work at their own pace and use their voices and choices to build their knowledge, capital, and skills so that they can create a better path toward long term success in recovery.

Recovery Capital and Recovery Management

Recovery can be defined as, “A PROCESS OF CHANGE through which individual’s improve their health and wellness, live a self-directed life, and strive to reach their full potential.”

Recovery Capital are the RESOURCES (social, physical, human and cultural), which are necessary to begin and maintain recovery.

Recovery Management are the SERVICES that provide formal support that promote recovery and well-being.

ASPIRE Court encourages participants to actively participate in their own recovery by growing their recovery capital to build a strong foundation for a purposeful life without the dependency on substances and completely free of the criminal justice system.

ASPIRE Courtroom Etiquette

Attendance at status conference sessions is mandatory. Court sessions occur bi-monthly. Schedules of ASPIRE Court status conference session dates are provided by the coordinator on a regular basis and posted in the office. Participants are notified of any schedule or date changes in a timely manner. It is the responsibility of the participant to know the dates of court sessions.

Punctuality is required. Court begins at 3:00pm, for our first session for those participants who identify as female and/or nonbinary and 3:30pm, for our second session for those participants who identify as male and/or nonbinary. At one minute past, a person is **LATE** and may be subjected to sanction.

It is not appropriate to wear hats, sunglasses, or clothes displaying offensive language or advertising drugs/alcohol in the courtroom. Loud and disruptive behavior is unacceptable. Participants are required to remain attentive and will not read or sleep in the courtroom. No food or drinks are allowed in the courtroom. All phones should be turned off before entering the courtroom. Guests are not allowed in a court session unless they have permission from the ASPIRE Court team to attend. **NO CHILDREN WILL BE ALLOWED TO ATTEND ASPIRE COURT.**

When addressed by the Judge, one should respond by speaking clearly and directly. All participants should remain until dismissed unless they are phase appropriate to leave early. The Court will appropriately address violations of courtroom behavior.

Determination of Level of Treatment, Therapeutic Adjustments

As a therapeutic court, treatment is the main pillar of the ASPIRE Court program. A participant must expect to participate in some form of clinical treatment. The types of treatment are dependent on what each individual participant assesses for by a licensed clinical assessor.

The ASPIRE Court team does not assess participants for any level of treatment. Only a licensed clinician will determine the participant's needed level of treatment. This will be based upon the results of a standardized clinical assessment performed between the participant and the clinician. Should a clinician determine a participant needs an increased level of care and treatment, including intensive outpatient/inpatient treatment, or medical detox, a clinician and the ASPIRE Court team will coordinate placement at such a facility. We support every participant's voice and their choice regarding clinical treatment, however, there are certain guidelines and protocols the court must comply with. Seeking alternative treatment outside of ASPIRE Court is not permitted without prior approval of the clinician and the ASPIRE team.

Buncombe County Treatment Providers- universal procedures that generally apply to each local treatment provider

- Do not come to group or individual appointments under the influence of alcohol or drugs.
- Group begins on time. Attendance and participation in the whole group session is required to receive credit. Tardiness is reported to the ASPIRE Court team and sanctions may result.
- Confidentiality in group is required to ensure open discussions and sharing. What is said in group stays in group. Please maintain the confidentiality of everyone in the group.
- Free expression of thoughts and feelings is encouraged in group; however, violence, threats, or intimidation are not allowed. Be respectful and attentive to peers. Speak one at a time and listen when peers are sharing. Avoid cross-talking or side conversations.
- Notify the clinician if an emergency or illness arises that might necessitate leaving group early or missing a group. Discuss any situation with the clinician to get approval before leaving or not attending a group or individual appointment.
- Dress code: No skimpy tank tops, short shorts or skirts. Clothing must cover all undergarments. Clothing with obscene language or advertising alcohol/drugs is not permitted. If a participant comes to group dressed inappropriately, they may be asked to leave. Any missed group are reported to the team and may result in sanctions.
- Cell phones, laptops, or any electronic devices should be turned off during group and individual appointments.
- It is the responsibility of the ASPIRE Court participant to find out what the policy and procedures are for each treatment provider.
- It is the responsibility of the ASPIRE Court participant to report ANY positive drug screen, whether at treatment or a recovery residence (sober living facility), to their probation officer and ASPIRE Court Coordinator within 24 hours of the reported result. These screens will not be used for any court proceedings but will determine whether therapeutic adjustments are necessary per a treatment provider. Sanctions will not be imposed for the result only for the failure to notify.

Community Meeting Attendance and Prosocial Activities

A participant is required to attend all community meetings as assigned. Community meetings are defined as organized substance abuse meetings conducted for the purpose of peer support and recovery relationship building. Commonly known groups include alcoholics anonymous, narcotics anonymous, and celebrate recovery. There are many options in our community and the Justice Resource Center (JRC) can help identify options that fit a participant's needs. These meetings can be attended in person or online. Proof of attendance and meaningful reflection sheets will be submitted to the coordinator or her designee at the beginning of each court session. Failure to attend and turn in reflection sheets will result in progressive sanctions.

A Prosocial Activity in ASPIRE Court is an activity that promotes a sober/healthy lifestyle and is done with other people who are also engaged in a healthy activity. Finding connections in the communities that we work in and live in are foundational elements to success in long term recovery. Examples of prosocial activities in ASPIRE Court include but are not limited to: church, gym, coaching, exercise class, community meetings, joining a sports league, participating in hobby clubs/ meetings, volunteering, and taking a class. If you want to know more about prosocial activities, you can ask the ASPIRE Court coordinator.

Leave Requests, Place of Residence and Missed Appointments

Requests to miss any ASPIRE Court status conference session, group meeting, to leave the jurisdiction of the Court (Buncombe County) or to stay at a residence other than your primary residence of record must meet the following requirements:

All requests are to be submitted in writing a minimum of two weeks in advance to your probation officer and ASPIRE Court Coordinator. Leave Request Forms are available from your probation officer. The form must be completed and returned before the two-week deadline prior to the requested date of leave.

Factors the team will consider when evaluating a leave request include but are not limited to:

- Compliance with treatment plan.
- Compliance with probation requirements.
- Recent negative drug and alcohol screen results.
- Compliance with financial responsibilities and any payment plans.

If a request is granted, a participant must report to their probation officer for a drug test the day following the end of the leave or as directed by their probation officer. In the event of a sudden illness and/or death of an immediate family member, contact the ASPIRE Court Coordinator and your probation officer for a waiver of the two-week written notice. (For the purposes of this manual, "immediate family" includes spouse, children, siblings, parents, and grandparents only.) Note: If you are more than \$500 in arrears on your payments, a Leave Request may be denied.

If a community recovery meeting, drug screen, or appointment is missed and no prior consent has been obtained, a participant is required to report to their probation officer by 9 a.m. the following day or as directed by their probation officer. If an appointment is missed during the weekend, reporting on the following Monday by 9 a.m. is required or as directed by their probation officer. All unexcused absences are subject to sanctions to be determined by the ASPIRE Court team.

A participant is required by ASPIRE Court to stay at their primary residence on record every night unless permission has been obtained to be away from that residence for an overnight. Leaving the jurisdiction of the Court (Buncombe County area) for any reason requires prior notice and approval by the probation officer.

A participant may be assessed by a treatment provider to live in a recovery residence (sober living facility). There are several options available to ASPIRE court participants. The treatment provider will have input on the

duration at the facility. The team will look at resources and funds available to assist each individual participant with deposits and monthly expenses. Funding is limited and participants will be required to assist in obtaining funds.

A participant is required to be accessible by phone by any member of the ASPIRE Court team at all times. Failure to respond to a message in a reasonable period of time (2 hours) may result in sanctions by the Court. If a cell phone is lost or disconnected, and/or the participant is unreachable for any reason, the participant should immediately notify the probation officer.

Appointments with a clinician, probation officer, and Coordinator must be kept. If a cancellation of the appointment is required, at least 24 hours advanced notice must be given. Failure to notify treatment providers, probation officers and the ASPIRE Court Coordinator of cancellation of the appointment at least 24 hours in advance may result in a sanction.

Inclement Weather

In the case of inclement weather, please check WLOS.com for information as to whether the Buncombe County Courthouse is open.

BUNCOMBE COUNTY COURTHOUSE:

If the courthouse is closed, any scheduled status conference hearings, probation or Coordinator appointments, or other matters taking place in the courthouse will be rescheduled.

The current contact information is:

Tiffany Graaff

Buncombe County ASPIRE
Court Coordinator
Justice Services
Office- (828) 250-4463
Fax (828) 250-6427
60 Court Plaza 10th Floor - Asheville,
NC 28801
tiffany.graaff@buncombecounty.org

Probation Ofc. Andrew Gutierrez

Buncombe County ASPIRE Court
NC Department of Public Safety
Office-828.255.6415 / Cell-828.255-
6458/
Fax-828.251.6477
60 Court Plaza, 11th Floor
Buncombe County Courthouse
Asheville, NC 28801
andrew.gutierrez@dac.nc.gov

Chief Probation Ofc. Brannon Wilson

Buncombe County ASPIRE Court
NC Department of Public Safety
Phone: (828)255-
6454/Cell: (828)707-7580/
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Buncombe County Courthouse
Asheville, NC 28801
brannon.wilson@dac.nc.gov

Finances

As a condition of participation in ASPIRE Court, each participant is responsible for the cost of treatment, supervision, and recovery residences if assessed. Seeking and maintaining employment is a condition of probation and participation in ASPIRE Court. If a participant is on a fixed income or has a documented disability that limits or prevents employment, the ASPIRE Court team will address it on a case-by-case basis.

There are no entrance fees for ASPIRE Court. ASPIRE Court participants are not required to pay for Continuous Alcohol Monitoring (CAM), as it is paid for by the ASPIRE Court. Each participant must pay for probation and court costs assessed in their individual cases, and these costs range depending on the participant's court case. Treatment providers will work with participants on their costs for their programs, and participants are encouraged to stay current with their treatment providers and sober living homes if applicable.

Participant's voice and choice (self-advocacy) is another goal in ASPIRE Court. If a participant is unable to meet their financial obligations, it is their responsibility to discuss the situation with the coordinator and probation officer to develop a solution. If a person should, at any time, accrue an overdue amount of \$500.00 or more, they will be placed on a weekly payment plan. Please note that any overdue amounts or failure to make payments as directed, will subject a participant to appropriate sanctions by the Court.

Financial counseling and planning classes are available and can be scheduled at the Buncombe County Justice Resource Center located in the historic Buncombe County Courthouse building.

Note: If you are more than \$500 in arrears on your payments, any leave requests may be denied.

Medication

A participant is responsible for any substances that they put into their body.

Do not use internal or external products containing alcohol such as cough/cold syrup, hair tonic, perfume, medicinal alcohol, after-shave lotion, mouthwash, and flavoring extracts (lemon, vanilla, etc.). Do not eat items that contain poppy seeds. It is the participant's responsibility to read the labels on products and avoid the consumption of alcohol, or other prohibited substances in any form.

It is the participant's responsibility to inform any medical professionals of his or her status in ASPIRE Court and what substances are prohibited. When required, participants MUST take the Medical Form (available from the ASPIRE Court Coordinator) to any visit to a doctor's office. Once the doctor has completed the form, the form and a copy of any prescriptions MUST be turned in to the coordinator. No prescription drug is to be taken without the approval and prescription of a physician. Failure to follow these requirements will result in a sanction and a possible probation violation.

Psychiatric medications and medication-assisted treatment (MAT): Medications required to treat mental health and substance use disorders are allowed and encouraged, if prescribed. To take these medications, the participant must have completed a psychiatric assessment/evaluation by a qualified physician, such as a psychologist or psychiatrist, within the past 6 months, provide a copy of this evaluation, explanation of diagnosis to the ASPIRE Court coordinator, and have a valid prescription. For participants that are already in the program and need to be evaluated for psychiatric medications, licensed treatment and healthcare providers will assess and make necessary recommendations. All participants are required to provide a signed release of information form to the coordinator for the prescribing physician in order to coordinate care and services.

At the end of this handbook are a list of prohibited substances and a list of medications that can be taken without prior approval. These lists are only a guide and not meant to be all-inclusive. If a participant has any concerns, they should contact the coordinator before taking medications of any kind.

Drug Testing (Policies and Procedures)

It is the expectation of this Court that each participant will remain abstinent from all mood- altering substances (unless prescribed) throughout the course of their involvement with the ASPIRE Court, including post-graduation if the probation term has not expired. Frequent and random drug testing is used to monitor a participant's compliance. Often a person may not be able to stop using drugs and alcohol immediately, and recovery will not occur overnight; however, any use of non-prescribed medications or mood-altering substances will result in an immediate sanction or therapeutic response. All participants will be held accountable for everything they put in their body. This is not intended as punishment, but to serve to encourage abstinence and accountability. The goal of drug testing is to provide accountability and confirmation of the progress towards recovery. Honestly admitting use prior to the drug screen will be considered in the sanctioning process. Conversely, not admitting, and/or denying new use after a positive result on a drug screen may result in a more severe response. The court recognizes that honesty to oneself and to others is often a distal goal, and that therapeutic and service adjustments are the most effective court response to address dishonesty. As a participant progresses in the court phases, honesty becomes a proximal goal and dishonesty can become progressively sanctionable.

A participant may be asked to submit a sample at any time by any member of the ASPIRE Court team. They must be prepared to submit the specimen at the time of the request to whomever asks, be it a clinician, a probation

officer, or the coordinator. Failure to appear for a drug test, refusal to provide a sample, or submit to a random test will be grounds for a sanction and a possible probation violation. Tampering with or diluting a drug screen may result in the issuance of a severe sanction and/or a probation violation and may be grounds for dismissal from the Buncombe County ASPIRE Court.

Reconnect: All participants are required to participate in the Reconnect random drug testing system. Participants must have access to a phone capable of mandatory daily calls to the Reconnect system. Written instructions are provided by the ASPIRE Court Coordinator during the orientation meeting. Appearance for random drug screens is mandatory. Failure to appear for a random test by the time specified is a violation of probation and will be addressed by the Court as a sanctionable offense. If a random call-in drug screen is missed and no prior consent has been obtained, a participant is required to contact their probation officer immediately and report when directed.

Participants must provide a testable sample*, one that is not “dilute” or “tampered with.” “Dilute” urine tests are classified as those tests having a reading indicating a urine creatinine level of less than 20 mg/dL (Creatinine is the substance in urine resulting from muscle breakdown). A sample with a Creatinine level more than 400 mg/dL will be considered abnormal with a “high creatinine level.” In a diluted urine sample, it is possible that drugs will still be present in the urine but be below the cut-off level of the drug assay. A “tampered” sample is one where the urine is in a condition that is not testable due to intentional interference or other chemical reaction. Presenting a sample that is either dilute, tampered, or with a high creatinine level is a sanctionable offense. Any attempt to provide urine that is not the participant’s urine is a serious offense that may result in significant sanctions or dismissal from the program.

Drug testing at other facilities: It is the responsibility of the ASPIRE Court participant to notify their probation officer and the ASPIRE Court Coordinator of ANY positive drug screen from any location within 24 hours of the participant receiving the results. Sanctions may be imposed for failure to timely notify.

*Definition of an elevated, diluted, and suspect test: An Elevated test is a test that shows the presence of EtG between 200 and 499 ng/ml (500 or greater is a positive). A Dilute test is a test where creatinine is below 20 ng/ml. A Suspect test is a test showing the presence of EtG between 100 and 199 ng/ml and significant evidence of attempted dilution.

How can participants take measures to avoid diluted screens?

A “Dilute” urine test is classified as having a reading indicating a urine creatinine level of less than 20 mg/dL (Creatinine is the substance in urine resulting from muscle breakdown). ** Healthy people rarely produce specimens with creatinine levels below 20mg/dL. **In one study of over 22,000 people, less than 1% had dilute specimens. The average creatinine level was 130mg/dL.**

- Call in and test early in the morning- urine is most concentrated first thing in the morning, so dilution is less likely to occur if the participant tests early. Once testing is completed for the day, a participant may resume normal fluid consumption.
- Work on developing a healthier diet. Consume protein rich foods to elevate creatinine levels. According to Quest Diagnostics, a diet that is too low in protein can cause lowered levels to show in urine testing.
- If possible, exercise regularly to increase lean muscle mass.
- If concerned, request urinary tract infection testing from a physician. Urinary tract infections lower creatinine levels by causing the bladder to become inflamed, blocking proper urine output.
- Consult a physician regarding any medications being taken.

Upon the request for a drug screen:

- A participant indicates either a denial or admission to alcohol and/or drug use. Honesty is a crucial component for recovery and participation in ASPIRE Court. The Court may favorably consider self-disclosure-of- use a mitigating circumstance when sanctions are imposed.

- The only people allowed in the testing area at the time of administration of the test are the participant and the individual overseeing the collection of the sample.
- A sample is to be submitted within two (2) hours of request. Failure to produce a sample will likely result in a sanction.
- Purses, coats, bags, etc. are not allowed in the testing area.
- Shirtsleeves should be rolled up to the elbow and removal of any additional clothing item may be made to ensure the validity of a specimen.
- The test cup must be filled to a minimum of 1/3 level to be adequate for testing.
- Collection of urine samples will be observed. In the event a drug screen cannot be observed, a temperature strip will be used to ensure sample integrity. If a urine sample does not provide an acceptable reading on the temperature strip, the participant will be required to provide a valid sample before leaving the collection site.
- Use of an artificial device or substance of any type to alter the test will result in significant sanctions, which may include probation violation, termination from the program and criminal charges.
- Failure to comply with any of the above guidelines, probation policy and procedures or refusing to provide a urine sample is considered a sanctionable offense.

If a participant provides a sample that tests positive or dilute, a participant may request the sample to be sent to an independent lab for a confirmation test. If the independent lab confirms the positive or dilute result, the cost of the confirmation may be added to the participant's probation fees as well as a sanction for dishonesty.

The EtG (Ethyl Glucuronide) Test can detect the ingestion of alcohol for a considerable time period after consumption. This technology is used to monitor participants' compliance. Any test with an EtG level 500 ng/mL or above is a "positive" drug screen and subject to sanction.

Positive and lab confirmed, elevated, or diluted tests may delay eligibility for phase progression or graduation and will result in a therapeutic adjustment to a participants treatment plan and/or a service adjustment to a participant's probation as assessed by the treatment provider, the ASPIRE court team and the probation officer.

** Selected Drug Testing Issues for Court-Mandated Testing- Paul L. Cary

COMPLIANCE AND PROBATION VIOLATIONS

Participation in the Buncombe County ASPIRE Court is a condition of a court ordered probationary sentence. An active jail sentence is suspended for a participant to comply with probation and the ASPIRE Court program. If conditions of a sentence or any conditions of ASPIRE Court Agreement (or any rules outlined in the Handbook and Program Manual) are violated, a probation violation report may be filed, resulting in the participant appearing before a Judge for the probation violation. A participant will receive written notice of any probation/ASPIRE Court violation that could impose active jail time. A participant has the right to admit or deny the violation. If they admit, the Court will act on the violation at the ASPIRE Court status hearing. With a denial, a hearing will be scheduled on a future court date. The ASPIRE Court team, through the ASPIRE probation officer, may make a recommendation to the presiding probation violation Judge regarding sanctions. In determining the recommendation, the ASPIRE Court team may take into consideration whether the participant took responsibility by admitting the violation. The probation court is not bound by this recommendation and can increase/decrease the sanction or designate an entirely different sanction. The ASPIRE Court Judge does not participate or have any input into the recommendation to be made by the team at the hearing. The Judge considers each case individually and affords the participant an opportunity to be heard. In accordance with best practices, the presiding probation court Judge will not be the presiding ASPIRE Court Judge.

Depending on the nature of the allegation, a petition for revocation of probation may or may not be accompanied by a warrant for arrest. The determination for whether an arrest warrant is issued is based on the seriousness of the violation, community safety, prior history of sanctions, and appropriateness based upon participant's

compliance. The issuance of a probation warrant is in the sole discretion of the Probation officer with input from the ASPIRE Court team, and in accordance with probation and parole standards and policy requirements.

Incentives and Rewards

The Buncombe County ASPIRE Court team recognizes compliance and behavior modification as a critical factor to a successful recovery. Consequences for participants' behavior are predictable, fair, consistent, and administered in accordance with evidence-based principles of effective behavior modification. Participants are provided incentives and receive rewards for active participation, consistent attendance, and successful compliance with Court conditions.

Incentives can include, but are not limited to:

- Clapping and verbal praise
- Fishbowl Gifts
- Spinning the wheel
- Kepple Cash
- Gift Cards
- Phase certificates
- Team recognition
- Privileges such as leaving early or going first
- Random gifts

Service Adjustments:

Therapeutic Adjustment: In response to negative or positive behaviors surrounding treatment, ASPIRE court may order a participant to immediately meet with a treatment clinician. A clinician may enhance or reduce and alter a participant's accountability, structure, and/or counseling by submitting a revised treatment plan to the ASPIRE court.

Examples of behaviors that may assess for enhanced therapeutic adjustments are: (These are not exhaustive lists)

- Positive drug screen on urine analysis
- Failure to attend treatment sessions
- Chronic tardiness to treatment
- Failure to attend community meetings

Examples of behaviors that may assess for reduced therapeutic adjustments:

- Finishing treatment recommendations
- Maintained sobriety

Examples of therapeutic adjustments that enhance treatment:

- Increased frequency of sessions, level of care, supervision, monitoring, type of treatment
- Having participants report daily to treatment
- Additional treatment groups
- Initiating MAT (Medication Assisted Treatment) if recommended by a qualified medical practitioner
- Developing a specialized counseling group
- Reside at recovery residence (sober living facility)
- Obtain a new substance use assessment and follow recommendations of treatment provider
- Attending daily peer support groups if recommended by treatment
- Additional community meetings

- Implementing harm reduction strategies
- Moving from intensive outpatient to residential treatment
- Additional treatment groups

Examples of therapeutic adjustments that reduce treatment:

- Fewer treatment groups
- Replacing treatment groups with job training
- Reduction in treatment sessions

Supervision Adjustment: In response to negative or positive behaviors surrounding probation, supervision, and court requirements, ASPIRE court may order a participant to immediately meet with the ASPIRE assigned probation officer. The ASPIRE court may enhance or reduce and alter a participant's accountability, structure, and/or supervision based on positive or negative factors and behaviors exhibited.

Examples of behaviors for service adjustments: (These are not exhaustive lists)

- Missing officer appointments
- Curfew violations
- Late to court sessions
- Unstable housing
- Missing coordinator appointments
- Unstable employment

Examples of services adjustments that increase supervision:

- Increased reporting to Probation and/or ASPIRE Court coordinator.
- Increased court status hearings
- Carry Guide (learning) reports.
- Adjusted drug/alcohol testing
- Curfew
- Life skills assignments
- GPS
- Activity logs
- CAM
- Increased field visits

Examples of service adjustments that decrease supervision:

- Removal of CAM
- Removal of GPS
- Reduction and removal of curfew
- Decreased court status hearings

Sanctions and Responses

All conditions of the ASPIRE Court Participant Agreement that are signed on the day of orientation and all rules in this handbook are conditions of a probationary court order. Failure to comply with those conditions may subject a person to probation revocation. Sanctionable offenses include but are not limited to:

- Dilute urine sample
- Tampered-with urine sample
- Failure to report positive UA at treatment or housing to PO or court coordinator
- Missed appointment.
- Missed random drug screen
- Failing to document community meeting
- Failing to report as directed to probation and ASPIRE Coordinator
- Arrest for a new offense
- Moving residence without permission
- Absconding
- Missed court session
- Failure to make payments as directed
- Leaving the jurisdiction of court without permission

The Judge will impose appropriate sanctions if there are violations of the ASPIRE Court guidelines. Sanctions can include but are not limited to:

- A verbal or written reprimand from the Judge
- Community service hours
- Increased testing
- Written notice of Probation Violation and hearing date scheduled- possible jail sentence longer than 2-3 days
- Increased reporting to Probation and/or the ASPIRE Court Coordinator
- Book reports and papers
- Jail time- required written notice, 2-3 days in duration
- Court attendance with Presiding ASPIRE Court Judge
- Curfew
- Dismissal from ASPIRE Court program

The goal in administering sanctions is to encourage compliance and accountability with the conditions of the Court and to assist a participant in progressing in their recovery. This approach to behavior modification and team input is in adherence to best practices.

Dismissal from ASPIRE Court

The Buncombe County ASPIRE Court is committed to providing each participant an opportunity to maintain a sober and drug free lifestyle in an environment conducive to achieving this goal. ASPIRE Court wants each participant to succeed and considers dismissal only as a last resort. The goal is to help participants discover their own ability to change and support the changes they choose to make. Participation in ASPIRE Court is contingent on compliance with the guidelines and regulations. Not all who enter ASPIRE Court will be committed to maintaining recovery and compliance with Court conditions. The team may determine that dismissal for non-compliance is the most appropriate action for the success of all other participants and to maintain the integrity of the court. Serious violations or continuous violations will subject a participant to dismissal from the Court.

Following are a few examples of non-compliance that could result in dismissal:

Committing a new criminal offense	An accumulation of violations and persistent non-compliance with Court guidelines	Threats of or violence towards, peers, probation officers, clinicians, or ASPIRE Court Team
Unlicensed driving	Altering or tampering with a drug screen	Victimizing other participants in the program

Absconding

If a participant absconds, (quits; runs away; flees; or stops reporting as required) for any reason, the participant will be subject to serious sanctions. Instead of running when a problem arises, the participant should bring the problem to the attention of a member of the ASPIRE Court team who will work with them to find a solution. Absconding only complicates the situation and may lead to dismissal from the Court and the possible revocation, which could end probation and activate the jail sentence.

Employment: Retail Alcohol Sales and Service Industry

ASPIRE Court participants shall not enter nor frequent bars or any other business whose primary purpose in sales is alcoholic beverages; however, employment in restaurants and bars may be permitted, provided a participant maintains sobriety and program compliance. Failure to maintain sobriety and program compliance will result in the Court prohibiting employment at that location.

Team Member Roles/Responsibilities

ASPIRE Court Judge

The ASPIRE Court Judge provides supervision for the program and leads the ASPIRE Court Team. The Judge shall maintain a current knowledge of the law and research on best practices in treatment courts. The Judge shall attend all pre-court status conferences and court sessions. The Judge shall interact frequently and respectfully with all participants. The Judge shall work closely with team members. The Judges shall give due consideration to input from all members of the Team. The Judge must always maintain judicial independence.

District Attorney

The district attorney's office screens applicants for eligibility, serves on the ASPIRE Court Team, attends ASPIRE Court sessions, calls the calendar at ASPIRE Court sessions, and is actively involved in ongoing development of the ASPIRE Court. The district attorney is also responsible for recommending or not recommending consideration for participation in the program.

In addition, the district attorney's office represents the state and makes recommendations after consultation with the probation officer and Team at any hearings where a participant is alleged to have violated the terms or conditions of the program.

Public Defender

The public defender representative attends ASPIRE Court status conferences and court sessions, serves on the ASPIRE Court Team, and is actively involved in the ongoing development of the ASPIRE Court. The public

defender representative will represent participants in the program in ASPIRE Court proceedings and will help to facilitate legal representation of a participant when needed due to conflicts at probation violation hearings.

Probation Officer

ASPIRE Court is a post-conviction supervision program. The probation officers are primarily responsible for participant supervision and accountability within the ASPIRE Court including but not limited to: verification of employment, attendance of community support meetings, participation in treatment, payment of financial obligations, suitable housing that includes housing that is free from any controlled substance and alcoholic beverages, and prohibited substances as described in the ASPIRE Court manual.

The probation officers will work closely with the ASPIRE Court team to provide ongoing communication concerning each participant's progress in treatment, and any obstacles that may influence success. Updates are due to the ASPIRE Court Coordinator within 48 hours of the bi-weekly pre-court staffing. Additionally, the probation officers will assist the ASPIRE Court Coordinator during the eligibility screening process by investigating the candidates criminal record, and providing pertinent information related to the candidate's overall eligibility for the ASPIRE Court.

The probation officers, in conjunction with the ASPIRE Court coordinator, may make additional referrals to address participants' individual needs beyond treatment as part of a case management plan developed through the probation office department's Risk Needs Assessment. Needs may include housing, employment, education, medication and medical treatment, and transportation.

Participants are required to report to the probation office as directed by the supervising probation officers. The probation officer may ask that the participant submit to drug screens and Alco-Sensor testing at these visits. The probation officers will ensure overall supervision policies are being carried out as mandated by community supervision.

Frequent and random field visits to participants' homes and job sites are a required part of supervision, and the probation officers will conduct warrantless searches. Additionally, the probation officers will work with local law enforcement agencies as needed to ensure participant compliance.

If an ASPIRE Court participant receives a probation violation while in the program, the participant will be advised of the violation and their right to counsel. Each violation will be reviewed on a case-by-case basis. The attendance of the participant is required at all probation violation court settings and in accordance with best practices, the presiding ASPIRE Court Judge will not preside over the violation hearing. If a participant appeals a sanction, a violation report will be filed by the participant's probation officer for a hearing in compliance with state laws and the conditions of probation on the participant's judgment.

A probation officer's duty to follow the officer's own department's policy and procedures shall not be impeded and the officer's discretion and authority to arrest are not altered or infringed upon by any of the policies of the ASPIRE Court. It is the request of the ASPIRE Court team that the probation officer consult with the team prior to filing violation reports and taking punitive actions with participants. However, the ASPIRE Court recognizes an officer's duty with regards to public safety concerns.

Treatment Providers

ASPIRE Court utilizes more than one community treatment provider for ASPIRE Court participants. ASPIRE Participants are given voice and choice in their treatment needs. Each treatment provider is responsible for providing a link between the criminal justice system and the treatment system. Treatment providers will submit bi-monthly treatment progress reports to the ASPIRE Court coordinator and act as a court of information regarding treatment protocol and guidelines. Common treatment approaches may include a combination of cognitive behavioral therapy, motivational interactive therapy, and relapse prevention.

These various treatment providers assess treatment needs and offer treatment based on the participant's individual needs. Clinicians with these various treatment providers remain in constant contact with the ASPIRE Court coordinator providing pertinent treatment information regarding ASPIRE Court participants. Each treatment provider meets with participants on a regular basis based on needs from assessments. The treatment providers are also responsible for facilitating evaluations, making treatment referrals, preparing treatment plans, and providing clinical treatment.

Court Coordinator and Case Management

The ASPIRE Court coordinator is a member of the ASPIRE Court Team. On the ASPIRE Court team, the coordinator also serves the dual role as case manager. The coordinator participates in the development and maintenance of eligibility standards, operating procedures, and rules for the ASPIRE Court. The coordinator develops strategies to maintain funding for the program, reviews service contracts, and monitors program certification and operating procedures. The coordinator shall be responsible for data collection to monitor participant compliance and to provide a basis for evaluation of the ASPIRE Court.

The ASPIRE Court coordinator coordinates a clinical assessment of the participant to develop an individualized comprehensive treatment plan with any of the various treatment providers. This treatment provider manages the treatment during the time that the individual is a participant in the ASPIRE Court. Each treatment provider reports to the ASPIRE Court coordinator prior to staffing to keep the team informed of each participant's progress through treatment.

The ASPIRE Court coordinator also works closely with the probation officers. The coordinator is responsible for obtaining information from probation in a timely manner and relaying that information to the team for status conferences.

Law Enforcement Officers

Law enforcement officers from the Buncombe County Sheriff's Office and the Asheville Police Department are the main liaisons between the ASPIRE Court and their respective law enforcement agencies. Representatives from each department are members of the ASPIRE Court team and are present at all status conferences and court sessions. The officers may also aid in the supervision of the participants, particularly during the evening hours and in the field.

Justice Resource Center Liaison

The Buncombe County ASPIRE Court works in tandem with the Buncombe County Justice Resource Center (JRC). The JRC serves individuals who are justice involved; directly and indirectly by offering assertive case management and seamless linkage to care. The goal of the JRC is to increase public safety and reduce recidivism. The JRC helps to bridge gaps in the existing community resource by creating seamless linkages with systems that people navigate – including health care, housing, education, workforce, family services, law enforcement and the courts. The JRC offers classes and programs, like Moral Reconciliation Therapy (MRT) and Prime for Life, that benefit the ASPIRE Court program.

A representative of the JRC acts as a liaison to the team and provides updates on participant's progress as they navigate case ancillary management services like housing, employment, basic needs, and program enrollment.

Treatment Court Clinician

As a licensed clinical professional, the clinician is responsible for providing consultative support to all Buncombe County Treatment Courts, including Adult Drug Treatment Court and Veterans Court. The clinician is also to advise on appropriate support and individualized response to participant needs. This cross participation is intended to ensure adherence to evidence-based practices and improve efficiency and outcomes by increasing consistency and collaboration across all programs.

The Court Evaluator

The court evaluator reports on the team's progress on meeting best practices/program goals and makes recommendations on ways to modify policies and practices to align with those standards/goals. The evaluator attends staffing and observes team decision-making to provide recommendations. The evaluator also provides the team with reports based on historical data regarding key program metrics such as referrals, acceptances, completions, and terminations. The evaluator may hold focus groups with participants and interview key stakeholders to the extent possible. The evaluator helps the court collect information on policy and practices from mentor courts and from best practice standards. The evaluator also collaborates with team members to write policy that is included in the participant handbook and standard operating procedure manual.

Coordinated Care Liaison

The coordinated care liaison ensures participants have access to a full range of psychosocial support by providing referrals and case management. The care liaison also has a role in coordinating services for indigent and state funded healthcare.

Peer Support Specialist

Peer support specialists are people who have been successful in the recovery process who help others experiencing similar situations. Through shared understanding, respect, and mutual empowerment, peer support workers help people become and stay engaged in the recovery process and reduce the likelihood of relapse. Peer support services can effectively extend the reach of treatment beyond the clinical setting into the everyday environment of those seeking a successful, sustained recovery process.

Peer support specialists engage in a wide range of activities. These include:

- Advocating for people in recovery
- Sharing resources and building skills
- Building community and relationships
- Leading recovery groups
- Mentoring and setting goals

COMMUNITY RESOURCES

Buncombe County is very fortunate to have a strong recovery community. Local resources are forever changing and expanding. See your treatment clinician or the Court coordinator for complete listing. Online directories are available upon request.

MEDICATIONS/ SUBSTANCES TO AVOID

(Do not take these medications without valid prescriptions)

THIS LIST IS NOT INTENDED TO BE ALL INCLUSIVE.

ALL MEDICATIONS MUST BE CLEARED THROUGH YOUR COORDINATOR OR PROBATION OFFICER PRIOR TO TAKING.

Note: Drug Name® = Brand Name

A

Actiq® (fentanyl)

Adipex-P® (phentermine)

Adderall® (dextroamphetamine + amphetamine)

Alcohol (ethanol, ethyl alcohol) or anything containing ethyl alcohol including:

“Alcohol-Free” beer. Many over-the-counter liquid preparations such as cough syrups, cold medications, mouthwash, body washes or gels, etc. may contain alcohol and may produce a positive EtG (alcohol) urine drug screen. It is YOUR responsibility to read the labels on these preparations or ask a pharmacist to make sure the products you use do not contain alcohol.

Alprazolam (Xanax®) Ambien® (zolpidem)

Amphetamine or any product containing amphetamine or any of its derivatives such as dextroamphetamine (Dexedrine®), benzphetamine (Didrex®), methamphetamine (Desoxyn®, speed, meth, ice, crystal, etc.), DOM, de- or dimethoxyamphetamine and others.

Ativan® (lorazepam)

Atropine or any product containing atropine AtroPen® or any other product containing atropine.

B

Barbiturates, including but not limited to butabarbital (Butisol®), butalbital (Fiorinal® and others), mephobarbital (Mebaral®), phenobarbital (Nembutal®, yellow jackets, (Donnatal®), secobarbital (Seconal®, red devils, Xmas trees, rainbows), thiopental (Pentothal®) and any other barbiturate.

Bontrill® or Prelu-2® (phendimetrazine tartrate)

Bufotenin (dimethylserotonin)

Buprenorphine (Suboxone®, Zubsolv®) buspirone

Butisol® (butabarbital)

C

Carbamazepine (Carbatrol®) Carbatrol® (carbamazepine) carisoprodol (Soma®) chloral hydrate clorazepate (Tranxene®) CBD

Chlordiazepoxide (Limbitrol®, Librax®) chlorzoxazone (Parafon Forte®) clonazepam (Klonopin®)

Cocaine

Codeine or any medication containing codeine, such as cough syrups (Robitussin A-C®, Tussin A-C®, and others.)

Creatine supplements

D

Demerol® (meperidine)

Desoxyn® speed, meth, ice, crystal, etc. (methamphetamine)

Dexedrine® (dexies or hearts; dextroamphetamine, or any product containing dextroamphetamine)

DET (diethyltryptamine, and all other tryptamine derivatives, such as DMT dimethyltryptamine and others)

Dextromethorphan (DM) and any product containing this substance diazepam (Valium®)

Didrex® (benzphetamine) diethylpropion

Dilaudid® (hydromorphone) diphenoxylate (Lomotil®) DMT (dimethyltryptamine) Dolophine® (methadone)

Donnatal® (phenobarbital + atropine + hyoscyamine +scopolamine) droperidol (Inapsine®)

Duragesic® (fentanyl) Duramorph® (morphine)

E

Empirin® with any amount of codeine Empracet® with any amount of codeine

Ephedrine and any product containing this substance, including ephedra products Equagesic® (meprobamate + aspirin)

eszopiclone (Lunesta®)

F

Fentanyl (Sublimaze®, Actiq®, Durogesic®, Duragesic®, Fentora®, Onsolis®, Instanyl® and others)

Fentora® (fentanyl)
Fiorinal® (butalbital, aspirin, caffeine) and any with codeine. flurazepam

G

GHB (gamma hydroxybutyric acid)

H

Halcion® (triazolam) hashish or hashies
Heroin (diacetyl morphine, E, horse, dope, smack, junk)
Hydrocodone and any products containing hydrocodone (Vicodin®, Lorcet®, Lortab®, Tussionex® , Zydone® as examples, and many others)
Hydromorphone (Dilaudid) hydroxyzine (Vistaril®) hyoscine

I

Ibogaine
Inapsine® (droperidol)
Inhalants, such as paint, glue, Freon, or any substance under pressure not for medicinal use.
Instanyl® (fentanyl) Ionamin® (phentermine)

K

Ketalar® (ketamine) ketamine (Ketalar®) Klonopin® (clonazepam)

L

Laudanum (tincture of opium) levorphanol
Librax® (chlordiazepoxide + clidinium) Limbitrol® (chlordiazepoxide + amitriptyline) Lomotil® (diphenoxylate + atropine) Lorazepam (Ativan®)
Lorcet®, Lortab® (hydrocodone + acetaminophen) LSD (lysergic acid diethylamide, “acid”)
Lunesta® (eszopiclone)

M

Marijuana (pot, grass, Mary Jane, etc.) Mebaral® (mephobarbital)
Melfiat® (phendimetrazine)
Meperidine and any other drug products containing meperidine meprobamate (Miltown®, Pathibamate®, Equagesic® , Equanil® and others) methadone (Dolophine®, Methadose®)
Methadose®(methadone) methocarbamol (Robaxin®, Robaxial®) methylphenidate (Ritalin®)
Midazolam (Versed®) Miltown® (meprobamate) mescaline
MDMA (methylenedioxyamphetamine)
Morphine and any other drug products containing morphine or its derivatives and combinations (Duramorph®, Roxanol® and others)

N

Naloxone (Suboxone nalbuphine (Nubain®)
Nembutal® (pentobarbital, yellow jackets) Norflex® (orphenadrine)
Nubain® (nalbuphine)

O

Onsolis® (fentanyl)
Opana ER® (oxycodone) opium or any of its constituents orphenadrine (Norflex®) oxazepam
Oxycodone (Oxycontin® and other products containing oxycodone such Percobarb®, Percocet®, Percodan®)
Oxycontin® (oxycodone and other products containing oxycodone) oxycodone (Opana ER®)

P

Parafon Forte® (chlorzoxazone) Pathibamate®) (Meprobamate) PCP (phencyclidine) pentazocine (Talwin®) Pentothal® (thiopental)
Percobarb®, Percocet®, Percodan® (oxycodone) peyote
Phendimetrazine (Bontril®, Melfiat®, Prelu-2® , Plegine®) Phenergan® (promethazine)
Plegine® (phendimetrazine) Prelu-2® (phendimetrazine)
Paregoric (camphorated tincture of opium) propantheline
Prochlorperazine promethazine (Phenergan®) psilocybin, psilocin pseudoephedrine (Sudafed®)

R

Restoril® (Temazepam) Ritalin® (methylphenidate)
Robaxin®, Robaxisal® (methocarbamol)
Robitussin A-C®, Tussin A-C® or any cough syrup containing codeine Roxanol® (morphine)
Roxicet® (oxycodone + acetaminophen) Roxicodone® (oxycodone)
Ryzolt® (tramadol)

S

Seconal® (secobarbital, red devils, XMAS trees, rainbow) scopolamine
Sonata® (zaleplon) Soma® (carisoprodol) Stadol® (butorphanol) Sublimaze® (fentanyl)
Suboxone® (buprenorphine + naloxone)

T

Talwin® (pentazocine) temazepam (Restoril®) tramadol (Ryzolt®, Ultram®) trazodone (Desyrel®) triazolam (Halcion®)
Tranxene® (chlorazepate) Trazodone® (desyrel) Tussionex® (hydrocodone) Tylox® (oxycodone)

U

Ultram® (tramadol)

V

Valium® (diazepam) Versed® (midazolam)
Vicodin®, Vicoprofen® (hydrocodone) Vistaril® (hydroxyzine)

X

Xanax® (alprazolam)

Z

Zaleplon (Sonata®) zolpidem (Ambien®)
Zubsolv® (buprenorphine + naloxone) Zydone® (hydrocodone)

Also prohibited is any product labeled “not intended for human consumption,” intended to be smoked, ingested or injected for the purposes of “getting high.” Kratom, Delta 8 and its derivatives, Spice and K2 are examples of these products. There are different kinds of Spice such as K2 Summit, K2 Ultra, and K2 Blonde and others. There are even newer versions of Spice named K2 Sky Herb, K2 Orisha, and K2 Thai. These products contain herbal mixtures with cannabinomimetic compounds added to the mixture.

Another group of products known as ‘bath salts’, but not intended for bathing, is also prohibited. Such products contain chemicals similar to amphetamines. They are often called “bath salts” but are also sold under names such as Ivory Wave, Purple Wave, Red Dove, White Dove, Blue Silk, and Zoom. Some have also been labeled as plant food.

All of these products are prohibited from human use by ASPIRE Court participants and are classified by DEA and GBND as class I, not for human use. These products are often found in head shops, gas stations, smoke shops and other convenience stores.

The use of any product that attempts to simulate the effect or activity of any illegal or controlled substance is also prohibited for use by a participant in this program.

THIS LIST IS NOT INTENDED TO BE ALL INCLUSIVE.

ALL MEDICATIONS/ SUBSTANCES MUST BE CLEARED THROUGH YOUR COORDINATOR OR PROBATION OFFICER PRIOR TO TAKING.

MEDICATIONS THAT MAY BE TAKEN

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OVER THE COUNTER (OTC) MEDICATIONS THAT MAY BE TAKEN TO RELIEVE PAIN:

Acetylsalicylic acid (Aspirin®), Ecotrin®, Bufferin®) Naproxen (Aleve®)

Acetaminophen (Tylenol®)

Ibuprofen (Motrin®, Advil®, Medipren®)

There are many other products that contain combinations of the above ingredients, and some of those combinations contain ingredients that you are not allowed to take. You must read the ingredient list of all drugs that you may take to be sure that you are not taking a drug that is not allowed. If in doubt, ask your counselor or a pharmacist.

OTC MEDICATIONS THAT MAY BE TAKEN TO RELIEVE ALLERGY SYMPTOMS:

Cetirizine (Zyrtec®)

Diphenhydramine (Benadryl®)

Chlorpheniramine (Chlor-Trimeton®)

Fexofenadine (Allegra®)

Clemastine (Tavist®)

Loratadine (Claritin®)

These drugs are also available in many combinations with other drugs, some of which should not be taken. You must read the ingredient list of all drugs that you may take to be sure that you are not taking a drug that is not allowed.

COMMON INGREDIENTS IN OTC DRUGS THAT MUST BE AVOIDED:

Dextromethorphan, (DM)

Pseudoephedrine

Ephedrine

Abuse of any drug, that is, taking a drug in higher quantities or more often than listed on the dosing information supplied with the drug, is strictly prohibited.

Other medications may be appropriate to take, but you must check with your Counselor prior to taking them. You must notify your Counselor of all medications taken and a copy of all prescriptions must be provided to your Counselor before they are filled.

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ALL MEDICATIONS/ SUBSTANCES MUST BE CLEARED THROUGH YOUR COORDINATOR OR PROBATION OFFICER PRIOR TO TAKING.

ANY MEDICATION USED MUST BE TAKEN ONLY ACCORDING TO THE DIRECTIONS GIVEN IN THE DRUG PACKAGE INSERT OR BY A PHYSICIAN'S WRITTEN ORDER