

Lafourche Parish Family Preservation Court



LPFPC

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Welcome

Welcome to the Lafourche Parish Family Preservation Court program. The Lafourche Parish Family Preservation Court is a program designed to help families with minor children that are at risk of being removed from the home, or have been placed into Foster Care by DCFS. We want you and your children to remain a family unit and focus on providing treatment services and referrals that assist the family in becoming stable and healthy. In order for us to help you and your family to reach that goal, we will provide you with substance abuse treatment, drug testing, parenting skills, trauma treatment, mental health treatment referrals, group and individual counseling, domestic violence prevention, and anger management sessions. We may also help you with GED Classes, and employment/job training. Treatment will be tailored to each participant, so that you will be able to address the areas required by your DCFS Case Plan- and meet the unification/re-unification requirements and timeline under ASFA. We look forward to working with you and your family- and watching you grow as you progress through the program.

Mission Statement

We help families re-unite and become functional through treatment, sobriety, and responsible parenting.

Program Goals

- Our program is designed to help you to keep your children in the home, or have them returned to you if they are in foster care.
- We will give you the treatment and skills necessary to: remain alcohol and drug free, take care of mental health needs, gain effective parenting skills, and teach you life skills that will enrich your family relationships.
- By progressing through this program, you will show the court, DCFS, and attorneys that you are willing to remain alcohol and drug free; and become a responsible parent.
- By participating in this program, you can gain increased visitation with your children, if you are staying sober and living a healthy lifestyle.

Lafourche Parish Family Preservation Court Team

- Judge
- Assistant DA's Office Attorney
- IDB and Child Advocate Attorneys
- DCFS Supervisor, Investigator, and Case Worker
- Family Preservation Staff
 - Director
 - Licensed Addictions Counselors
 - Licensed Social Workers
 - Licensed Professional Counselors
 - Case Manager
- Ancillary Services Referrals, as needed
 - Parenting and Nurturing Professionals
 - Domestic Violence Prevention
 - Anger Management
 - GED Classes
 - Work Readiness Trainer

Program Rules

1. Attend all treatment sessions, referrals and appointments:

Missing court hearings, group sessions, drug testing, or other requirements could cause you to be sanctioned. Remember, the main reason that you are in the program is to reunify your family. If you miss court, sessions, drug tests, and appointments; it gives the impression that you are not serious about changing or improving your family. If you have a legitimate reason and cannot attend court, session, drug test, etc.; then contact us as soon as possible for direction.

2. Attend all court hearings. We cannot excuse you from court hearings- only the Judge can do that. Failure to attend a court hearing can lead to a sanction or a potential bench warrant being issued for your arrest, since court attendance is an order by the court.

3. Attend all visitations. If you are unable to make your scheduled visitations, you must contact the other party within 24 hours.

4. Be on time. If you are late for court, treatment, or drug testing, you may be subject to consequences.

5. Do not use or possess any drugs or alcohol. Since one of the main goals of the program is to help you to remain alcohol and drug free, you should not possess or use alcohol or drugs while you are in treatment. Your sobriety will be one of the main factors determining the outcome of the custody judgment from the court.

6. Consent to release information. In order for us to receive and share information regarding your case, we will request that you sign forms to release information or obtain information from team members and outside agencies.

7. Maintain confidentiality in all Family Court Intervention Court activities.

Confidentiality

All Family Preservation Court participants must adhere to 42 CFR Part 2, which governs the confidentiality of substance abuse patient records and information disclosed in treatment sessions.

FINANCIAL OBLIGATION

Family Preservation participants are not charged any fees to participate in the program.

PARTICIPANT REQUIREMENTS

EQUAL OPPORTUNITY

You have the right to receive treatment services without discrimination as to sex, race, creed, color, religion, national origin, sexual preference/orientation, marital status, or physical disability.

SAFETY, HEALTH AND LIFE THREATENING SITUATIONS

Safety is everybody's responsibility. The clinic joins with you in a desire to prevent the tragedy, pain and economic loss due to accidents. Safety rules are posted on clinic bulletin boards for your convenience. Evacuation routes are posted in the Family Preservation suite and group rooms. Study them and be prepared to evacuate in an emergency. Take evacuation drills seriously and cooperate fully.

If you are injured while at the Family Preservation office, our staff is trained to take immediate action to prevent further injury and help you. If you believe that you require medical attention, they will assist you in calling someone, as we do not have medical personnel on staff or in the courthouse. If you incur expenses in obtaining medical attention for an injury that happens at the Family Preservation office, you may ask us for a form to file a claim with the parish.

If you have an infectious illness, notify your counselor or other staff person, and seek medical advice.

If you become pregnant during your participation in Family Preservation, notify your counselor.

As you reorganize your life, some people will be happy about it, some will not. If you are harmed, threatened or intimidated by someone, take appropriate action. Report it to the police if there is an immediate danger; or to your counselor if you don't feel like you're in immediate danger. We'll do our best to ensure your safety, even in the community. Likewise, if you become agitated and aggressive and you fear that you will harm someone else, take appropriate action. Remove yourself from the immediate situation, wait until you're calmer and talk to your counselor. WE CAN HELP.

If you become suicidal, take effective and responsible action right away. Commit to not harming yourself. Suicide is a permanent solution to a temporary problem. WE CAN HELP. During work hours, call your counselor (or any of our counselors if yours is unavailable) and talk with him or her about what's causing your desperation. If it's after hours, go to any hospital emergency room. Every ER in our region has a commitment to treat suicidal patients, and procedures for the services of an "on call" mental health professional. If you're unable to get safely to an ER, call 911 for assistance. The State contracts for a Crisis Assistance Link Line that operates 5pm to 5am and weekends and holidays at [1-800-437-0303](tel:1-800-437-0303).

MEETINGS

You are expected to attend and participate in all required treatment meetings. Plan your schedule so that attendance at Family Preservation activities is your priority. Many things will pull you in different directions, but Family Preservation must take precedence. Family Preservation judges often remind participants that failure to fulfill requirements could result in an imposed consequence from the court. If an emergency arises and you cannot make a meeting, CALL YOUR COUNSELOR. If your counselor is not in, leave a message. Our phone system is set up so that the date and time of your call is recorded, providing evidence that you attempted to alert us. You also have the option to send a text message through our secured texting feature. Be prepared to present evidence documenting the reason that you were delayed – doctor/hospital documents, receipts for road assistance, etc. Even if your absence is excused, you will be required to make up the session.

“Vacations” and outings that interfere with Family Preservation Court obligations are not ordinarily permitted. On rare occasions of special significance, if they are in keeping with your recovery goals and are supported by your progress in the program, the judge may permit short leave. Your counselor will discuss your request in clinical staffing. Finally, the judge will make a decision. Because the process is lengthy, ask far ahead of the event.

At Family Preservation court sessions of any kind, we expect that you will be attentive, respectful and participating. Your progress (or consequences) will depend on it.

You are also required to present verification of self-help meetings each week. We believe that connecting you with the self-help community will help maintain your sobriety after Family Preservation and provide you with readily available resources if staying sober becomes difficult. Regular participation will foster and support your recovery. The fellowships will help you see how others with similar problems have recovered from their addictions. Very few people addicted to substances maintain recovery without a support system. You will be required to obtain a same sex sponsor who has a minimum of three years sobriety. There are several programs available to you including Alcohol/Narcotics Anonymous (www.aa.org and www.na.org), Save Our Sobriety (<http://www.sossobriety.org/>), Rational Recovery (www.rational.org) Life Ring Recovery (www.lifering.org) Smart Recovery (<http://www.smartrecovery.org>). You may know of other programs for recovery. When you find a recovery program and sponsor that appeal to you, present it to your counselor for approval by the Director.

Once you start recovery meetings, verification of self-help participation is required (bring “Blue” sheet to court). We’ll provide you with a sheet for documentation. Most self-help groups will have a procedure for such documents, but if they don’t, you’ll have to find a group/method that satisfies program requirements. Always try to find a group with members similar in age and addiction issues so that you’ll get the most out of the meetings. Ask staff for recommendations. If you lose your documentation, most groups have process for “reconstructing” it. Work with the meeting leaders to prove your attendance and “redo” your document before court. If we suspect falsifications, we’ll investigate. Consequences for falsifying/forgery are harsh.

We value our relationship with the self-help community. We expect that you will use the opportunity appropriately – arriving on time, listening attentively, participating for the entire meeting, being polite and respectful. If your group becomes discouraged with Family Preservation participants, they may drop their support of our participants and you may have to travel further to gain the required support of a recovery program. **These programs are an integral part of maintaining a life of sobriety – use them wisely.**

DRUG SCREENING

A condition of this program is that you are subject to drug screening at any time by the program staff or DCFS. You are not permitted to use alcohol, illegal drugs, certain prescription drugs; or substances banned by our program, court order or governmental orders while in Family Preservation Court. See notes in the section on Medications in this manual. You are required to provide a personal, unadulterated, undiluted urine sample and submit to Intoximeter testing on a regular basis to monitor progress. A same-sex staff member will supervise all specimen collections. All positive

test results will be confirmed (tested a second time, using a high level test by a licensed laboratory) by participants. At times, you will also be required to submit to other recognized drug abuse monitoring techniques such as sweat patches and saliva tests. Urinalysis results and/or other monitoring techniques will be documented and made available to the court. Drinking large quantities of liquids before urinalysis may result in a diluted sample. Failing to show for a screening, stalling (unable to provide a sample) and diluted samples all will be counted as an automatic positive, and subject you to sanction. Use of artificial devices, substitute urine, or adulterants is grounds for severe sanctions and possible dismissal from the program. If you miss a test, it is a sanctionable offense. You are required to present yourself for testing at the first available day of Family Preservation Court operation. Your compliance with this directive, your reason for missing, and any other responsible actions you take (such as getting independent testing [observed urine sample, full panel + EtG]), will be considered by the judge in assigning a sanction.

Random testing is conducted every day, including weekends, most holidays, and at special times as directed by the program; but may be done at any time. You will be assigned a call-in code for random testing. **You must call 1-800-494-1250, DAILY; Sunday - Saturday between 6 AM and 9 AM**, and follow the instructions to determine if you must report for testing. Be sure to call within the 6 AM to 9 AM time frame, since the message will not play before 6 AM and will shut off after 9 AM.

Based on sample collection experiences across the nation and advice by the laboratory we use, we have developed our local procedures. Here are our standards for urine sampling (and why):

We test frequently – 1. It's part of our contract with the Supreme Court. 2. Frequent testing will help prevent drug use.

Remove outer garments – to ensure that nothing is hidden that might corrupt testing.

Wash your hands (using soap and water) before testing – 1. It's sanitary. 2. Participants may try to hide adulterant chemicals in hands or under nails.

Women – raise your blouse; turn around, squat and cough – to ensure that no devices are hidden on or in body cavities.

Men – drop your trousers below your knees – to ensure that no devices are hidden on your body.

We'll hand you a cup – make sure the seal is not broken – that's for your confidence.

Position yourself where we can see the urine coming out of you – it's the only way we can be pretty sure it's yours.

Produce a sample and cap the container. Keep it with you until it's sealed in a bag. – for your confidence.

Place your cup on its side on the tray provided - to make sure it's not leaking. You may be charged for leaks in transit.

Make sure that no other participant takes your cup and that only your cup is on the tray – this prevents a participant who is using drugs from swapping cups with you. Your cup is your responsibility.

Show us the temperature strip – it must be at proper body temperature to pass.

Check the Chain of Custody Form – make sure it's your name.

Sign the form and initial the seal – this is to verify that you've checked everything.

Seal the sample with the seal you initialed, put the label, and put it in the individual bag – all designed for your protection.

EMERGENCY CLOSURE OF FAMILY PRESERVATION COURT

At certain times, usually for severe weather conditions, it becomes necessary to temporarily close Family Preservation Court operations. On those occasions, all Family Preservation Court participants who missed their regularly scheduled drug test due to emergency closure must report to the Family Preservation Court office for drug testing on the day the office has been reopened for services after emergency closure. Morning groups will report at 9:00 a.m. and evening groups will report at 4:00 p.m. the day of re-opening. Participants must telephone the Family Preservation Court for directives in such circumstances. Directives will also be posted on the front door of the courthouse building and voice messages will be posted on extension 110 of our office at (985) 446-1970.

TREATMENT PHASES

You are required to complete four treatment Phases before graduation from the Family Preservation Court program:

- Phase I:** Program meets two days a week in the morning (9:00 AM - 11:00 AM Monday and Friday). The duration of Phase I: group session attendance twice weekly for a minimum of 12 consecutive group sessions. Advancing to Phase II is contingent upon regular, consistent attendance, 2 weeks negative drug screens, positive motivation and participation, and completion of *Phase I Advancement tasks. One self-help meeting weekly.
- Phase II:** Program meets two days a week in the morning (9:00 AM - 11:00 AM Monday and Friday). The duration of Phase II: group session attendance twice weekly for a minimum of 20 consecutive group sessions. Advancing to Phase III is contingent upon regular, consistent attendance; ongoing negative drug screen results for 3 weeks, 2 weeks sanction free, 1 self-help meeting weekly, and have contact 2 times a month with recovery sponsor, positive motivation and participation, completion of *Phase II Advancement tasks.
- Phase III:** Program meets two days per week in the morning (9:00 AM – 11:00 AM Monday and Friday). The duration of Phase III: group session attendance twice weekly for a minimum of 16 consecutive group sessions. Advancing to Phase IV is contingent upon regular, consistent attendance, ongoing negative drug screen results for 4 weeks, 3 weeks sanction free, 1 self-help meetings weekly and have contact once a week with recovery sponsor, identification of long-term goals, positive motivation and participation, completion of *Phase III Advancement tasks.
- Phase IV:** After completing the phases of primary treatment above, participants advance to the final phase called Aftercare. This final component is a step-down system where each participant attends group once per week for 6 weeks, appears in court monthly, ongoing negative drug screen results for 6 weeks, 6 weeks sanction free, 1 self-help meeting weekly and have contact once a week with recovery sponsor, completion of *Phase IV Advancement tasks. Normally, any positive findings for drugs or alcohol in this phase will result in a requirement to repeat Phase IV, but more severe sanctions could be imposed by the judge based on the severity of the noncompliance.

***The Phase Advancement Tasks are included in this handbook beginning on page 12.**

Advancement or commencement is a process, involving many parts. In addition to your part in meeting the objective criteria (in the handbook), information is considered from your counselors, and any other source over a period of time. Staff shortages and workload or delays in receiving/processing information may interfere with advancement. Once all information has been received and processed, the recommendation for advancement/commencement is made by the

committee considering the listed requirements and a group decision of your readiness for advancement or commencement by committee members.

STATUS HEARINGS

You are required to attend regular scheduled status hearings to notify the Judge of your treatment progress. Your assigned counselor will complete a status report in conjunction with each scheduled court date. Rewards and praise are given for progress. Sanctions are imposed by the court for non-compliance.

Family and friends are invited to attend your status hearings, where space is available. Do not bring children to court without an additional adult.

You are required to report on the next available court date for Status Hearing (whether or not your Phase is due) if any of the following circumstances apply:

- You return from placement (inpatient, halfway house, Revocation Center, etc.)
- You miss a required activity (group, drug screening, court, etc.)
- Legal Issues (AWOL, arrest, etc.)
- Drug Screen Issues (confirmed positive, observed to be in a bar or purchasing/possessing alcohol, drugs, etc.)
- You commit any act that is likely to result in a change of status (demotion, termination, expulsion, etc.)
- You are advised by staff to report

INCENTIVES & SANCTIONS

Incentives are rewards for responsible and positive behaviors. Our "Gotcha!" incentives program provides rewards at several different levels. These rewards range from seeing the Judge and leaving early from court, to inspirational quotes. Participants can be recognized and rewarded for positive behavior at group or during court. The following is a list of possible "Gotcha Bucket" rewards:

First in line for testing
Gift cards
Excused late for group
First in line for court
Excused miss call to drug testing line (does not excuse drug test if selected for that day)
Make up missed self-help meeting (not sanctioned by court)
Small gift items
Inspirational quotes

Sanctions are consequences for non-compliant behaviors. These consequences should not be seen as "punishments" and are actually meant to help you to modify your thinking and behaviors. The following is a list of possible sanctions:

Essay related to the sanction
Increased court appearances
Community service work (16, 32, 48) hours
Increased monitoring by DCFS caseworker
Increased self-help attendance
Increased meetings with sponsor
Home incarceration
Removal from FPC program

Family Preservation Group and Testing Schedule

Morning Group	Testing
Sunday	Random Testing 9:00 AM
Mondays @ 9:00 – 11:00 AM	Random Testing 11:00 AM
Tuesday	Random Testing 11:00 AM
Wednesday	Random Testing 11:00 AM
Thursday	Random Testing 11:00 AM
Fridays @ 9:00 – 11:00 AM	Random Testing 11:00 AM
Saturday	Random Testing 9:00 AM

***Testing and group times and dates are subject to change**

PHASE I PROGRAM REQUIREMENTS CHECKLIST

Acute Stabilization: Orientation and Engagement

Participant's Name _____

Client ID # _____

Date Advanced to Phase I _____

Projected Phase II Advancement Date _____

EDUCATION-Completed

1. Completion of "Substance Using Behaviors" Workbook; Verified on Cover Sheet
2. Strengthening Families Program, "The Happy Family—Healthy Brain Connection
3. Strengthening Families Program, "Look for and Compliment the Good Daily," Lesson 1
4. Strengthening Families Program, "Communicating with Love & Understanding," Lesson 2

TREATMENT-Group Session Attendance

1. Attending 2 weekly group sessions for 6 consecutive weeks - **(12 groups sessions)**
- must show consistent attendance

SELF-HELP PROGRAM INVOLVMENT-Recovery Meetings

1. Attends and regularly documents the attendance at a minimum of 1 self-help meeting per week. **6 weeks of meetings are on file. (6 meetings)**

DRUG TEST RESULTS

1. **2 weeks of continuous sobriety; Date of last positive** _____

SANCTIONS

1. **1 week sanction free; Completion date of last sanction** _____

GROUP PARTICIPATION

1. Is attentive and cooperative during group/individual sessions
2. Is identifying and addressing personal issues with counselor/group
3. Completes all work assigned by counselor

PHASE II PROGRAM REQUIREMENTS CHECKLIST

Clinical Stabilization: Substance Use, Mental Health, and Physical Health

Participant's Name _____

Client ID # _____

Date Advanced to Phase II _____

Projected Phase III Advancement Date _____

EDUCATION-Completed

1. Completion of MRT Steps 1-4; Verified in workbook
2. Family Recovery
3. Strengthening Families Program, "The Five Rs for a Happy Home" Lesson 3
4. Strengthening Families Program, "Limits & Consequences," Lesson 4
5. Strengthening Families Program, "Problem Solving & Negotiation Skills," Lesson 5
6. Strengthening Families Program, "Stress & Anger Management Skills," Lesson 6

TREATMENT-Group Session Attendance

1. Attending 2 weekly group sessions for 10 consecutive weeks, (**20 groups sessions**), must show consistent attendance

SELF-HELP PROGRAM INVOLVMENT-Recovery Meetings

1. Begin with a sponsor approved by Director; usually same-sex sponsor with three (3) years or more sobriety
2. Sponsor/Mentor agreement and current release of information on file
3. Submits monthly progress notes from sponsor/mentor of ongoing recovery work on blue sheet.
4. Regularly documents attendance at a minimum of 1 self-help meeting per week / 2 sponsor/mentor meetings per month. **10 weeks of meetings are on file. (10 mtgs / 5 sponsor/mentor meetings)**

DRUG TEST RESULTS

1. **3 weeks of continuous sobriety; Date of last positive** _____

SANCTIONS

1. **2 weeks sanction free; Completion date of last sanction** _____

GROUP PARTICIPATION

1. Is attentive and cooperative during group/individual sessions
2. Is identifying and addressing personal issues with counselor/group
3. Completes all work assigned by counselor

PHASE III PROGRAM REQUIREMENTS CHECKLIST

Pro-social Habilitation: Motivation, Insight, & Skill

Participant's Name _____

Client ID # _____

Date Advanced to Phase III _____

Projected Phase IV Advancement Date _____

EDUCATION-Completed

1. Completion of MRT Steps 5-8; Verified in workbook
2. Trauma, Stress & Resilience interactive workbook
3. Strengthening Families Program, "Goals & Contracts to Change Behavior, Lesson 7
4. Strengthening Families Program, "NO Alcohol, Tobacco or Other Drugs-ATOD," Lesson 8
5. Strengthening Families Program, "Choosing Good Friends & Monitoring Activities," Lesson 9
6. Strengthening Families Program, "Values, Traditions, & Service," Lesson 10

TREATMENT-Group Session Attendance

1. Attending 2 weekly groups session for 8 consecutive weeks; **(16 group sessions)**, must show consistent attendance

SELF-HELP PROGRAM INVOLVMENT-Recovery Meetings

1. Sponsor/mentor agreement and current release of information on file
2. Submits monthly progress notes from sponsor/mentor of ongoing recovery work on blue sheet
3. Regularly documents a minimum of 1 self-help meeting weekly & **increase to 1 sponsor/mentor meeting weekly. 8 weeks of meetings are on file. (8 mtgs / 8 sponsor mtgs)**

DRUG TEST RESULTS

1. **4 weeks continuous sobriety; Date of last positive** _____

SANCTIONS

1. **3 weeks sanction free; Completion date of last sanction** _____

GROUP PARTICIPATION

1. Is attentive and cooperative during group/individual sessions
2. Is identifying and addressing personal issues with counselor/group
3. Completes all work assigned by counselor

PHASE IV PROGRAM/GRADUATION REQUIREMENTS CHECKLIST

Adaptive Habilitation: Recovery and Maintenance

Participant's Name _____

Chart # _____

Date Advanced to Phase IV _____

Projected Commencement Date _____

EDUCATION-Completed

1. MRT Step 11 Testimony
2. Strengthening Families Program "Creating Stable Families (Write a paper about your participation in Strengthening Families about what you are putting into practice.)
3. Discharge Plan

TREATMENT-Group Session Attendance

1. Attending weekly group sessions for 6 weeks; (**6 group sessions**) must show consistent attendance

SELF-HELP PROGRAM INVOLVMENT-Recovery Meetings

2. Regularly documents self-help and sponsor involvement
3. At least 1 self-help meeting weekly
4. At least 1 sponsor/mentor meeting weekly
5. 6 weeks of Blue sheets are on file, and have correct number of self-help and sponsor/mentor meetings

DRUG TEST RESULTS

1. At least 6 weeks continuous sobriety; Date of last positive _____

SANCTIONS

1. 6 weeks sanction free; Completion date of last sanction _____

GROUP PARTICIPATION

1. Is attentive and cooperative during group/individual sessions
2. Is identifying and addressing personal issues with counselor/group
3. Completes all work assigned by counselor

MEDICATION LIST/ EXAMPLES OF APPROVED SUBSTANCES

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.

IF IN DOUBT ABOUT WHAT CAN BE TAKEN, CHECK IT OUT WITH YOUR PHYSICIAN, PHARMACIST AND COUNSELOR

This list gives examples of suggested medications and is not all **all-encompassing**.
ALL ANTIBIOTICS ARE APPROVED – TAKE ONLY AS DIRECTED BY DOCTOR

PAIN MEDICATION:

Acetaminophen
Antidepressants
Anticonvulsants
Non-Steroidal Anti-Inflammatory
Steroids
Toradol

SLEEP:

Trazadone (Desyrel)
Doxepin (Sinequan)
Amitriptyline (Elavil)
Nefazodone (Serzone)
Mirtazepine (Remeron)

ANTI-ANXIETY:

Doxepin (Adapin)
Buspar (Buspirone)
Vistaril (Hydroxyzine)
Depakote
Toprol, Lopressor
Zyprexa (Olanzapine)
Seroquel (Quetiapine)
Risperdal (Risperidone)
Atarax

ANTI-DEPRESSANTS:

Paxil
Effexor
Prozac
Wellbutrin
Seroquel
Doxepin
Serzone
Luvox
Zoloft

ANTI-MANIC:

Depakot
Tegretol

MUSCLE RELAXANTS:

Parafon-Forte

ADD/ADHD:

Strattera (Atomoxetine HCl)
Wellbutrin (Zyban)
Norpramin (Desipramine)
Catapres (clonidine)

Effexor (venlafaxine)
Selective serotonin reuptake inhibitors

ANTI-PSYCHOTIC:

Mellaril
Zyprexa
Navane
Trilafon
Risperdal
Prolixin

HEARTBURN/INDEGESTION:

Pepto Bismal
Pepcid AC or Complete

ALLERGY/ANTI-HISTAMINE/ANTI-VERTIGO:

Claritin	Tylenol Sinus Congestion & Pain
Allegra	Actifed Cold & Allergy
Zyrtec	Sine Off Sinus/Cold Medicine
Tavist Allergy	Sinutab Sinus
Sudafed PE	Tylenol Allergy Multi Symptom
Alavert	Tylenol Severe Allergy

COUGH AND COLD:

Dristan	Coricidin HBP Cold & Flu
Contac Cold & Flu	Cold MD Rapid Tabs
Alka Seltzer Plus Cold	Theraflu Warming Relief
Nighttime Severe Cold	Mucinex (PLAIN ONLY)
Zicam Cold Remedy Oral Mist	
Theraflu Daytime Severe Cold	
Oscillococcinum	

SORE THROAT:

Tylenol Sore Throat
Triaminic Sore Throat Spray
Chloraseptic Sore Throat Lozenges
Cold-Eeze
Cepacol Sore Throat Spray
Halls Cough Drops
Ricola

HEADACHE/PAIN:

ibuprofen (Motrin®, Advil®)
acetaminophen (Tylenol®)
acetylsalicylic acid (Aspirin®, Ecotrin®, Bufferin®)
naproxen (Aleve®)

NO EXCEPTIONS, ALL POSITIVES WILL COUNT

ABSOLUTELY CANNOT TAKE FOR ANY REASON

EXAMPLES OF NON-APPROVED SUBSTANCES

THIS LIST IS NOT INTENDED TO BE **all-encompassing**.

ALL MEDICATIONS MUST BE CLEARED THROUGH YOUR COUNSELOR PRIOR TO TAKING.

When in doubt do not use until you consult with Family Preservation.

Alcohol Products including medicines and some “energy drinks”

OPIATES:

Codeine (Tylenol 3)
Morphine (Roxanal)
Diacetylmorphine (Heroin)
Hydrocodone (Vicodin, Lortab, Lorcet)
Hydromorphone (Dilaudid)
Ethylmorphine
Paracetamol (Remedine)
Pholsodine (Panacol-D)
Dihydrocodeine
Endocet
Suboxone

BENZODIAZEPINES:

Chlordiazepoxide (Librium)
Clonazepam (Klonopin)
Diazepam (Valium)
Flurazepam (Dalmane)
Lorazepam (Ativan)
Oxazepam (Serax)
Chlorazepate (Tranxene)
Alprazolam (Xanax)
Temazepam (Restoril)
Flunitrazepam (Rohypnol)
Bromazepam (Lexotan)
Clobazam (Frisium)
Triazolam (Halcion)
Delorazepam (Briantum)
Estazolam (Pro Som)
Lormetazepam (Noctamide)
Medazepam (Nobritol)
Nitrazepam (Somnite)
Prazepam (Demetrin)

ANABOLIC STERIODS:

Anadrol (oxymetholone)
Oxandrin (oxandrolone)
Durabolin (methandrostenolone)
Depo-Testosterone (testosterone cypionate)
Winstrol (stanozolol)"Designer" Steroids

BARBITURATES:

Secobarbital (Seconal)
Phenobarbitone (Luminal)
Butabarbital (Butisol)
Amobarbital (Amytal)
Aprobarbital (Alurate)
Butalbital (Fioricet, Fiorinal)
Allobarbital
Alphenol
Barbital
Pentobarbital (Nembutal)
Phenobarbital (Donnatal)

PROPOXYPHENES:

Meperidine (Demerol)
Methadone (Dolophine)
Pentazocine (Talwin)
Dextropropoxyphene (Darvocet)

OTHERS:

Creatine
Carisoprodol (Soma)
Midrin, Flexaril
Tramadol
Ketamine
Oxycodone (Percodan, Percocet, Oxycotin)
Duragesic (Fentanyl)
Efavirenz (Sustiva)
Lamotrigine (Lamitcal)
Methadone
Phencyclidine (PCP)
Rohypnol (Flunitrazepam)
Daypro
Gabapentin/Neurontin

AMPHETAMINE/METHAMPHETAMINE:

Amphetamine (Benzedrine, Obetrol, Ritalin)
Didrex Eldepryl
Methamphetamine (Desoxyn)
Methylenedioxyamphetamine (MDA)
Dextroamphetamine (Adderall, Dexedrine)
Methylenedioxyamphetamine (MDMA)

DO NOT USE these products or anything containing these products:

Ma Huang
Poppy seeds
Phentermine
Ephedrine
Hoodia
Ranitidine (Zantac)
Vick's Inhalers
Imodium (Loperamide)

Dextromethorphan (many cough formulas labeled D or DM)
Pseudoephedrine (decongestant)
Phenylpropanolamine
Ambien, Lunesta
Antivert, Phenergan
Illicit compounds like “bath salts”
Kratom

Weight Loss Supplements
Proprietary blends
Any product labeled “not intended for human consumption,” intended to be smoked, ingested or injected for the purposes of “getting high.”
Hemp Derivates (CBD Oil, etc.)

RECOVERY COMMUNITY MEETING SCHEDULE

(O) Open (C) Closed (D) Discussion (BBS) Big Book Study (BEG) Beginners (ST) Step Study (S/NS) Smoking/Non Smoking

AA Meetings

Bayou Black Group- St Anthony's Church – 3897 Bayou Black Dr – HOUMA - (All NS) - Mon (C, D) @ 8PM; Wed (O, BBS/ST) @ 7PM

Bayou Terrebonne Group- The Easy Does it Club-111 Munson Dr – HOUMA - (All O, NS)- Mon (BEG) @7PM; Wed (BBS) @ 7PM; Sun @ 8PM.

By You Side Group - No Name Group- 8616 E. Main St – HOUMA - (All O, NS) - Wed (Back to Basic) @ 8:15PM; Fri (Topic) @ 8:15PM.

Houma Group-The Easy Does it Club- 111 Munson Dr – HOUMA - (All O, NS) - Sun, Wed, Fri & Sat (D) @ 10AM; Mon, Tues & Thurs (BBS) @ 10AM; Sun through Thurs & Sat (D) @ Noon; Mon, Tues, & Thurs (D) @ 5:30PM; Tues (BBS) @ 8PM; Thurs (SP) @ 8PM; Fri (D) (WOMEN ONLY) @ 6:30PM; Fri (BBS) @ 8PM; Sat (D) @ 8PM (Candlelight). Last Saturday is Birthdays.

Letting Go Group- The Easy Does it Club- 111 Munson Dr – HOUMA - (All O, BBS, NS) - Wed & Fri @ 8:15PM; Fri @ Noon.

New Day Group - The Easy Does it Club- 111 Munson Dr – HOUMA - Mon, Wed & Fri @ 6:30AM.

New Life Group - The Easy Does it Club- 111 Munson Dr – HOUMA – (All O) – Fri (D) @ 8PM; Sun (D) @ 8PM; Tues @ 8PM.

No Name Group- 8616 E. Main St - HOUMA - (All NS) - Sun, Tue, Thurs (C, D) @ 7PM; Mon (C, BBS) @ 7PM; Wed (C, ST) @ 7PM; Fri & Sat (O, D) @ 7PM. Last Sunday is Birthdays.

Why Not Group -St. Matthew Episcopal Church- 243 Barrow St -HOUMA - (All C, D, NS) - Sun @ 6PM; Tue & Thurs @ 7PM.

Seeds of Serenity- Assisi Bridge House-600 Bull Run Rd - SCHRIEVER - Sun (O, NS) @ 6:30PM.

Came to Believe - Christ the Redeemer- 720 Talbot St – THIBODAUX - Tues (O, D, NS) @ 6PM.

High Noon Group - 505 St. Louis St – THIBODAUX - (All NS, O, D) – Sun through Sat @ Noon; Mon, Wed, Sat @ 7PM; Fri @ 9PM. 2nd Saturday of the month is an Eating/Speaker meeting 6PM-8PM.

Highway 1 Group - Bayou Vista Fire Station-100 Bayou Vista Dr - THIBODAUX - (All NS, O, D) - Tues & Fri @ 7PM.

Infinity Group - St John Episcopal Church- 718 Jackson St – THIBODAUX - (ALL O, NS) - Tues (ST) @ 7PM; Thurs (BBS) @ 7PM.

St. Jude Group - 210 Washington St – NAPOLEONVILLE - (All O, D, NS) - Sun & Tue @ 7PM; Thurs (Candlelight) @ 7PM. Last Sunday is Birthdays/Eatin' Meetin'.

Central Lafourche Group - Victory Life Church Youth Center-1200 Crescent Ave - LOCKPORT - (All NS, O) - Mon (BBS) @ 7:30PM; Thurs (D) @ 7:30PM. 1st Thursday is speaker, last Thursday is Birthdays.

Sisters in Recovery - One Day at a Time Club-18210 Suite #3, W. Main St – GALLIANO – Sat (NS & O) (WOMEN ONLY) @ 1:30PM.

Bayou Cajun Group - One Day at a Time Club- 18210 Suite #3, W. Main St - GALLIANO - (All NS & O) - Sun (D) @ 7:30PM; Mon (SP) @ 7:30PM; Wed (BBS) @ 7:30PM; Fri (D) @ 7:30PM; Sat (D) @ Noon. Last Monday is Birthdays.

NA Meetings

Crystal Meth Anonymous - The Easy Does it Club Room B- 111 Munson Dr – HOUMA – (BEG, D, O, NS) - Sat @ 8PM.

Stairway to Life Group - Second Chance Club- 307 Hickory St – THIBODAUX -(All NS, O) - Mon & Tues @ 7PM; Thurs, Fri, & Sat @ 7PM.

No Excuse Group - One Day at a Time Club- 18210 Suite #3, W. Main St - GALLIANO - (All O, NS)-Tues, Thurs, & Sat @ 7:30PM.

Online Meetings

Pink cloud- With Director approval and meeting documentation and email confirmation showing full attendance of the virtual meeting

Zoom Requirements: For Virtual Group Sessions & Virtual Court Appearances

- It is the responsibility of the client to ensure technical devices have ample battery life in order to remain in good attendance standing.
- Client should sign in early/be on time to virtual groups & be waiting in virtual waiting room; client should be waiting on counselor to start meeting.
 1. If a client is more than 10 minutes late joining into the Zoom meeting, they will not to be let in & will be required to make up 2 groups; counselor will lock the meeting after 10 minutes of start time.
- Client should have ID/PW a day prior to group being conducted.
- Client should be at a designated area when attending virtual groups. The client should be treating these groups as if they were being hosted in person at the courthouse.
 1. If client is NOT in their designated/traditional group attendance “spot,” client will be warned—client cannot speak during that group, if next time client is not in designated “spot,” counselor will remove client from the group & client will be required to make up 2 groups.
 2. If this happens a third time, client will be required to be in court to discuss compliance with the judge (via Zoom or in person).
- Client should NOT be driving or in a car during these virtual groups. Client should be treating these groups as if they were being hosted in person at the courthouse.
 1. If client is NOT in their designated/traditional group attendance “spot,” client will be warned—client cannot speak during that group, if next time client is not in designated “spot,” counselor will remove client from the group & client will be required to make up 2 groups.
 2. If this happens a third time, client will be required to be in court to discuss compliance with the judge (via Zoom or in person).
- Client should present all Treatment plan requirements—MRT, Tx Plan presentations, etc. in these virtual meetings.
- As stated before, clients should be treating these virtual meetings as if they are being hosted at the courthouse, children should not be involved in these virtual meetings. Children being present can be a distraction for the client as well as disrupt group process. Childcare may need to be arranged.
- If client has to make up groups, the client is required to reach out on the text line (225-307-3662) to ask about the virtual group login information.
- Client should be well-versed on using Zoom meetings.
- Client should be in an area where internet connectivity will not interfere with compliance.
- Client will continue to be removed from these virtual groups if they are non-compliant with these guidelines.
- During Zoom group/interactions with Family Preservation, lights should remain on at all times. We have to be able to see your face.
- If non-compliance continues, sanctioning from the judge will occur.