

**PARENTING IN RECOVERY/ FAMILY DRUG TREATMENT COURT:**  
**DRUG TESTING POLICIES**

As a participant in the Parenting in Recovery/ Family Drug Treatment Court Program, you will be asked to submit drug tests. This form tells you about the policies and expectations of the Court.

**THE EXPECTATION**

- 1.) Participants are expected to refrain from using ANY non-prescribed drugs or alcohol.
- 2.) Participants are required to submit drug tests in ANY FORM (examples: hair, mouth swab, urine).
- 3.) Participants must submit a drug test at ANY TIME the test is requested by CPS, the Drug Court Coordinator, or the Court. Please note that a test could still be requested on a day that the voicemail for the call-in system does not require a test (see call-in system information below).
- 4.) Participants may be asked to submit a drug test immediately (a “kit test”) or may be asked to go to a designated location (“drug lab”) to submit a test. When a test is requested for a “drug lab” it must be submitted within 24 hours.

**ADDITIONAL INSTRUCTIONS/ INFORMATION**

- 5.) The results of all drug tests will be provided to the members of the drug court team and the participant.
- 6.) It is each participant’s responsibility to inform the Drug Court Coordinator as soon as possible when he/she is prescribed any prescription drugs and to provide a copy of the prescription as verification.
- 7.) If a participant wishes to dispute the results of a “kit” drug test, the participant may do so and must go to a “drug lab” immediately to do so. This test will be paid for by the Drug Court program.
- 8.) If a participant wishes to dispute the results of a “drug lab” test, the participant may do so but must pay for the additional test with his/her own money.
- 9.) **You are responsible for what you put into your body.** Before taking any medications, using natural remedies, or consuming any foods or beverages **be sure to carefully read the labels.** Some medications, food, beverages, or other products contain alcohol or other substances that will result in a positive drug test. You will still be held accountable by the Court if you consume these substances. **While you are in this program you are not allowed to take any addictive substances, including alcohol, that will result in a positive drug test.** If you are confused about which medications you may take, please consult your pharmacist.
- 10.) If a large amount of poppy seeds are consumed, this could result in a positive drug test for opiates. Please avoid eating poppy seed muffins, bagels, or any other food that contains poppy seeds. If you test positive for opiates, eating poppy seeds will not be a valid excuse for the test result.

## THE CALL-IN SYSTEM

11.) All participants must submit drug tests based on a random call-in system. It is the participant's responsibility to call the Drug Court Coordinator's voicemail at 512-854-8876 and follow instructions for drug testing. The call-in system works as follows:

A.) Every participant must call the phone number **512-854-8876** at certain days of the week based on their phase in the program. (NOTE: Anyone participating in in-patient drug treatment does NOT have to call in.)

- **Phase I** participants are required to call the phone number on Mondays, Tuesdays, Wednesdays, Thursdays, Fridays, Saturdays, and Sundays (EVERYDAY).
- **Phase II** participants are required to call the phone number on Mondays, Tuesdays, Wednesdays, Thursdays, Fridays, Saturdays, and Sundays (EVERYDAY).
- **Phase III** participants are required to call the phone number on Mondays, Wednesdays, and Fridays.
- **Phase IV** participants are required to call the phone number on Mondays, Wednesdays, and Fridays.

B.) The voicemail for the phone number 512-854-8876 will be updated every morning by 5:00am with the message for that day. It is in your best interest to check this message as early as possible in the day to allow yourself an opportunity to make a trip to the drug testing lab, if requested. It is your responsibility to know the locations and hours of operation of the drug testing labs affiliated with the drug court program and you should be prepared to visit the labs on any day you are required to call in to the call-in system.

C.) The voicemail for the phone number 512-854-8876 will indicate which participants are required to submit to random drug tests on that day by stating a code word for those participants. Each participant will be assigned a color. (For example, the message might say, "Today is Friday, June 5, 2009. All participants in the Parenting in Recovery/ Family Drug Treatment Court program whose color is "color" must submit a UA drug test today at a designated location. All participants with the word "color" assigned to them will then be required to submit a test at the "drug lab" on that day).

D.) The color that is assigned to you, \_\_\_\_\_ is **COLOR**.

E.) It is your responsibility to make all the arrangements necessary to travel to the drug testing lab on the same day you are requested to do so by the call-in system. If the requested drug test has not been submitted by the participant by 10:00pm on the evening that the test is requested by voicemail, the test will count as a "no show". The participant will then be subject to consequences by the Court.

F.) If the participant calls the phone number 512-854-8876 and the Drug Court Coordinator answers the phone, the Drug Court Coordinator will verbally relay the message from the voicemail to the participant.

## ABOUT DILUTE DRUG TESTS

12.) Drug tests that are dilute or that have a low creatinine level will be considered INVALID. Participants who submit dilute specimens or specimens having a low creatinine level, may be given consequences by the Court.

A.) Diluting a drug test is the easiest way for a participant to obtain a “false negative” result (in other words, to be clean on a drug test when the participant has really been using drugs). Drinking large amounts of fluids can cause urine to be mostly water and thus, to not have enough drug metabolites in it to show a valid positive result. It is for this reason that urine specimens are tested for dilution while participants are in the drug court program.

B.) Participants specimens are all tested for creatinine levels. Creatinine is a metabolite that is produced by all persons and is consistently produced throughout each day. Creatinine is measured in all urine specimens to confirm that the urine is in fact urine and not something else (like apple juice, for example). Creatinine is also tested to make sure that urine has not been watered down by excess fluids. For this reason, participants who have creatinine levels that are abnormally low (lower than 20 ng/ml), may receive a warning or be given consequences by the Court for submitting invalid drug tests. In the normal population, creatinine levels that are this low are very rare. They usually occur only 1-2% of the time.

C.) Most labs recommend that participants submit urine tests after drinking only 12 ounces of fluid prior to the test. This is the amount in one can of soda. Drinking more than 18 ounces of any fluid may result in a test with low creatinine levels or a test that is dilute. Please note that fluids include any type of drink such as coffee, soda, energy drinks, or water. The fluid does not have to be pure water to produce a dilute test.

D.) If a participant cannot explain the reason for continuing to submit dilute tests or tests with a low creatinine level, it is recommended that the participant consult a doctor to determine the nature of the problem. Regardless of medical condition, each participant will be required to submit valid tests while in the Parenting in Recovery/ Family Drug Treatment Court program. This means submitting tests with a creatinine level more than 20 ng/ml and tests that are not dilute.

**“By my signature on the Parenting in Recovery/ Family Drug Treatment Court client agreement I certify that I have read and understand the above policies regarding drug testing for the Parenting in Recovery/ Travis County Family Drug Treatment Court. I agree to abide by each of these policies and will accept the Court’s consequences if I test positive for alcohol or any non-prescribed drugs.”**