

## How to Be an Effective Support Person

Relationships and social networks are key to supporting recovery!

- **Communicating with Drug Court:** While we can't share specific information about your loved one with you without a signed Release of Information (ROI), we can always listen to your concerns and share general information about the program. Call 206-477-0788.
- **Help Support and Reinforce Program Requirements:** To better understand the Drug Court program, it may be helpful to read the [Participant Handbook](#), sit in on Orientation & Intake, or attend a court hearing or monthly graduation ceremony. Call 206-477-0788.
- **Home Environment:** Set up a safe space in your home that is free of drugs and alcohol.
- **Sober Activities:** Find some fun activities to do together that are drug and alcohol free. Drug Court's Resource Specialist and peers can share ideas and offer resources such as free zoo tickets.
- **Life-Saving Narcan (Naloxone):** Drug Court offers Narcan nasal spray (to reverse opioid overdose) to all participants. It is important for family members to know where Narcan is located and how to administer this important medication.

[Learn about naloxone | stopoverdose.org](http://stopoverdose.org)

[Watch a training video | stopoverdose.org](http://stopoverdose.org)

- **Develop Your Skills:** Borrow a book for families from our lending library. The library includes books on CRAFT (Community Reinforcement and Family Training), an approach that teaches strategies for healthy communication, family connection, and behavior change.

[Introduction to the Parent's Guide - The 20 Minute Guide](#)

[Introduction to the Partner's Guide - The 20 Minute Guide](#)

**If you have questions about the program or where to find support:**

Call the Drug Court office at 206-477-0788 or contact the Drug Court Treatment Manager at 206-477-0784 or [Tom.Essex@kingcounty.gov](mailto:Tom.Essex@kingcounty.gov).

## Do You Have a Family Member, Partner or Friend in Drug Court?



We invite you to:

- **Learn About King County Drug Diversion Court**
- **Take Care of Yourself**
- **Access Resources to Strengthen Your Relationship**
- **Be an Effective Support Person**



## Learn More About Drug Court

King County Drug Diversion Court (KCDDC) is different than other court experiences. Participants are able to try-out the program (including full access to resources) before making a decision about joining. We want to get to know each individual in our program and provide them with the most effective services to achieve their goals and move out of the criminal justice system.

We understand there are challenges, traumas and setbacks, and we know it can be hard for participants to believe in themselves. However, after seeing thousands of participants successfully complete the program, we believe your loved one can do this. In the beginning, the most important steps are: showing up, being honest and accepting support.

We offer a lot of support and free resources to help participants succeed: housing, transportation, cell phones, inpatient and outpatient treatment, case management, peer support, medication for opioid use disorder, and mental health counseling if needed.

Drug Court provides a daily structure and expectations that support recovery. Participants earn rewards to encourage positive life skills and are held accountable to program requirements. We know that recovery is a process and we employ patience and best practices to support people along the journey.

When participants graduate from drug court, the felony charges that brought them into the program are dismissed.

[KCDDC Website](#)

[Video About KCDDC](#)

[KCDDC Participant Handbook](#)

## Resources to Keep You Healthy & Strong

It is important to take care of yourself in order to be able to support someone else. There are many options available including support groups, self-help books, and individual counseling.

- **24-Hour Crisis Line:** 866-427-4747: [crisisconnections.org](http://crisisconnections.org)
- **Self Management & Recovery Training (SMART) Recovery Family & Friends Meetings:** [smartrecovery.org/family/](http://smartrecovery.org/family/)
- **Mental Health First Aid:** [mentalhealthfirstaid.org/](http://mentalhealthfirstaid.org/)
- **Al-anon / Alateen:** [seattle-al-anon.org/](http://seattle-al-anon.org/)
- **Nar-anon / Narateen:** [naranonpnw.org/](http://naranonpnw.org/)
- **Families Anonymous:** [familiesanonymous.org/](http://familiesanonymous.org/)
- **Co-Dependents Anonymous:** [coda.org/](http://coda.org/)
- **Not One More—Seattle/Tacoma:** [notonemoreseattle.org/](http://notonemoreseattle.org/)
- **Adult Children of Alcoholics:** [adultchildren.org/](http://adultchildren.org/)
- **NAMI (mental health focus):** [namiseattle.org/](http://namiseattle.org/)

Find a local therapist -

- **Good Therapy:** [goodtherapy.org](http://goodtherapy.org)
- **Psychology Today:** [psychologytoday.com/us/therapists](http://psychologytoday.com/us/therapists)
- **WA Counselors of Color Network:** [multiculturalcounselors.org](http://multiculturalcounselors.org)

## Resources For You & Your Family Member in Drug Court

### NEW SERVICE!

**Family or Couples Counseling:** Often with substance use disorders, boundaries and relationships can become strained. Drug Court is able to offer FREE family or couples counseling through Antioch University Clinic for you and your loved one in Drug Court to help you strengthen your relationship. **Ask your loved one in drug court for a referral from their case manager.**

**Family Support & Resources:** Peer Kent has a Family Navigator program to support the families of those struggling with substance use and mental health. Open daily: 216 W. Gowe St. Suite 300, Kent, WA 98032. Phone: 253-277-4942. Email: [info@peerkent.org](mailto:info@peerkent.org)