

When to change drug testing to address behavior Issues

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Drug Testing isn't cheap

- * Everyone hates it, and hates to pay for it.
- * Drug Testing is a budget buster.
- * Drug testing is labor intensive and has to meet evidentiary standards.
- * How to allocate resources is important!

Drug Testing is

- * Like taking a blood pressure test, or checking the temperature of a patient to see if a disease is still present, or to monitor the disease.
- * Simply that, in a treatment context. Not so in a court context. (violations).

Back to Basics! Remember:

- * Drug Courts are really that odd marriage between the Courts and Treatment.
- * We learn from, and utilize the strengths of, the other.
- * **Treatment works. *But only if you attend.*** Courts enhance attendance through Incentives, Sanctions, and responses to client behavior.
- * The key remains: treatment

Why do we drug test?

- * How do you measure if treatment is working?
 - * What are your considerations?
- * How do you know “what’s up?”
- * Why else would you test?

Testing helps

15 Mr. [redacted] was asked to explain his recent violation for testing positive for the
16 presence of methamphetamine. He stated, "I want to start by apologizing to the Judge for
17 letting him down and wasting the Court's time. I know he has been pretty lenient. Although I
18 screwed up again, I think two dirty tests in a month is good for me." He continued, "I need
19 closer supervision and to be tested more often. This testing once a month stuff leaves me open
20 to use (drugs)." When questioned why more testing would make such a difference, Mr. [redacted]
21 indicated he "used too soon" to his office appointment and thought he had "cleaned out" his
22 system. He explained testing more often would keep a tighter rein on him.

Drug Testing Supports Recovery

- * It is NOT about GOTCHA, it is about HELP
- * testing should be done with these principles in mind.

path to recovery pleas help me,
I'm spos to get marved soon and
I don't want Drugs in my life.
with I got out of Jail I Did good
and thay stopt Drug testing me for tow weeks
and I Fall, pleas cositer it thank you

Maintain best practice standards

- * NADCP Adult Best Practices Standards, Volume 2-Drug Testing
- * Evidence based and effective minimum standards are set for there.

Why change your testing?

- * Participant needs
 - * That “funny feeling” you get
 - * When they ask for more testing
 - * When they are approaching an index event (triggering stress)
 - * When they are moving from medically assisted treatment
 - * When they are nearing something painful in treatment and need support.

"That funny feeling"

... my REINSTATEMENT INTO ' DRUG COURT
I'VE BEEN USING METH, POT AND ALCOHOL
EVERY WEEKEND UP TO MY LAST VIOLATION.
AT EVERY TURN I HAVE LIED TO YOU AND
THE DRUG COURT TEAM WITH A STRAIGHT
FACE. MORE THAN THAT MY FAMILY, SPONSOR,
& FRIENDS (IN AND OUTSIDE THE PROGRAM) HAVE
BEEN SUBJECTED TO MY LIES. IN ORDER TO
"GET AWAY" WITH THIS I BOUGHT MANY
DRUG TESTS TO KNOW MY TESTS FOR
PROBATION WOULD BE CLEAN. I EVEN
DROPPED - - -

When they ask for more testing!

- * BIG HINT from our participants!
- * Do it!
 - * Can come from a participant
 - * Can come from an associate of a participant
- * Yes, budget matters, but collection and testing may not be the same thing.
- * They are asking for help in a profound way.

Index Events

- * What is an index event?
- * Common ones?
 - * Environmental (storms?)
 - * Family
 - * Work
 - * Personal stressors in life or treatment.
 - * Changes in:
 - * Treatment levels
 - * Court levels
 - * Probation officer, Judges, or treatment folks

Changes in MAT

- * Any medical issues can trigger stress
- * When you begin to change MAT, think about the client perspective. They are often terrified, and anxious.
- * Help them.

Exposure and re-exposure to trauma

- * Via treatment
- * Via new relationships
- * Via media
- * Via local events (recent flood evacuation and jail evacuation)

The trauma that exploded was striking

- * People stable in recovery for over a decade began “vibrating”.
- * Hypersensitivity to impact events like this.
- * Lots of response via NA, recovery community.

So, what to do?

- * Does it matter what the source of the concern/problem is?
 - * If they ask
 - * If they don't ask but others do? (family, friend)
 - * If treatment or probation expresses concern?
- * Or is that really a “response” issue?

So, what to do?

- * Double back on testing (test immediately after test)
 - * Collateral increase on contacts and field work
- * Change the rhythm of testing
- * Change the samples you are testing.
 - * Move to oral fluids, step up breath and EtG, broaden panel
- * Ask your participant what will help.

And, is the change is drug testing all you do?

- * Heck no... it is an assessment instrument and a support to recovery, but this is all about treatment.
- * Re-Assess. Solve the mystery.

Evaluation! PLEASE!

<http://bit.ly/2lADRuk>