

# FRC Inpatient Treatment Packet

Congratulations on this first step in your Family Recovery Court journey!

We are excited to support you along the way to a successful outcome for you and your family. Our shared goal is to help you achieve a positive experience with FRC that will enable you to maintain and practice many of the things you will learn and work on during inpatient treatment.



The information and contacts in this packet are to help you be in a better position to engage with FRC when you finish your inpatient treatment program. The FRC Team hopes you do well and work hard to achieve your goals in treatment.

“Although the world is full of suffering, it is also full of the overcoming of it.”

Helen Keller

# FRC Team

## **Judicial Officers**

Laura M. Riquelme, Judge

Heather Shand, Commissioner

## **FRC Coordinators**

David Moreno

Kelli Frazier

## **Attorney General Representative**

Sarah Reyes

Amela Zukic

## **Attorneys for Parents**

Wendy Wall

Kim Carrington

Sandra McPhee

## **Guardians Ad Litem**

Eugenia (Nina) Thompson

## **Social Workers**

Brittany Bates (DCYF)

Hillary Mower (DCYF)

Michael Anter (OPD)

Chris Page (OPD)

## **Substance Use Disorder Treatment Providers**

Natalie Miller

Brooke Lucas

## **PCAP Representative**

Leslie Mingo

## **Behavioral Health Coordinator**

Christi Brua Weaver

# Expectations

## **FRC's Expectations of You**

1. Be honest with yourself, treatment staff, and the FRC Team.
2. Be respectful to yourself, treatment staff, and FRC Team.
3. Stay in good contact with your treatment provider and attorney.
4. Sign and provide all necessary ROI (release of information) forms and follow any assessment recommendations by your team in preparation for inpatient treatment.
5. Communicate with your attorney and FRC team on ways we can assist or support you while in treatment.
6. Advise your inpatient treatment team to contact the FRC treatment provider at least one week ahead of your discharge date to assist in your discharge process and transition to FRC.

## **What you can Expect from FRC**

1. To be honest and supportive with you about your treatment goals.
2. To be respectful of you and your treatment goals.
3. To encourage and support good contact with your treatment team and attorney.
4. Make FRC hearings accessible to you and your treatment team.
5. Make efforts to assist and support you in your treatment needs as they are communicated.

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If it does not conflict with your inpatient program, you may attend FRC hearings over Zoom. Your attendance is not required while in inpatient treatment:

FRC Hearings are held every other Tuesday @ 1:30 p.m. and available on Zoom to participants in inpatient treatment:

Connect over video: <https://zoom.us/my/skagitsuperior3>

Or call in: 1(253) 215-8782 ID: 592 004 6045

Password: 868872

# Tips for Establishing Sober Housing

If you do not have sober and substance-free housing for when you complete inpatient treatment, you should work on this right away.

Here are some tips to increase positive outcomes for having housing (often through Oxford House) upon completion of inpatient treatment:

- 1) Inform your primary counselor (with CCS) that housing is a high priority and your number one goal to have in place before you complete inpatient treatment.
- 2) Begin working on sober housing as a goal in your treatment plan at inpatient treatment. Do not wait! Inform your counselor at inpatient treatment about this as soon as possible after your arrival.

### 3) Work with [Oxfordvacancies.org](https://www.oxfordvacancies.org):

This is an efficient and easy-to-use website. Your counselor can use it to type in your county and find helpful information to see vacancies, submit applications, find contact information and interview times, etc...

- 4) You will need to follow up by phone to schedule and complete interviews.
- 5) Once you are accepted, provide your primary treatment provider (with CCS) the following information to be approved for funding:
  - Overall move-in cost
  - Deposit, if applicable
  - Monthly rental amount
  - Contact person for housing so details can be independently confirmed

# Resources and Contacts

## **Parent's Attorneys**

Wendy Wall	<a href="mailto:wendy@wallincps.com">wendy@wallincps.com</a>	(360) 336-2288
Kim Carrington	<a href="mailto:carringtonlawllc@gmail.com">carringtonlawllc@gmail.com</a>	(816)319-8969
Sandy McPhee	<a href="mailto:email@sandymcpheelaw.com">email@sandymcpheelaw.com</a>	

## **Social Worker**

Brittany Bates	<a href="mailto:brittany.bates@dcyf.wa.gov">brittany.bates@dcyf.wa.gov</a>	(360) 899-0620
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For more information on services provided visit:

[www.dcyf.wa.gov/services/](http://www.dcyf.wa.gov/services/)

## **Substance Use Disorder Treatment Provider**

Natalie Miller	<a href="mailto:NMiller@ccsww.org">NMiller@ccsww.org</a>	(360) 757-0131
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For more information on services provided visit:

[ccsww.org/get-help/skagit-county/](http://ccsww.org/get-help/skagit-county/)

## **Brigid Collins PCAP Representative**

Leslie Mingo	<a href="mailto:lmingo@brigidcollins.org">lmingo@brigidcollins.org</a>	(360) 540-1540
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For more information on services provided visit:

[www.brigidcollins.org/pcap/](http://www.brigidcollins.org/pcap/)

## **Superior Court FRC**

David Moreno	<a href="mailto:dmoreno@co.skagit.wa.us">dmoreno@co.skagit.wa.us</a>	(360) 416-1200
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For more information on FRC visit:

[skagitcounty.net/Departments/SuperiorCourt/specialtycourts/FTCmain.htm](http://skagitcounty.net/Departments/SuperiorCourt/specialtycourts/FTCmain.htm)

# Post-Inpatient Treatment

## **Expectations**

Congratulations and well done! We are very excited to start your FRC program and to help you utilize the tools learned in treatment toward a successful FRC graduation. There's much to do, but here are some ideas that can help you transition.

1. Meet with the FRC treatment provider. Work together to set up your continued treatment plan and explore what resources may be available to you through your FRC participation.

It is important to stay in good contact and follow all treatment recommendations.

2. Meet with your attorney work together to prepare for what FRC phase you may be in or entering. Stay in good contact with your attorney.
3. Contact social worker to update any information needed and to explore what resources may be available to you through your FRC participation.
4. Contact the PCAP representative to engage with helpful resources you may be eligible for through your FRC participation.
5. Review your FRC participation handbook/binder in anticipation of FRC hearings.
6. Attend the next FRC court date in person.