

# Council of Accountability Court Judges

Compilation of **COVID- 19** Updates and Resources  
April 27- May 8, 2020

## INSIDE

Important Talk Lines  
DPH Guidelines  
CDC Guidelines  
Additional Resources  
Recovery  
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[www.gaaccountabilitycourts.org](http://www.gaaccountabilitycourts.org)



### COVID-19 Resources for Treatment Courts

Please visit NADCP's website to find the most up to date COVID-19 guidance and resources.

#### **Topics include:**

- 42CFR/Privacy
- AWOL/Absconded Participants
- Cognitive Deficits
- Employment
- Incarceration
- Juvenile Drug Treatment Court
- Mental Health
- Naloxone
- Non-Compliant Behavior
- New Participants
- Peer Support and Support Meetings
- Personal Calls/Contact by Judges
- Stimulus Checks
- Recovery Housing
- Technology
- Treatment Services

## Probation During COVID-19

**Remote Best Practices Updated**  
**Guide available now, webinar on Monday**

**Reconnect** is excited to release our [updated white paper](#). This fourth iteration continues to provide guidance on how community supervision has been and can continue the transition to remote supervision in response to COVID-19.

#### **Specifically, it examines:**

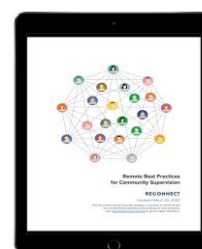
- The issues faced by community supervision programs
- The elements of successful supervision programs
- The elements of successful remote culture
- The tenets of a successful remote supervision program
- 

#### **Webinar Monday: Remote Best Practices and Tools**

Join our founder on **Monday (4/27) at 3pm ET** (Noon PT) for a webinar discussing these best practices, what implementation can look like, and how Reconnect's tools can support you during this crisis.

[Download the White Paper](#)

[Register for our Webinar](#)



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## *Important Talk Lines*

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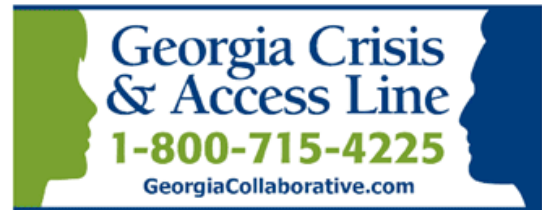


**1-844-326-5400**

[GEORGIA COUNCIL ON SUBSTANCE ABUSE](#)

Call or Text Every Day of The Year 8:30AM- 11:00PM

## **A CRISIS HAS NO SCHEDULE**



Help is available 24/7 for problems with developmental disabilities, mental health, drugs, or alcohol.



Provided through the Georgia Collaborative ASO

**SAMHSA's National Helpline:**

**1-800-662-HELP (4357)**



SAMHSA's National Helpline is a free, confidential, 24/7, 365-day-a-year treatment referral and information service (in English and Spanish) for individuals and families facing mental and/or substance use disorders

**NATIONAL  
DOMESTIC  
VIOLENCE  
HOTLINE**

**1-800-799-7233**



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## DPH Guidelines

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### COVID-19: Businesses and Employers

#### DPH recommends that employers and employees:

- Use teleworking technologies to the greatest extent possible.
- Stagger work schedules.
- Consider canceling non-essential travel.

#### Businesses should also:

- Hold larger meetings virtually, to the extent possible.
- Arrange the workspace to optimize the distance between employees, ideally at least six feet apart.
- Urge high-risk employees to stay home.
- Urge employees to stay home when they are sick and maximize flexibility in sick leave benefits.
- Follow DPH [guidance for community events and groups](#). It is recommended that gatherings of more than 50 people be postponed or canceled.

#### Contact for COVID-19 Information

If you believe that you are experiencing [symptoms](#) of COVID-19 or have been exposed to the novel coronavirus, please contact your primary care doctor or an urgent care clinic. Please do not show up unannounced at an emergency room or health care facility.

#### COVID-19 Hotline:

[\(844\) 442-2681](tel:(844)442-2681)

[Georgia COVID-19 Information](#)

#### Other tips for businesses:

- Reinforce [good hand hygiene tips and other common-sense precautions](#) with employees and patrons.
- Review policies and procedures for remote or teleworking where possible.
- Cross-train employees for key functions so that daily schedules can continue relatively uninterrupted by potential employee absences.
- Review absenteeism policies to make sure employees are not being encouraged to come to work if they are sick.
- Establish a relationship with your local health department and communicate with them if you have any questions or concerns about coronavirus disease 2019 (COVID-19).
- [Review CDC recommendations for cleaning practices](#). **[READ MORE](#)**



### PREVENT GETTING SICK: KNOW HOW COVID-19 SPREADS

#### How COVID-19 Spreads

COVID-19 is thought to spread mainly through close contact from person-to-person in respiratory droplets from someone who is infected. People who are infected often have symptoms of illness. Some people without symptoms may be able to spread virus.

COVID-19 is a new disease and **we are still learning about how it spreads** and the severity of illness it causes.

#### Person-to-person spread

The virus is thought to spread mainly from person-to-person.

- Between people who are in close contact with one another (within about 6 feet).
- Through respiratory droplets produced when an infected person coughs, sneezes or talks.
- These droplets can land in the mouths or noses of people who are nearby or possibly be inhaled into the lungs.
- Some recent studies have suggested that COVID-19 may be spread by people who are not showing symptoms.

[Maintaining good social distance](#) (about 6 feet) is very important in preventing the spread of COVID-19.

#### Spread from contact with contaminated surfaces or objects

It may be possible that a person can get COVID-19 by touching a surface or object that has the virus on it and then touching their own mouth, nose, or possibly their eyes. This is not thought to be the main way the virus spreads, but we are still learning more about this virus.

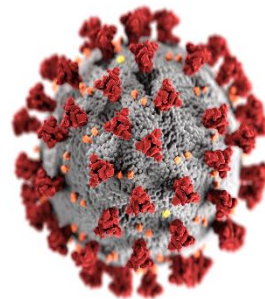
[Wash your hands](#) often with soap and water. If soap and water are not available, use an alcohol-based hand rub. Also, [routinely clean](#) frequently touched surfaces.

#### How easily the virus spreads

How easily a virus spreads from person-to-person can vary. Some viruses are highly contagious, like measles, while other viruses do not spread as easily. Another factor is whether the spread is sustained, which means it goes from person-to-person without stopping.

**The virus that causes COVID-19 is spreading very easily and sustainably between people.** Information from the ongoing COVID-19 pandemic suggest that this virus is spreading more efficiently than influenza, but not as efficiently as measles, which is highly contagious.

<https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/how-covid-spreads.html>



*This illustration, created at the Centers for Disease Control and Prevention (CDC), reveals ultrastructural morphology exhibited by the 2019 Novel Coronavirus (2019-nCoV). Note the spikes that adorn the outer surface of the virus, which impart the look of a corona surrounding the virion, when viewed electron microscopically. This virus was identified as the cause of an outbreak of respiratory illness first detected in Wuhan, China. Photo: CDC / Alissa Eckert & Dan Higgins*

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## *Additional Resources*

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<https://www.ncsc.org/Newsroom/Behavioral-Health-Alerts.aspx>

Please see a list of direct Newsletter article links in Appendix



Please see complete Statewide District COVID-19 testing sites and Patient lines in Appendix



**OFFICE OF NATIONAL DRUG CONTROL POLICY**

**COVID-19 FACT SHEET**



Attachment- ONDCP  
COVID Fact Sheet 202

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## Recovery

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SAMHSA's Working Definition of Recovery

### **10 GUIDING PRINCIPLES OF RECOVERY**

Hope	Relational
Person-Driven	Culture
Many Pathways	Addresses Trauma
Holistic	Strengths/Responsibility
Peer Support	Respect

Recovery emerges from hope.

The belief that recovery is real provides the essential and motivating message of a better future—that people can and do overcome the internal and external challenges, barriers, and obstacles that confront them. Hope is internalized and can be fostered by peers, families, providers, allies, and others. Hope is the catalyst of the recovery process. [READ MORE](#)



*Should your court develop any COVID-19 related procedures, protocols, or resources, please email them to Ms. Tara Zellous (Tara.Zellous@georgiacourts.gov). CACJ staff will work to make them available to all of Georgia's accountability court programs.*



## I. NCSC BEHAVIORAL HEALTH ALERTS

### National Initiative Updates

- [The Future is Now to Decriminalize Mental Illness](#)      [Definition of Insanity](#)

### Research and Resources

- |   |   |
|---|---|
| <ul style="list-style-type: none"><li>• <a href="#"><u>COVID-19 AND INCARCERATION: "What is Happening, What are the Key Questions, What Is to Be Done?"</u></a></li><li>• <a href="#"><u>Justice Management Institute: Response to COVID-19 by Criminal Justice Systems</u></a></li><li>• <a href="#"><u>Safety and Justice Challenge COVID-19 Town Hall OFFICE OF NATIONAL DRUG CONTROL POLICY COVID-19 FACT SHEET</u></a></li><li>• <a href="#"><u>SAMHSA Training and Technical Assistance Related to COVID-19</u></a></li><li>• <a href="#"><u>Webinar: Tracking Participant Progress During COVID-19: What Data to Collect and Why?</u></a></li><li>• <a href="#"><u>CLOUD: Your Source for Curated, Actionable, Evidence-based Resources on Opioids and the Opioid Crisis in the United States.</u></a></li><li>• <a href="#"><u>PsychHub COVID-19 Mental Health Resource Hub</u></a></li><li>• <a href="#"><u>First Friday Forum: Public Health x Pretrial Justice</u></a></li><li>• <a href="#"><u>New Webinar: Designing a Law Enforcement-Friendly Crisis Service</u></a></li></ul> | <ul style="list-style-type: none"><li>• <a href="#"><u>Submitting SSI/SSDI Appeals Using the SOAR Model: A Toolkit for Case Managers</u></a></li><li>• <a href="#"><u>Jail-Based Mentor Site Selection Application</u></a></li><li>• <a href="#"><u>A Matched-Samples Comparison of Pre-Arrest and Post-Booking Diversion Programs in Florida's Second Judicial District</u></a></li><li>• <a href="#"><u>EXECUTIVE SUMMARY: The Effectiveness of Public Safety Diversion Programs in Longmont, CO</u></a></li><li>• <a href="#"><u>Getting Started: Essential Measures for Data &amp; Information Sharing across the Sequential Intercept Model Webinar</u></a></li><li>• <a href="#"><u>Sharing the CCI: Solution to Address Homelessness Webinar TAC RESEARCH WEEKLY: Barriers to Access to Long-Acting Injectable Antipsychotic Medications</u></a></li><li>• <a href="#"><u>Trauma - Informed Care Across the Intercepts</u></a></li><li>• <a href="#"><u>SAMHSA's GAINS Center Newsletter—April 2020</u></a></li><li>• <a href="#"><u>SJI Funding Toolkit for State Courts and Justice System Partners</u></a></li><li>• <a href="#"><u>Best Practices for Drug Courts: Implementing Effective Programming for People with Methamphetamine Use Disorder</u></a></li></ul> |
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## In the News

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|---|---|
| <ul style="list-style-type: none"><li>• <a href="#"><u>New PBS Series Shows How Miami Dade Went From Hellhole To National Model For Helping Persons With Mental Illnesses</u></a></li><li>• <a href="#"><u>Documentary Focuses on Mental Illness, Criminal Justice System</u></a></li><li>• <a href="#"><u>TAC Behavioral Healthcare Recommendations During Covid-19</u></a></li><li>• <a href="#"><u>Supreme Court Majority Effectively Eliminates 700 Years Of Legal Thinking About Insanity Defense</u></a></li><li>• <a href="#"><u>The Coronavirus Crisis in the Psychiatric Ward</u></a></li><li>• <a href="#"><u>Patients, Staff at State Hospitals Worry Coronavirus Will Wreak Havoc</u></a></li><li>• <a href="#"><u>During the Pandemic, States and Localities Must Decrease the Number of Individuals In Psychiatric Hospitals, By Reducing Admissions and Accelerating Discharges.</u></a></li><li>• <a href="#"><u>Govt. Waives Restrictions Allowing Psychiatric Wards In Hospitals To Admit Covid-19 Patients</u></a></li><li>• <a href="#"><u>When the COVID-19 Pandemic is Contained Newly Constructed Beds Should be Retained to Serve the Seriously Mentally Ill.</u></a></li><li>• <a href="#"><u>NASMHPD Breaks Down How the CARES Act \$2 Trillion Stimulus Benefits Behavioral Healthcare</u></a></li></ul> | <ul style="list-style-type: none"><li>• <a href="#"><u>CUT OFF FROM CARE Many Struggle with Mental Illness Amid Isolation, Stigma, Shortage of Help</u></a></li><li>• <a href="#"><u>Editorial: Welcome Changes in Mental Health Court</u></a></li><li>• <a href="#"><u>Mental Health Resources: Who You Gonna Call?</u></a></li><li>• <a href="#"><u>Cedar Rapids, Iowa, Bridges Gap Between Police and the Community</u></a></li><li>• <a href="#"><u>BSU: Community Housing for Chronically Homeless Saves Community \$1.3M</u></a></li><li>• <a href="#"><u>Essential Services Adapt to Social Distancing</u></a></li><li>• <a href="#"><u>Fostering Partnerships and Collaborations across the Sequential Intercept Model (SIM)</u></a></li><li>• <a href="#"><u>SAMHSA Headlines</u></a></li><li>• <a href="#"><u>Hawaii Bar Journal Interview with Chief Justice Mark Recktenwald</u></a></li><li>• <a href="#"><u>Virus Clouds Prospects for Hawaii's Mental Health Reforms</u></a></li></ul> |
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**A PROJECT ON BEHALF OF THE NATIONAL INITIATIVE TO IMPROVE  
THE JUSTICE SYSTEM RESPONSE TO MENTAL ILLNESS**



## **II. COVID-19 TESTING / Direct Patient Line**

All symptomatic individuals are eligible for COVID-19 testing with a referral from your healthcare provider or your local public health department. <https://dph.georgia.gov/document/document/covid-19-testingdirect-patient-line/download>

*Updated: April 14, 2020*

### **Direct Patient lines are open:**

- 8 a.m. to 7 p.m., Monday through Friday
- 8:30 a.m. – 5 p.m., Saturday

### **DISTRICT 1-1 / ROME / Northwest Georgia Health District**

[www.nwgapublichealth.org](http://www.nwgapublichealth.org)

706-802-5329

**Counties served:** Bartow, Catoosa, Chattooga, Dade, Floyd, Gordon, Haralson, Paulding, Polk, Walker

### **DISTRICT 1-2 / DALTON / North Georgia Health District**

[www.nghd.org](http://www.nghd.org)

1-888-881-1474 Call center

**Counties served:** Cherokee, Fannin, Gilmer, Murray, Pickens, Whitfield

### **DISTRICT 2 / GAINESVILLE / North Health District**

[www.phdistrict2.org](http://www.phdistrict2.org)

District Office: 770-535-5743

Banks County HD: 706-677-2296

Dawson County HD: 706-265-2611

Forsyth County HD: 770-781-6900

Franklin County HD: 706-384-5575

Habersham County HD: 706-778-7156

Hall County HD: 770-531-5600

Hart County HD: 706-376-5117

Lumpkin County HD: 706-867-2727

Rabun County HD: 706-212-0289

Stephens County HD: 706-282-4507

Towns County HD: 706-896-2265

Union County HD: 706-745-6292

White County HD: 706-865-2191

**Counties served:** Banks, Dawson, Forsyth, Franklin, Habersham, Hall, Hart, Lumpkin, Rabun, Stephens, Towns, Union, White

### **DISTRICT 3-1 / MARIETTA / Cobb/Douglas Health District**

[www.cobbanddouglaspublichealth.org](http://www.cobbanddouglaspublichealth.org)

770-514-2300

**Counties served:** Cobb, Douglas

### **DISTRICT 3-2 / ATLANTA / Fulton County Board of Health**

[www.fultoncountygahhealth.org](http://www.fultoncountygahhealth.org)

404-613-8150.

**Counties served:** Fulton

### **DISTRICT 3-3 / JONESBORO / Clayton County Health District**

[www.claytoncountypublichealth.org](http://www.claytoncountypublichealth.org)

678-479-2223

**Counties served:** Clayton

### **DISTRICT 3-4 / LAWRENCEVILLE / East Metro Health District**

[www.gnrhealth.com](http://www.gnrhealth.com)

770-513-5631

**Counties served:** Gwinnett, Newton, Rockdale

### **DISTRICT 3-5 / DECATUR / DeKalb Health District**

[www.dekalbhealth.net](http://www.dekalbhealth.net)

404-294-3700 Option 1

**Counties served:** DeKalb

### **DISTRICT 4 / LAGRANGE / District 4 Health District**

[www.district4health.org](http://www.district4health.org)

1-800-847-4262

**Counties served:** Butts, Carroll, Coweta, Fayette, Heard, Henry, Lamar, Meriwether, Pike, Spalding, Troup, Upson

### **DISTRICT 5-1 / DUBLIN / South Central Health District**

[www.southcentralhealth.info](http://www.southcentralhealth.info)

478-275-6570

**Counties served:** Bleckley, Dodge, Johnson, Laurens, Montgomery, Pulaski, Telfair, Treutlen, Wheeler, Wilcox

## **DISTRICT 5-2 / MACON / North Central Health District**

[www.northcentralhealthdistrict.org](http://www.northcentralhealthdistrict.org)

1-844-987-0099

**Counties served:** Baldwin, Bibb, Crawford, Hancock, Houston, Jasper, Jones, Monroe, Peach, Putnam, Twiggs, Washington, Wilkinson

## **DISTRICT 6 / AUGUSTA / East Central Health District**

[www.ecphd.com](http://www.ecphd.com)

706-721-5800 (ask for testing).

**Counties served:** Burke, Columbia, Emanuel, Glascock, Jefferson, Jenkins, Lincoln, McDuffie, Richmond, Screven, Taliaferro, Warren, Wilkes

## **DISTRICT 7 / COLUMBUS / West Central Health District**

[www.westcentralhealthdistrict.com](http://www.westcentralhealthdistrict.com)

706-321-6300

**Counties served:** Chattahoochee, Clay, Crisp, Dooly, Harris, Macon, Muscogee, Marion, Quitman, Randolph, Schley, Stewart, Sumter, Talbot, Taylor, Webster

## **DISTRICT 8-1 / VALDOSTA / South Health District**

[www.southhealthdistrict.com](http://www.southhealthdistrict.com)

Ben Hill County: 229-426-5288

Berrien County: 229-686-5411

Brooks County: 229-263-7585

Cook County: 229-896-3030

Echols County: 229-559-5103

Irwin County: 229-238-9540

Lanier County: 229-482-3294

Lowndes County: 229-333-5257

Tift County: 229-386-8373

Turner County: 229-238-9595

**Counties served:** Ben Hill, Berrien, Brooks, Cook, Echols, Irwin, Lanier, Lowndes, Tift, Turner

## **DISTRICT 8-2 / ALBANY / Southwest Health District**

[www.southwestgeorgiapublichealth.org](http://www.southwestgeorgiapublichealth.org)

229-352-6567

**Counties served:** Baker, Calhoun, Colquitt, Dougherty, Decatur, Early, Grady, Lee, Miller, Mitchell, Seminole, Terrell, Thomas, Worth

## **DISTRICT 9-1 / SAVANNAH/ BRUNSWICK / Coastal Health District**

[www.gachd.org](http://www.gachd.org)

Bryan County: 912-756-2611 (Richmond Hill)

Bryan County: 912-653-4331 (Pembroke)

Camden County: 912-882-8515 ext. 215

Chatham County: 912-356-2441

Effingham County: 912-754-6484

Glynn County: 912-264-3961 - Opt. 5

Liberty County: 912-876-2173

Long County: 912-545-2107

McIntosh County: 912-832-5473

**Counties served:** Bryan, Camden, Chatham, Effingham, Glynn, Liberty, Long, McIntosh

## **DISTRICT 9-2 / WAYCROSS / Southeast Health District**

[www.sehdph.org](http://www.sehdph.org)

1-855-473-4374 1-855-4(SEHDPH)

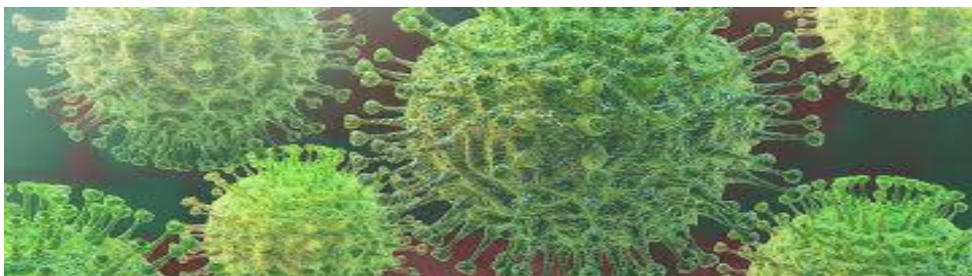
**Counties served:** Appling, Atkinson, Bacon, Brantley, Bulloch, Candler, Charlton, Clinch, Coffee, Evans, Jeff Davis, Pierce, Tattnall, Toombs, Ware, Wayne

DISTRICT 10 / ATHENS / Northeast Health District

[www.publichealthathens.com](http://www.publichealthathens.com)

706-340-0996.

**Counties served:** Barrow, Clarke, Elbert, Greene, Jackson, Madison, Morgan, Oconee, Oglethorpe, Walton



## Council of Accountability Court Judges

Compilation of COVID-19 Updates and Resources

Week of April 13- April 17, 2020

### INSIDE

Useful Tips and Tools

**NEW** and Updated **COVID-19**  
Guidance and Resources

Boredom Equals Relapse: A Brief  
Literature Review

Virtual Resources

[www.gaaccountabilitycourts.org](http://www.gaaccountabilitycourts.org)

### REWIND

Here's a look at what you may have missed



#### **Webinar 1:**

Treatment Courts and COVID-19, hosted by  
NADCP and NCSC  
PowerPoint

#### **Webinar 2:**

Treatment Courts and COVID-19 Follow-up  
PowerPoint



**\*FREE NAADAC WEBINAR\*\* COVID-19:**  
**Telehealth for Opioid Addiction Interventions,**  
presented by Marlene M. Maheu, PhD, Founder  
& Executive Director of Telebehavioral Health  
Institute, Inc.

[Watch now on demand](#) (recorded March 31,  
2020)



### UP NEXT

Webinar's taking place this week



#### ***Pandemic Responses for Juvenile Drug Treatment Courts***

A three-part webinar series from NADCP and the National Council of Juvenile and Family Court Judges on alternative strategies to operate successful juvenile drug treatment courts during the COVID-19 pandemic.

Part 1: How to Enhance Supervision Strategies While Practicing  
Social Distancing

**Wednesday, April 15**

3:00 p.m. EDT

[Register Now](#)

***Practical Guidance for Continuing Treatment, Supporting  
Recovery, and Preventing Recurrence/Relapse During the COVID-  
19 Global Pandemic***

Presented by:

Terrence Walton, Chief Operating Officer, NADCP

**Thursday, April 16**

3:00 p.m. EDT

[Register Now](#)

*Please visit NADCP's website for a complete listing of webinars at:*

<https://www.nadcp.org/covid-19-resources/>



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## Useful Tips and Tools

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We are proud to highlight Judge Auslander's Accountability and Treatment tips that were shared during NADCP's webinar on April 6, 2020.

### Accountability



#### Examples from the field

"We are not using jail sanctions. Technology is being utilized if needed. Right now, we are focusing on the positives and supporting our clients to stay connected." – **Judge Charles Auslander, Athens-Clarke County, GA**

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### Treatment



#### Examples from the field

"Our treatment providers are doing groups and individual counseling through Doxy.me telehealth and other video conferencing." – **Judge Charles Auslander, Athens-Clarke County, GA**

"Our treatment agency created virtual support groups for participants to attend to stay connected." – **Coordinator Rhett Reader, North Oakland County, MI**

"Our clinical team is utilizing Doxy.me, which is a telehealth video platform to have clinical sessions to support clients. Clients have online meetings and complete summaries of each meeting are submitted to probation officers." – **Coordinator Jason Sterwerf, 22<sup>nd</sup> Judicial Court, IL**

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## New and Updated COVID-19 Guidance and Resources



<https://www.samhsa.gov/coronavirus>



**\*DISCLAIMER:** The Support Line ("Line") is not licensed or unlicensed mental health care or treatment of any type regardless of what is discussed or who provides support. It is for emotional support purposes only.

Read more at: <https://dbhdd.georgia.gov/covid-19>



<https://dcs.georgia.gov/>



[New COVID-19 Tip Sheet for Children's Attorneys](#)



<http://www.dcor.state.ga.us/>



See [Tools for Courts](#) section for:

Guidance on Tolling Statutes of Limitation

Best Practices for Screening Visitors at the Entrance of a Courthouse

Georgia Department of Public Health Administrative Order and Isolation Protocol 3/23/20

Guidance on Tolling of Filing Deadlines

Memo to Courts from DDS

Zoom for Teleconferencing



[GEORGIA.GOV](http://GEORGIA.GOV)



[Georgia Department of Public Health](#)

**Additional Resource:** 1-866-PUB-HLTH (782-4584) <https://dph.georgia.gov/isolation-contact>

### Why Being Bored Can Be Hazardous to Your Health

*Scientists say this common experience plays a role in everything from drug addiction to academic failure*

By Carla Cantor

November 08, 2019

"Sartre called it the "leprosy of the soul." Kierkegaard saw it as the root of all evil. And, Schopenhauer went even further, citing boredom as proof of life's emptiness and lack of value."

**5. Chronic boredom is associated with impulsivity and risky behavior**, including careless driving, compulsive gambling, drug and alcohol abuse, reckless thrill-seeking and other self-destructive behaviors. [READ MORE](#)

### Boredom and Substance Abuse: A Dangerous Combination

By Jane St. Clair

Boredom and substance abuse are not a good mix. Boredom is one of the main reasons people start abusing drugs, and the top reason addicts give for relapsing.

People who are bored are more likely to experiment with and become addicted to illegal substances and alcohol. People in rehabilitation programs for substance abuse are more likely to remain addicted and relapse back into substance abuse if they are bored. This is true whether the abuser is an adult or a teenager. [READ MORE](#)

### How Boredom Can Lead to Addiction

There are many reasons why people start taking drugs or drinking alcohol, with peer pressure, curiosity, and stress relief as some of the most common. However, boredom is major fact in why some individuals try certain substances.

[READ MORE](#)

### Bored to Death: Chronically Bored People Exhibit Higher Risk-Taking Behavior

*An ill-understood emotion may play a role in everything from drug addiction to how satisfied we are with our lives*

By Anna Gosline on February 26, 2007

For most people, boredom is a passing, nearly trivial feeling that lifts as soon as your number is called, a task is completed or a lecture ends. But boredom has a darker side: Easily bored people are at higher risk for depression, anxiety, drug addiction, alcoholism, compulsive gambling, eating disorders, hostility, anger, poor social skills, bad grades and low work performance. [READ MORE](#)

### Boredom - a very real road to addiction

*"An Idle mind is the devil's playground".*

Carole Bennett M.A.

From Heartache to Hope

As the saying goes... "An idle mind is the devil's playground." Anyone with too much time on their hands may find themselves in hot, troubled waters. [READ MORE](#)



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## Virtual Resources

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The below Resources were found on Georgia Mental Health Consumer Network. Please visit their website for more great virtual ideas and resources!



<https://www.gmhcn.org/>

### Fun, Educational, and/or Just Nifty Things to Do Online

[Learn to Cook](#) with Julia Child (requires PBS or Amazon Prime Membership)

[Watch a Live Puppet Show](#) with Atlanta's Center for Puppetry Arts (Zoom)

[Livestream a Concert](#) from this diverse list (updated regularly by NPR)

[Watch a Broadway Show](#) from this Playbill compilation (from different subscription services)

[Watch Live Improv from Dad's Garage](#) an Atlanta staple of fun (can be adult-themed)

[Learn to Recognize \(or make!\) 50 bird sounds](#) because that might be helpful one day!

[Virtual Tour of the Super-Creepy Winchester House](#) is fascinating and filled with nuggets of history (through April 7)

[Virtual Tour of the Catacombs of Paris](#) (also creepy but in a different way)

[Bake Some Fancy Pastries](#) since all our bakeries are closed, now's a great time to learn

[The Beluga Webcam at the Georgia Aquarium](#) is a lovely and meditative experience

[The Panda Cam at the Atlanta Zoo](#) is less meditative, but it is nice to see someone who enjoys eating

[The National Museum of Natural History](#) has multiple virtual tours, so a little something for everyone

[The Virtual Tours of Yellowstone National Park](#) are awesome, but the whole [National Park website](#) is packed with cool stuff

[This List of 79 Comedians to Discover](#) is based on comedians we already like, and has links to where we can watch them

[The Metropolitan Opera](#) is streaming its performances for free

[10 Free Online College Art Courses](#) that you take at your own pace

[The New York Times](#) has created a new "At Home" section with interesting/fun things to do while we stay-at-home

[HBO](#) is offering free 500 hours of some excellent series (like "The Sopranos") with their #StayHomeBoxOffice campaign

[Nikon](#) is offering its online camera courses for free (normally \$50 each) through April

[PBS](#) is streaming the Ken Burns documentary "Baseball" online through April

There is tons of art online, most of it can be found at [Google Arts & Culture](#).

#### Some highlights:

[The Louvre](#) is online

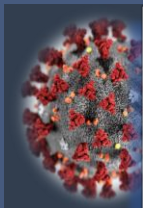
[The British Museum](#) has an incredibly nifty interactive history of art across the world

[The Metropolitan Museum of Art](#) is online (sort of)

[The Whitney](#) has an astonishing variety of performances and interviews online (also, art)

[Mauritshuis](#), home of "The Goldfinch" and "The Girl with a Pearl Earring" has its entire collection online in super-high definition

*Should your court develop any COVID-19 related procedures, protocols, or resources, please email them to Ms. Tara Zellous (Tara.Zellous@georgiacourts.gov). CACJ staff will work to make them available to all of Georgia's accountability court programs*



## Council of Accountability Court Judges

### Compilation of COVID-19 Updates and Resources

*Week of April 6 - April 10, 2020*

#### INSIDE

*Telehealth  
Updates*

*Virtual  
Groups and  
Meetings*

*Useful Tips  
and Tools*

*Inspiration*

*County and  
State  
Resources*

*CDC's Tips  
for Stress  
and Coping*

*Appendix*

#### *TIME SENSITIVE UPDATES*



Just a friendly reminder that the Q3 (January 1 - March 31) data reporting window opens today.

**Due to these unprecedented circumstances, we are extending the deadline to April 30th.**

Georgia accountability court programs receiving state grant funds must report data quarterly during the state fiscal year (July 1 – June 30). For circuits and counties with multiple programs, **a report must be completed for each certified and/or funded court.**

Please refer to the [Data Collection Manual](#) for questions, or email Rachel Gage at [rachel.gage@georgiacourts.gov](mailto:rachel.gage@georgiacourts.gov)

#### *THIS WEEK'S WEBINAR*

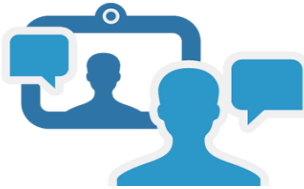


### **Register Now for Webinar 2: Treatment Courts and COVID-19 Follow-up**

On Monday, April 6, 2020 at 3:00 p.m. Eastern, NADCP and the [National Center for State Courts](#) will host the second webinar in this series. We received more than 200 questions during the first webinar; in the second, we will begin to respond to many of these questions to help provide practical insight and guidance.

**[CLICK HERE TO REGISTER](#)**

<https://www.gaaccountabilitycourts.org/>



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## TELEHEALTH UPDATES



### FAQs on Telehealth and HIPAA during the COVID-19 nationwide public health emergency

***What may constitute bad faith in the provision of telehealth by a covered health care provider, which would not be covered by the Notification of Enforcement Discretion regarding COVID-19 and remote telehealth communications?***

---

OCR would consider all facts and circumstances when determining whether a health care provider's use of telehealth services is provided in good faith and thereby covered by the Notice. Some examples of what OCR may consider a bad faith provision of telehealth services that is not covered by this Notice include:

- ☐ Conduct or furtherance of a criminal act, such as fraud, identity theft, and intentional invasion of privacy
- ☐ Further uses or disclosures of patient data transmitted during a telehealth communication that are prohibited by the HIPAA Privacy Rule (e.g., sale of the data, or use of the data for marketing without authorization)
- ☐ Violations of state licensing laws or professional ethical standards that result in disciplinary actions related to the treatment offered or provided via telehealth (i.e., based on documented findings of a health care licensing or professional ethics board); or
- ☐ Use of public-facing remote communication products, such as TikTok, Facebook Live, Twitch, or a chat room like Slack, which OCR has identified in the Notification as unacceptable forms of remote communication for telehealth because they are designed to be open to the public or allow wide or indiscriminate access to the communication. [Read more at link below](https://www.hhs.gov/sites/default/files/telehealth-faqs-508.pdf)

<https://www.hhs.gov/sites/default/files/telehealth-faqs-508.pdf>



**American Mental Health  
Counselors Association**

[AMHCA](https://www.amhca.org/)



[LPCA GA](https://www.lpcaga.org/)



## VIRTUAL GROUPS and MEETINGS

### FREE INTERNET



In partnership with Governor Brian Kemp and the state Coronavirus Task Force, the Georgia Department of Community Affairs has launched this webpage to provide information to Georgians and resources connect to high-speed internet.

[Georgia Broadband COVID-19 Update](#)

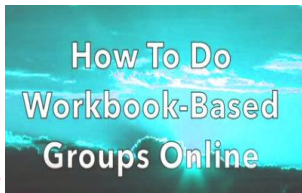
[https://broadband.georgia.gov/sites/default/files/v3\\_combined\\_list\\_pdf\\_format - reviewed 3 29 2020 v3.pdf](https://broadband.georgia.gov/sites/default/files/v3_combined_list_pdf_format_-_reviewed_3_29_2020_v3.pdf)

### VIRTUAL GROUP DELIVERY RECOMMENDATIONS

#### ❖ Prime Solutions



<https://www.primeforlife.org/announcements/coronavirus>



#### ❖ MRT

<https://www.ccimrt.com/covid-19-recommendations-and-helpful-resources/>

(See special letter to CACJ from curriculum developer regarding Special Group protocol in appendix)



#### ❖ T4C

[NIC Recommendations for T4C Groups - COVID-19](#)

#### ❖ CBI-SA (see special grant information in appendix)



## THE CONNECTION

CHECK OUT A MEETING OR TWO AT THE CONNECTION...

In response to the Coronavirus outbreak, meetings are online for the foreseeable future. See calendar for links to access meetings.

The CARES Warm Line is available for peer coaching daily until 11:00 PM; please call: **(844) 326-5400**.

<https://www.theconnectionforsyth.org/calendar>



**NAMI Georgia**  
National Alliance on Mental Illness

Virtual support groups are now available!

<https://namiga.org/virtual-support-groups-are-now-available/>



## USEFUL TIPS and TOOLS

### Sweat Patch Protocol

When a participant arrived, they were told to sanitize their hands, take their temperature and if that temperature was 99 or below they then put on a mask and the drug court team member patched the individual or removed the patch.

- ☐ The drug court team members wore coveralls, a mask, as well as latex gloves.
- ☐ We try and keep a distance of at least 6 feet right up until the time we must remove the patch.

We also performed this in an open-air sally port with an overhead exhaust fan running and we staggered the report times, so we had no more than two participants arrive at the same time.

**Jennifer S. Fabbri, JD**

Program Director  
COLQUITT SA/MH COURT  
LOWNDES COUNTY  
ACCOUNTABILITY COURT



*Should your court develop any COVID-19 related procedures, protocols, or resources, please email them to Ms. Tara Zellous (Tara.Zellous@georgiacourts.gov). CACJ staff will work to make them available to all of Georgia's accountability court programs.*

### Remote Monitoring Solutions for Today's Needs

We here at True Mobile Health have been working behind the scenes to be able to deploy our platform rapidly for organizations in immediate need of these services. We are currently work with Drug Courts and Diversion programs utilizing our vast platform. We have made some changes internally that can allow organizations the ability deploy the True Mobile Health solution much faster to meet the needs of seeing individuals remotely.

We are committed to providing your facility and/or staff with:

- Easy access to a user-friendly App for Staff and program participants
- Can be used on any smartphone
- Allows remote real-time GPS monitoring of participants
- Allows for Video and Audio Calls with no private phone numbers exchanged.
- At Home DNA Drug and Alcohol Testing with results in 48 hours for 100+ substances and synthetic urine
- Resource tab to provide prudent information
- Mass messaging capabilities
- Staff Training for fast deployment
- Staff can work from any smartphone or computer with a camera
- HIPAA Compliant Video and Audio Calls
- Workflow Development for Staff

Right now, is the time to do the right thing and support our communities with the tools that we have available. Below is our flyer with additional information on our Criminal Justice and At Home DNA Drug and Alcohol Testing programs.

**(flyer located in the Appendix)**

Thank you and please reach out directly if you need more information or we can help in any way.

**Allyson Morgan**  
**True Mobile Health**  
**Director of Operations**  
**Mobile 602-695-7392**  
[www.TrueMobileHealth.com](http://www.TrueMobileHealth.com)

## INSPIRATION

*The message ...is the very essence of our programs. All of the lyrics would be too long to include here, but pay special attention to this one verse: "You just call on me brother, when you need a hand, We all need somebody to lean on, I just might have a problem that you'll understand, We all need somebody to lean on".*

While it may be one of those things you actually had to experience to get the full impact, I hope this lifts you up as much as it did me.

We are conducting Adult Felony Drug Court and Family Treatment Court by video conferencing, and it is working well. I use 'speaker view' when talking to the individual participants. This way the person, with whom I am spending my special time with at that

moment; will pop up on the screen.

Once on the screen, however, they actually have to speak. In trying to get them to talk, I encourage them to say something or to at least hum.

I, finally, asked one of the guys in FADC to talk, hum or maybe sing. He responded, "I don't sing". Then I said, "Ok then; but if you did sing, what would you sing"? His response without hesitation was, "**Lean on me**". That lifted me up.

From someone in a population challenged to the max every day of their lives, much less in these times, the first thing he thought of was being there for others. What an inspiration!

But, as special as that moment was, I was moved almost to tears when I pulled up the lyrics to the song on the internet and read them. I saw that song for the first time from the perspective of someone with an addiction; and specifically, from the perspective of someone in an accountability court.

The message of that song is the very essence of our programs. All of the lyrics would be too long to include here, but pay special attention to this one verse: "You just call on me brother, when you need a hand, We all need somebody to lean on, I just might have a problem

that you'll understand, We all need somebody to lean on". While the song speaks most directly to the relationships between the participants themselves, there is a message in there for all of us.

On a lighter note, the next day in FTC, a similar thing happened. When I asked one of the moms, "If you did sing, what song would you sing"? With some hesitation she said, "**Don't stop believin'**". That also lifted me up. Then, I read the lyrics. While the lyrics of that song includes things like wine, cheap perfume, and a smile shared in the night; it may not be the best message for our population. However, the title of the song is inspiring.

*"...the message from the song Lean on Me and the title of the song Don't Stop Believing combine for a powerful statement. We can never stop believing in the people we are charged to serve; people who lean on one another and on us for their very survival. This is hard work, but it has its rewards, like being able to share these kinds of moments and to see inside those beautiful hearts. "*

The message from the song *Lean on Me* and the title of the song *Don't Stop Believing*; both combine for a powerful statement. We can never stop believing in the people we are charged to serve; people who lean on one another and on us for their very survival. This is hard work, but it has its rewards, like being able to share these kinds of moments and to see inside those beautiful hearts.

*Have a great day.*

**R. Michael Key**

**Judge, Troup County Juvenile Court**

Judge pro tem, Troup County Adult Felony Drug Court  
118 Ridley Avenue, LaGrange, Georgia 30240

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## COUNTY and STATE RESOURCES

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### County



# GeorgiaInfo



### Georgia County Websites

Visit the links below to view Georgia County COVID-19 updates (*not all county pages are active or have been updated*)

[http://georgiainfo-old.galileo.usg.edu/co\\_web.htm](http://georgiainfo-old.galileo.usg.edu/co_web.htm)

<https://fultoncountyga.gov/>

### State



[COVID - 19 Special Newsletter](#)



Judicial Council of Georgia  
Administrative Office of the Courts

<https://georgiacourts.gov/covid-19-preparedness/>



State Bar  
of Georgia

[https://www.gabar.org/covid-19\\_resources.cfm](https://www.gabar.org/covid-19_resources.cfm)



<https://gcca.wildapricot.org/Coronavirus/COVID-19>



## Coronavirus Disease (COVID-19)

# Stress and Coping

The outbreak of coronavirus disease 2019 (COVID-19) may be stressful for people. Fear and anxiety about a disease can be overwhelming and cause strong emotions in adults and children. Coping with stress will make you, the people you care about, and your community stronger.

**Everyone reacts differently to stressful situations.** How you respond to the outbreak can depend on your background, the things that make you different from other people, and the community you live in.

People who may respond more strongly to the stress of a crisis include

- Older people and people with chronic diseases who are at higher risk for COVID-19
- Children and teens
- People who are helping with the response to COVID-19, like doctors and other health care providers, or first responders
- People who have mental health conditions including problems with substance use

### **Stress during an infectious disease outbreak can include**

- Fear and worry about your own health and the health of your loved ones
- Changes in sleep or eating patterns
- Difficulty sleeping or concentrating
- Worsening of chronic health problems
- Increased use of alcohol, [tobacco](#), or [other drugs](#)

Need help? Know someone who does?

If you, or someone you care about, are feeling overwhelmed with emotions like sadness, depression, or anxiety, or feel like you want to harm yourself or others call:

- Call 911
- Visit the <https://www.samhsa.gov/disaster-preparedness>
- Or call 1-800-985-5990 and TTY 1-800-846-8517
- Or text TalkWithUs to 66746
- Visit the [National Domestic Violence Hotline](#) or call 1-800-799-7233 and TTY 1-800-787-3224

**People with preexisting mental health conditions should continue with their treatment and be aware of new or worsening symptoms. Additional information can be found at the Substance Abuse and Mental Health Services Administration website. (<https://www.samhsa.gov/disaster-preparedness>)**

Taking care of yourself, your friends, and your family can help you cope with stress. Helping others cope with their stress can also make your community stronger.

### **Things you can do to support yourself**

- Take breaks from watching, reading, or listening to news stories, including social media. Hearing about the pandemic repeatedly can be upsetting.
- Take care of your body. Take deep breaths, stretch, or meditate. [Try to eat healthy, well-balanced meals](#), [exercise regularly](#), [get plenty of sleep](#), and [avoid alcohol](#) and [drugs](#).
- Make time to unwind. Try to do some other activities you enjoy.
- Connect with others. Talk with people you trust about your concerns and how you are feeling.

**Call your healthcare provider if stress gets in the way of your daily activities for several days in a row.**

### **Reduce stress in yourself and others**

[Sharing the facts](#) about COVID-19 and understanding the actual risk to yourself and people you care about can make an outbreak less stressful.

When you share accurate information about COVID-19 you can help make people feel less stressed and allow you to connect with them.

Learn more about [taking care of your emotional health](#).

### **For parents**

Children and teens react, in part, on what they see from the adults around them. When parents and caregivers deal with the COVID-19 calmly and confidently, they can provide the best support for their children. Parents can be more reassuring to others around them, especially children, if they are better prepared.

**Not all children and teens respond to stress in the same way. Some common changes to watch for include**

- Excessive crying or irritation in younger children
- Returning to behaviors they have outgrown (for example, toileting accidents or bedwetting)
- Excessive worry or sadness
- Unhealthy eating or sleeping habits
- Irritability and “acting out” behaviors in teens
- Poor school performance or avoiding school
- Difficulty with attention and concentration
- Avoidance of activities enjoyed in the past
- Unexplained headaches or body pain
- Use of alcohol, tobacco, or other drugs



### There are many things you can do to support your child

- Take time to talk with your child or teen about the COVID-19 outbreak. Answer questions and [share facts](#) about COVID-19 in a way that your child or teen can understand.
- Reassure your child or teen that they are safe. Let them know it is ok if they feel upset. Share with them how you deal with your own stress so that they can learn how to cope from you.
- Limit your family's exposure to news coverage of the event, including social media. Children may misinterpret what they hear and can be frightened about something they do not understand.
- Try to keep up with regular routines. If schools are closed, create a schedule for learning activities and relaxing or fun activities.
- Be a role model. Take breaks, get plenty of sleep, exercise, and eat well. Connect with your friends and family members.

Learn more about [helping children cope](#).

### For responders

Responding to COVID-19 can take an emotional toll on you. There are things you can do to reduce secondary traumatic stress (STS) reactions:

- Acknowledge that STS can impact anyone helping families after a traumatic event.
- Learn the symptoms including physical (fatigue, illness) and mental (fear, withdrawal, guilt).
- Allow time for you and your family to recover from responding to the pandemic.
- Create a menu of personal self-care activities that you enjoy, such as spending time with friends and family, exercising, or reading a book.
- Take a break from media coverage of COVID-19.
- Ask for help if you feel overwhelmed or concerned that COVID-19 is affecting your ability to care for your family and patients as you did before the outbreak.

Learn more [tips for taking care of yourself](#) during emergency response.

### For people who have been released from quarantine

Being separated from others if a healthcare provider thinks you may have been exposed to COVID-19 can be stressful, even if you do not get sick. Everyone feels differently after coming out of quarantine. Some feelings include:

- Mixed emotions, including relief after quarantine
- Fear and worry about your own health and the health of your loved ones
- Stress from the experience of monitoring yourself or being monitored by others for signs and symptoms of COVID-19
- Sadness, anger, or frustration because friends or loved ones have unfounded fears of contracting the disease from contact with you, even though you have been determined not to be contagious
- Guilt about not being able to perform normal work or parenting duties during quarantine
- Other emotional or mental health changes

Children may also feel upset or have other strong emotions if they, or someone they know, has been released from quarantine. [You can help your child cope.](#)



[Reduce Stigma](#)



[Stop the Spread of Rumors](#)

## Resources

### For Everyone

- [Coping with a Disaster or Traumatic Event \(CDC\)](#)

### For Communities

- [Coping with stress during an infectious disease outbreak](#)
- [Taking Care of Your Behavioral Health during an Infectious Disease Outbreak](#)

### For Families and Children

- [Helping Children Cope with Emergencies \(CDC\)](#)
- [Coping After a Disaster](#) A Ready Wrigley activity book for children age 3-10

### For First Responders

- [Emergency Responders: Tips for taking care of yourself \(CDC\)](#)
- [Disaster Technical Assistance Center \(SAMHSA\)](#)



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## APPENDIX

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### MRT



**Correctional Counseling, Inc.**

2028 Exeter Road

Germantown, TN 38138

**Phone** (901)360-1564 **Fax** (901)757-1995

[info@ccimrt.com](mailto:info@ccimrt.com) [www.ccimrt.com](http://www.ccimrt.com)

3/27/20

#### Georgia Council of Accountability Court Judges

To Whom It May Concern:

In the state of Georgia, after further discussion with the publisher, Eaglewing Books, Inc. we suggest having the clients take a picture of the completed exercise and email, text or fax it to the facilitator. The facilitator will determine if the client passed or needs to redo the step material. The exercise must be completed before a picture is taken.

We appreciate the support of the MRT program in Georgia and believe this will insure the highest level of fidelity during the healthcare pandemic. Further questions can be directed to Dr. Ken Robinson at [ken@ccimrt.com](mailto:ken@ccimrt.com) or 901-230-3243. Thanks, we really appreciate all you do to help people change their life.

Sincerely,

**Dr. Kenneth Robinson**

PRESIDENT OF CORRECTIONAL COUNSELING, INC.



# Monthly Snapshot

~March 2020~

## Finding Funds: Tips for the 2020 Grant Season



Looking for ways to expand/enhance your program, but don't have the funds to make it happen? UCCI Research Coordinator, Dr. Jamie Newsome, shares her top five tips for applying for grant funding.

### **1. Start planning early.**

For many criminal justice agencies, federal grant proposals are written in the spring and summer. Before requests for proposals (RFPs) are released, it is a good idea to plan WHAT you'd like to pursue funding for and WHO on your team will need time to devote to that effort. PRO-TIP: Preparing frequently required documents ahead of time (e.g., resumes, capabilities and competencies) helps maximize efficiency when responding!

### **2. Identify your team.**

Developing a competitive proposal is a major undertaking that often requires the involvement of several people and, in some cases, multiple agencies. Avoid overcommitting your team to other tasks during grant season so they're free to work on proposals. Reach out to agencies you frequently partner with as early as possible to share your interests and ideas. Get any information as much info you might need include to include in your proposal early, such as pricing for training or services.

### **3. Find funding opportunities that fit your project.**

Looking for "funding that fits" your project is often much more effective than spending time reviewing RFPs and then developing a plan that will fit the funding you find. The former puts you in a more strategic position, and the latter sets you up to propose something that may not be realistic or feasible for your agency. Once you have a solid idea, the Bureau of Justice Assistance is a great place for criminal justice agencies to start looking for funds (<https://bjaoip.gov/funding/current>). Other government agencies and private foundations also support new initiatives. PRO-TIP: Submit proposals to any opportunities that might be a good fit – even if you have already proposed the same idea to another funding opportunity this year or in the past.

### **4. Be sure all parts of your proposal are clear, concise, and complete.**

Once you find an opportunity that is a good fit for your project, carefully review the solicitation instructions. Respond to all parts of the solicitation and plan the length of each section based on the scoring criteria. If a section is only worth 10% of the scoring,

it should not take up 5 pages of a 20-page proposal. The proposal narrative should also align clearly with other documents that are often required, such as timelines and budgets.

#### **5. Plan to submit your proposal early.**

Creating a competitive proposal package always takes longer than expected, and unexpected challenges arise frequently. It is best to set shorter, internal deadlines for smaller tasks along the way, and give yourself a final deadline a few days earlier than the one required by the funding agency.

*UCCI routinely partners with agencies to provide training, technical assistance, and evaluation services for grant-funded projects. If you are interested in partnering with UCCI for your grant proposal or project, please feel free to contact Dr. Newsome at [Jamie.Newsome@uc.edu](mailto:Jamie.Newsome@uc.edu) for more information.*

# UCCI:RESEARCH

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**Interact with us online!**







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**Our mailing address is:**

UC Corrections Institute  
PO Box 210389  
Cincinnati, OH 45221



## TMH Can Assist with Probation Initiatives

### RISK REDUCTION

Drive down risk factors related to criminogenic factors (i.e. access to support, isolation, lack of resources)

### POSITIVE BEHAVIOR CHANGE

Increased accountability and empowerment lead to better decisions and long term success

### COLLABORATION

Care and support network accessible to probationers to act as "change capital" for probationer success

## Turn-key solutions to support Criminal Justice Services



Diversion programs



Adult Probation



Juvenile Probation



Drug Courts



Prison transition /  
Reentry



Community  
Supervision

We can help address the Big 4: Criminogenic risk factors!

### **ANTISOCIAL BEHAVIOR :**

Related to upbringing and relationships. People do what they know!

### **ANTISOCIAL PERSONALITY :**

Maladaptive tendencies can be reduced through caring engagement. Increase empowerment to develop problem solving skills.

### **ANTISOCIAL COGNITIONS:**

Irrational thinking patterns and beliefs can be corrected through practice and reminders such as thought logs

### **ANTISOCIAL ASSOCIATES :**

Increase access to prosocial influences and those who care

Schedule your  
free demo today.



[truemobilehealth.com](http://truemobilehealth.com)  
[info@truemobilehealth.com](mailto:info@truemobilehealth.com)  
480-228-2622

# At Home DNA Drug & Alcohol Testing



No more lengthy wait times at a lab for your clients.

## Who Is the Ideal client?

Getting patients access to timely drug testing can be costly and lab hours/wait times can be deterrents. To ensure patients compliance with an ongoing treatment programs we have developed a solution to make it easier than ever. These are few examples of how our clients are successfully utilizing our tool.

## ➤ BENEFITS TO CLIENTS - FASTER. CONFIDENTIAL. PROVEN.



Patients that are remotely located and need ongoing support and testing. Provide services anywhere in the world on their schedule.



Ongoing drug relapse prevention is vital to patient outcomes to help facilitate a successful treatment plan. This tool helps to ensure that patients are staying on track with their sobriety.



Proven to be an effective tool in Diversion, Re-entry, Parole and Probation programs within Criminal Justice.

## ➤ TANGIBLE BENEFITS TO YOUR ORGANIZATION



**Secure and Valid**  
Encrypted results are DNA matched to confirm the patients sample and are available for your review within 72 hours of it being mailed.



**Verifiable Outcomes**  
Proactive tool in relapses and a tool to identify early detection of a relapse to intervene quickly for the patient. Increased outcomes and program compliance.



**Measure What Matter**  
Tests for over 100 different substances and with the high sensitivity can now provide results back 5-7 days on substances that are typically missed. Our comprehensive test catches fake urine samples and even designer drugs.

# Drug Testing Benefits

TrueMobileHealth

1



Tests for over 100+ drugs and alcohol. Including Designer Drugs, Benzodiazepines, Antidepressants and even nicotine.

2



Tests sensitivity can go back 5-7 days for drugs and alcohol.

3



DNA testing allows for sample match to initial cheek swab collections. Impossible to substitute an imposter sample.

4



Allows for remote patient monitoring with accurate and valid test results. Tests can be performed at home for client convenience, saves time driving, time waiting, and saves in person lab costs and fees.

5



Simple, HIPAA encrypted, and confidential testing that is 100% accurate.

6



At home kits are mailed directly to the patients home with a month supply based on the number of weekly tests you want to perform.

7



Screens include testing for synthetic urine and additives. Synthetic urine is a billion-dollar business, test will get flagged if detected.



Test. Measure. Know.

 [info@truemobilehealth.com](mailto:info@truemobilehealth.com)

 [truemobilehealth.com](http://truemobilehealth.com)

 480-228-2622

# **Council of Accountability Court Judges Compilation of Coronavirus Disease (COVID-19) Resources**

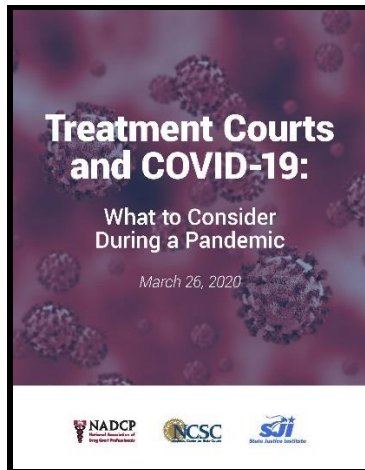
**March 30 - April 3, 2020**



Courtesy of the National Center for State Courts



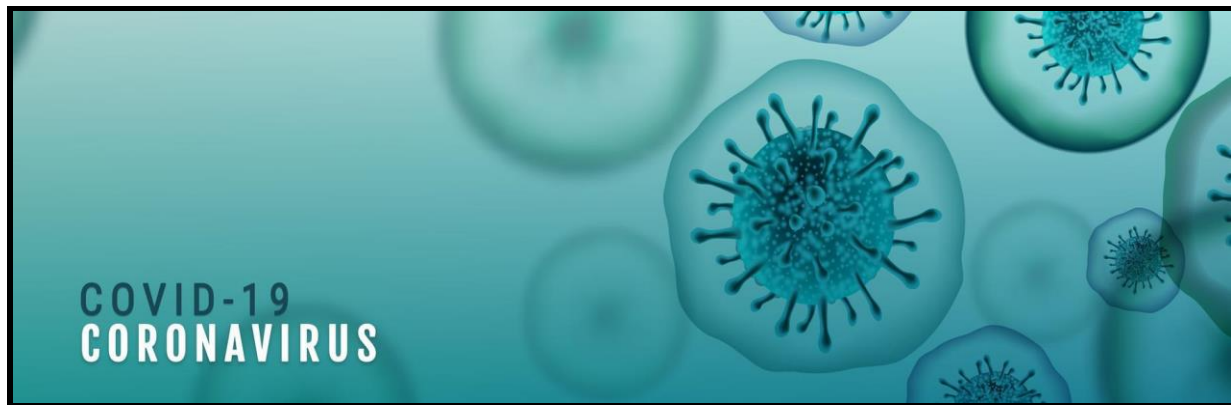
## Drug Courts



Webinar

PowerPoint

(<https://www.nadcp.org/covid-19-resources/>)



**COVID-19 - PROMOTING SUPPORT GROUP ATTENDANCE:**

(<https://www.asam.org/Quality-Science/covid-19-coronavirus/support-group>)



## Mental Health Courts



CONTINUING EDUCATION

**Free CE series on telepsychology**

(<https://www.apa.org/education/ce>)

**Mental Health Considerations during COVID-19 Outbreak**

([https://www.who.int/docs/default-source/coronaviruse/mental-health-considerations.pdf?sfvrsn=6d3578af\\_2](https://www.who.int/docs/default-source/coronaviruse/mental-health-considerations.pdf?sfvrsn=6d3578af_2))

## Veteran Courts



([https://www.publichealth.va.gov/n-coronavirus/?utm\\_source=Homepage&utm\\_campaign=Coronavirus](https://www.publichealth.va.gov/n-coronavirus/?utm_source=Homepage&utm_campaign=Coronavirus))



([HTTPS://MOBILE.VA.GOV/APPSTORE/ALL](https://mobile.va.gov/appstore/all))

## Family /Juvenile Treatment Courts

**Parent/Caregiver Guide to Helping Families Cope with the Coronavirus Disease 2019 (COVID-19)**

([https://www.nctsn.org/sites/default/files/resources/fact-sheet/outbreak\\_factsheet\\_1.pdf](https://www.nctsn.org/sites/default/files/resources/fact-sheet/outbreak_factsheet_1.pdf))

## National Resources

- World Health Organization (WHO): [Rolling Updates on Coronavirus Disease \(COVID-19\)](#)
- Center for Disease Control and Prevention (CDC): [Coronavirus \(COVID-19\)](#)
- National Institutes of Health (NIH): [Coronavirus \(COVID-19\)](#)
- Substance Abuse and Mental Health Services Administration (SAMHSA): [Tips for Social Distancing](#)

## Telehealth



(<https://www.healthline.com/health/best-telemedicine-iphone-android-apps>)

**U.S. Department of Health & Human Services (HHS):** [OCR Announces Notification of Enforcement Discretion for Telehealth Remote Communications During the COVID-19 Nationwide Public Health Emergency](#)

(<https://www.hhs.gov/about/news/2020/03/17/ocr-announces-notification-of-enforcement-discretion-for-telehealth-remote-communications-during-the-covid-19.html>)



<https://doxy.me/>



<https://vsee.com/>



<https://zoom.us/ent?zcid=3172>

## State Resources



Georgia Department of Public Health: <https://dph.georgia.gov/novelcoronavirus>



: <https://www.cdc.gov/>

### Watch for Symptoms

Reported illnesses have ranged from mild symptoms to severe illness and death for confirmed coronavirus disease 2019 (COVID-19) cases.

These symptoms may appear **2-14 days after exposure** (based on the incubation period of MERS-CoV viruses).



Fever



Cough



Shortness of breath

### When to Seek Medical Attention

If you develop **emergency warning signs** for COVID-19 get **medical attention immediately**.  
Emergency warning signs include\*:

- Trouble breathing
- Persistent pain or pressure in the chest
- New confusion or inability to arouse
- Bluish lips or face
- \*This list is not all inclusive. Please consult your medical provider for any other symptoms that are severe or concerning.



### How to Clean and Disinfect Surfaces

- If surfaces are dirty, they should be cleaned using a detergent or soap and water prior to disinfection.
- For disinfection, diluted household bleach solutions, alcohol solutions with at least 70% alcohol, and most common EPA-registered household disinfectants should be effective.
  - Diluted household bleach solutions can be used if appropriate for the surface. Follow manufacturer's instructions for application and proper ventilation. Check to ensure the product is not past its expiration date. Never mix household bleach with ammonia or any other cleanser. Unexpired household bleach will be effective against coronaviruses when properly diluted.
- Prepare a bleach solution by mixing:
  - 5 tablespoons (1/3<sup>rd</sup> cup) bleach per gallon of water or
  - 4 teaspoons bleach per quart of water
  - [Products with EPA-approved emerging viral pathogens claims](#)<sup>external icon</sup> are expected to be effective against COVID-19 based on data for harder to kill viruses. Follow the manufacturer's instructions for all cleaning and disinfection products (e.g., concentration, application method and contact time, etc.).
  - For soft (porous) surfaces such as carpeted floor, rugs, and drapes, remove visible contamination if present and clean with appropriate cleaners indicated for use on these surfaces. After cleaning:
    - If the items can be laundered, launder items in accordance with the manufacturer's instructions using the warmest appropriate water setting for the items and then dry items completely.
    - Otherwise, use products with the EPA-approved emerging viral pathogens claims (examples at [this link](#)<sup>pdf icon</sup><sup>external icon</sup>) that are suitable for porous surfaces

### Linens, Clothing, and Other Items That Go in the Laundry

- Do not shake dirty laundry; this minimize the possibility of dispersing virus through the air.
- Wash items as appropriate in accordance with the manufacturer's instructions. If possible, launder items using the warmest appropriate water setting for the items and dry items completely. Dirty laundry that has been in contact with an ill person can be washed with other people's items.
- Clean and disinfect hampers or other carts for transporting laundry according to guidance above for hard or soft surfaces

## Self-Care



***True not just for counselors***

### Self-care for the caregiver

POSTED OCTOBER 17, 2018, 10:30 AM

[Marlynn Wei, MD, JD](#)

Contributing Editor



Caregiving can be physically and emotionally exhausting. Whether you are in the profession of caregiving or taking care of a loved one, it is important to remember to recharge your batteries. For family members, caregiving can also lead to additional pressures, such as financial strain, family conflict, and social withdrawal. Over time, caregiver stress can lead to burnout, a condition marked by irritability, fatigue, problems with sleep, weight gain, feelings of helplessness or hopelessness, and social isolation.

Caregiver burnout is an example of how repeated exposure to stress harms mental and physical health. Chronic stress triggers a release of stress hormones in the body, which can lead to exhaustion, irritability, a weakened immune system, digestive distress, headaches, pains, and weight gain, especially in the midsection of the body.

Your body does have a natural way to combat stress. The counter-stress system is called the “relaxation response,” regulated by the parasympathetic nervous system. You can purposefully activate the relaxation response through mind-body practices like yoga, tai chi, meditation, and deep relaxation techniques.

### 5 ways to care for yourself if you are a caregiver

#### 1. Self-compassion is essential to self-care.

Being kind to yourself builds the foundation to self-care. Self-compassion means giving yourself credit for the tough, complex work of caregiving, stepping away from the self-critical, harsh inner voice, and allowing yourself time — even if it’s just a few minutes a day — to take care of yourself.

Lack of time or energy can make getting that time away particularly challenging. You may even feel guilty or selfish for paying attention to your own needs. What you need to know is this: *in fact, practicing self-care allows the caregiver to remain more balanced, focused, and effective, which helps everyone involved.*

#### 2. Practice simple breath awareness for 10 minutes a day.

One of the simplest deep relaxation techniques is breath awareness. We go over breath awareness, paced breathing, and other breath techniques in [The Harvard Medical School Guide to Yoga](#). Here is one you can try:

- Find a comfortable seated position on a chair or cushion.
- Close your eyes and begin to notice your breath.
- It is common to have distracting thoughts come and go, but just let them pass, and gently bring your attention back to your breath.
- Breathe in slowly through your nose for five counts, hold and pause for five counts,\* and exhale for five counts.
- Continue for 10 minutes. You may substitute phrases for the counts such as:

*I breathe in calm and relaxing energy.*

*I pause to let the quiet energy relax my body.*

*I breathe out and release any anxious or tense energy.*

- For deeper relaxation, gradually extend your exhalation, until you reach an exhalation twice the length of the inhalation (10 counts).

*\*Breathing exercises should not be painful or uncomfortable; if holding your breath is uncomfortable, just eliminate the pause between the inhalation and exhalation.*



### **3. Try a mind-body practice like yoga, tai chi, meditation, and deep relaxation techniques.**

Mind-body practices not only build physical health, but also deepen the awareness and connection between the mind and body. Yoga has been shown to reduce stress in caregiving groups, like family of those with [Alzheimer's disease](#) and [cancer](#). We describe yoga breathing, poses, and meditation techniques in *The Harvard Medical School Guide to Yoga*.

Mindfulness meditation and deep relaxation techniques can reduce stress. Guided audio meditations are available online:

- [UCLA Mindfulness Awareness Research Center](#)
- smartphone apps like Headspace, Meditation Oasis, or Insight Timer.

### **4. Make eating well and getting quality sleep priorities.**

It's easy to forget about your own meals and needs when trying to help others. Maintaining adequate sleep and nutrition are key to preventing caregiver burnout. Build a daily 10-minute nighttime routine to achieve more restful sleep. Your nighttime routine can include your breathing exercises, meditation, or [yoga poses](#). Missing meals can lead to irritability and fatigue, so it is important to eat regularly scheduled meals throughout the day.

Nutrition can also be an important factor to prevent burnout. Chronic stress has been linked to increased inflammation in the body, so it is helpful to avoid foods that are processed or high in refined sugars, which increase inflammation in the body. Avoid or reduce alcohol, since alcohol both increases inflammation in the body and disrupts quality of sleep.

### **5. Remain socially connected. Find support through local caregiver support groups.**

While it can be difficult to keep social appointments with friends and family in the face of medical caretaking, it is important to maintain social connections to feel less isolated and prevent burnout.

Realizing that you're not alone and that others are going through similar experiences nurtures your ability to be self-compassionate. Hospitals and local organizations often offer caregiver support groups for family and caregivers.

(<https://www.health.harvard.edu/blog/self-care-for-the-caregiver-2018101715003>)





# COUNCIL OF ACCOUNTABILITY COURT JUDGES OF GEORGIA

MARCH 2020

WWW.GAACCOUNTABILITYCOURTS.ORG

## COUNCIL OF ACCOUNTABILITY COURT JUDGES NEWS

### COVID-19 Special Edition

Memo from Chair of the Council of Accountability Court Judges:

Chief Judge Kathlene F. Gosselin  
*Executive Committee*  
*Chair Northeastern Judicial Circuit*

Taylor Jones  
*Executive Director*

TO: Accountability Courts

FROM: Council of Accountability Court Judges

RE: Statewide Judicial Emergency and Accountability Court Operations

DATE: March 17, 2020

Please allow this memorandum to serve as a follow-up to the March 13, 2020 memorandum released to accountability courts from the Council of Accountability Court Judges (CACJ).

On March 14, 2020, Chief Justice Melton issued an order calling for a Statewide Judicial Emergency due to COVID-19 until April 13, 2020. Additional information related to the Statewide Judicial Emergency can be found here: [https://www.gasupreme.us/court-information/court\\_corona\\_info/](https://www.gasupreme.us/court-information/court_corona_info/).

Pursuant to this order, Georgia's courts are able to continue essential functions necessary to protect the health, safety, and liberty of our state's citizens. Further, the order calls for non-essential functions of the court to be postponed and/or cancelled to prevent the infection of court employees and general public attending court. CACJ recognizes the need to prevent the spread of infection and encourages each accountability court to work locally to develop protocols and procedures to continue the essential functions of the program while taking into account stringent safety precautions. Courts may choose to use information found within the sites below when developing protocols and procedures.

- AOC COVID-19 Preparedness webpage: <https://georgiacourts.gov/covid-19-preparedness/>
- CDC COVID-19 Resource: <https://www.cdc.gov/coronavirus/2019-ncov/index.html>
- Georgia Department of Public Health: <https://dph.georgia.gov/novelcoronavirus>

While there is no clear roadmap for us in these times, this a very serious time. We have grouped the guidance below in two groups - guidelines and suggestions. Guidelines are akin to best practices that balance the safety of the community, including staff, participants and all who touch each of their lives, and the need to make sure our participants are taken care of and provided resources so as not to veer off their path to recovery/mental health. Suggestions are intended to be ideas collected

from around the state to help each program decide how best to address these issues. We will be adding to the suggestions as we get more in from each of you.

Jurisdictions with multiple accountability court programs should consider implementing uniform protocols and procedures while operating under the Statewide Judicial Emergency Order.

#### Guidelines

- Accountability court staff should work remotely when possible.
- Case management and individual treatment sessions should be conducted via phone and/or by other electronic means. All participant case management sessions, individual treatment sessions, and overall contacts should be documented in the court's case management system.
- Consider using telehealth options for participant treatment sessions. Please check with your treatment providers to learn about options for your court. Additionally, if in-person groups are conducted during this time, the court should reconfigure the room to allow for sufficient space between group session attendees, as well as keep the groups to a small size (maybe 10 or less, see CDC guidelines).
- Court sessions should include only those participants the team determines need contact with the judge. These sessions should be conducted with a small number of participants at a time with plenty of physical distance from one another. See suggestions below.
- Accountability court staff and/or participants that have a fever or symptoms should not participate in program activities. The court may consider requiring appropriate participant medical documentation of reported symptoms when possible.
- Accountability court staff and/or participants that have come into contact with someone with COVID-19 must self-quarantine.
- Any confirmed cases of COVID-19 should be reported to accountability court program leadership as soon as possible.
- Address the issue of drug testing lines. Reducing the number of tests, using a longer window of time to test, social distancing, use of gloves and other protective items are possibilities.

#### Suggestions

- Drug testing may occur during surveillance visits. Gloves and other protective items should be used by staff.
- The use of Google Voice numbers may allow staff to use their phones and contact participants.
- Staffing sessions may be conducted via phone conference.
- Courts may choose to suspend participant referrals and evaluations until the end of the Order.
- Courts may choose to postpone graduation ceremonies until the end of the Order.
- Courts may choose to only conduct court sessions for participants being sanctioned for new charges. Video conferencing may be used for lesser sanctions (community service, admonishment, etc.) or for those in the early phases of the program. Consider whether you really want someone performing community service at this time.
- Court programs should work to regularly sanitize accountability court facilities and workspace.
- Community support meetings may be completed via online offerings. A list is available from CACJ.
- Social distancing should be practiced during surveillance visits, when interacting with participants, and amongst accountability court staff.

Should any court have other suggestions related to accountability court operations during this time please contact CACJ staff. We will work to make the information available to all accountability courts. CACJ staff is available for questions and support. As new information is made available CACJ will provide additional updates as needed. Please do not hesitate to contact staff should you have any questions or concerns.

Please see the list below of online community support options for your court to use during this uncharted time.

<http://www.virtual-na.org>

<http://www.intherooms.com>

[http://www.aa.org/pages/en\\_US/online-intergroup](http://www.aa.org/pages/en_US/online-intergroup)

<https://www.12step.org/social/online-meetings/>

Special thanks to the Northeastern Circuit for pulling this list together!

Should your court develop any COVID-19 related procedures, protocols, or resources, please email them to Ms. Taylor Jones

([taylor.jones@georgiacourts.gov](mailto:taylor.jones@georgiacourts.gov)). CACJ staff will work to make them available to all of Georgia's accountability court programs.

**Let's work together and help each other during this time.**

### Director's Corner

CACJ is committed to providing support to the courts during this time. Please see a list of resources, updates, and information below.

- Attached is a sample COVID-19 policy (Appendix A). Special thanks to the Appalachian Circuit for sharing their policy! Should any other court have policies, procedures, or resources to share, please email Ms. Taylor Jones ([taylor.jones@georgiacourts.gov](mailto:taylor.jones@georgiacourts.gov)).
- This is a wonderful time for accountability court staff (salaried or contracted) to participate in some online training opportunities. Certificates of completion should be collected by the court.
  - National Drug Court Institute E-Learning - <https://www.ndci.org/resource/training/e-learning/>
  - Center of Court Innovation – Treatment Court Online - <http://treatmentcourts.org/>
  - Cultural Intelligence for Justice Professionals Webinar – planned for Tuesday, 3/24 - <https://justiceclearinghouse.com/webinar/cultural-intelligence-for-justice-professionals/>
- News and Information
  - National Institute of Drug Abuse article – COVID-19: Potential Implications of Individuals with Substance Use Disorders
    - <https://www.drugabuse.gov/about-nida/noras-blog/2020/03/covid-19-potential-implications-individuals-substance-use-disorders>

- U.S. Department of Health & Humans Services – COVID-19 and HIPPA – Important update from 3/17/20
  - <https://www.hhs.gov/hipaa/for-professionals/special-topics/emergency-preparedness/index.html>
- Telemedicine Platform – HIPPA compliant - <https://vsee.com/>
- Updates
  - As of this morning, CACJ/CJCC has received 62 funding applications for FY21. There are 163 certified and/or funded accountability courts in Georgia. Please do not wait until the final hour before the due date of *THIS* Friday, 3/20 to submit your application. The submission platform is subject to overload if there is too much traffic at one time. The grant application was released on Tuesday, 2/18.
  - CJCC will be in contact with courts in the coming days to discuss FY20 fourth quarter spending. Please be responsive to their email or phone call.

Please let CACJ staff know how we can be helpful to your court during this time.

Continue to wash your hands and stay healthy!

*Taylor Jones*

CACJ Executive Director

## APPENDIX A

### COVID-19 POLICY SAMPLE

#### CASE MANAGEMENT:

- Case manager (CM) sessions with participants will be held via phone (phone call, FaceTime, RingCentral app).
- Phases 1 & 2 will be required to check in at least 3x a week.
- Phases 3 & 4 will be required to check in at least 2x a week.
- Phase 5 will be required to check in at least 1x a week.
- Phases 1 & 2 will be on house arrest- other than going to work, attending meetings and attending court.
- All participants will have a 7pm curfew.
- Participants must let their CM know if they have any symptoms.
- If a participant is presenting symptoms, especially shortness of breath and/or fever, CM will encourage the participant to call their primary care doctor, urgent care or the ER. If they test negative for the flu but still have symptoms they will be treated as though they have COVID-19 and will be quarantined in their homes for 14 days. They will be required to notify their employer, family and friends in which they have had close contact in the last two weeks.

#### COMPLIANCE:

- Compliance will be increased, especially for lower phases.
- Compliance officers will not enter the participant's house unless absolutely necessary. They will observe the participant and document whether or not they appear to be under the influence of drugs and/or alcohol.
- House arrest for phases 1&2, all other phases will have a 7pm curfew (unless at work and/or a meeting.)

#### TREATMENT:

- Classes will be in an online format using the RingCentral app.
- If a participant does not have the equipment or ability to participate in online classes, they will be given a workbook with assignments which they will review with their treatment counselor over the phone.

#### EG/DEPOT (HOUSE) RESIDENTS:

- Participants shall go to work, doctor and/or therapist and once completed shall return immediately back to their house.
- No adult or children visitation allowed at the house. If residents are scheduled to visit with their children as approved by their case plan or the presiding Judge they may do so at another approved location. No visitation will be allowed if foster parents and/or family members showing any symptoms of COVID-19.
- Participants will not be allowed home passes until further notice or as ordered by the Judge.

- Each time a participant enters or leaves the house, he/she shall use hand sanitizer and have their temperature taken by the house manager. If any symptoms are apparent, the program coordinator and the Judge are to be immediately notified.

#### **DRUG SCREENS:**

- For the next two weeks, Case managers will directly notify the participant if they are to be tested on that day using a random method.
- Participants will be subject to random testing for the next 30 days with Phase 1 being tested more frequently.
- Participants in Phases 4 & 5 who have positive tests will be given greater sanctions.
- Staff shall wear gloves while testing
- Drug screens will be scheduled between 7:30am – 8:30am or as directed by staff.
- Staff who have children, pregnant, have health issues or live with elderly family members shall have the option to not assist with drug screening.

#### **JAIL:**

- Jail sanctions shall not be imposed unless absolutely necessary for the safety of the participant or the public.

#### **MEETINGS:**

- No mandatory community support meetings for 2 weeks.
- AFTER 2 weeks, participants must attend 2 APPROVED online meetings and turn in the mandatory report.

#### **THERAPY:**

- Will be held via phone.
- If the therapist and participant feel comfortable meeting in person they may do so.

#### **ORIENTATION:**

- Sessions will be suspended for next 30 days. The treatment provider/CM will review the manual and participant handbook individually with each new participant.

#### **CSW:**

- Each participant will be given additional time to complete sanction community service hours.

#### **COURT:**

- Participants will be reviewed in court, only if they have serious violations which must be addressed by the Judge. The Judge may also use the RingCentral app to conduct court reviews.



**GYM:**

- Case Managers will discourage participants from entering exercise gyms due to health concerns and the court will not pay membership fees as an incentive for any participant until further notice.