

## **Drug Testing and Relapse Procedures**

### ***How often?***

Students will be tested on a random basis this year, approximately 2-4 times/month. If the student is in active recurrence on his/her DOC, and per request of student/guardian this may be modified. The drug tests are unsupervised. The students take the urine cup into the bathroom and are not supervised by Northshore Recovery High staff.

### ***What type of tests are used?***

The urine cups are quick read cups. It enables us to determine whether a student is positive for several drugs within 5-10 minutes. The following drugs are detected from the new cups: amphetamines, opiates, benzodiazepines, methamphetamines, cocaine, THC, methadone, oxycontin, buprenorphine (suboxone), MDMA/Ecstasy, TCA (antidepressants), Barbiturates, Fentanyl. We also have dips for K2/Spice and alcohol. . These new cups will not give the levels of the drug in the student's system, however we are now able to dip for THC to determine level of use. If a student has THC in his or her system it will continue to be positive for up to 30 days after last use. If alcohol is suspected, staff may use a breathalyzer to determine whether a student may be using alcohol before or during the school day or during after school activities.

### ***What if my child has a positive test?***

Some students will test positive because they are prescribed certain medications. It is important to us to have an up to date account of the current medications prescribed. For positive tests from drugs not prescribed we do several things. We will meet with the student to assess their use and come up with a plan with the goal that aligns with their recovery plan. If deemed necessary, a discussion of treatment options ranging from community support, outpatient counseling, SOAP, IOP, PHP, and inpatient are discussed. These recommendations are discussed with a parent/guardian as well via phone or in-person.

### ***How do I find out about drug test results?***

We expect the student to inform parents/guardians within 24 hours of a positive test for THC. Tests that are positive for other substances will result in a conversation with the student to assess the need for immediate evaluation at the Emergency Room due to concerns for overdose or withdrawal. Parents/guardians will be called immediately with test results as outlined on his/her recovery plan.

***What do we do if we suspect something or know that our child has been using?*** Parents and guardians are critical in helping students adhere to recovery plans. It is important to hear from you if you have knowledge of your child's drug and alcohol use. The Northshore Recovery High School staff will speak to you about your concerns and come up with a plan with you and your child.

### ***What do I do if my child will not go to treatment?***

At NRHS we work with students to be honest about their use and their struggles to adhere to their recovery plans. We honor all pathways to recovery and understand each is on their own path and it takes time to reach and sustain recovery. Individualized plans are developed with students to help them improve their health and wellness and be successful in school. Developing a mutually acceptable plan for treatment if sobriety is not reached involves the student, parents/guardians, current treatment providers, probation officers, DCF workers, insurance companies, and the staff at NRHS.

***Can the tests at NRHS replace the tests for probation officers and treatment providers?*** No, we will work with probation officers and treatment providers but students should continue to test for them in addition to the tests at NRHS.

### ***What if the student refuses a drug test?***

Your student's case manager will contact you regarding a refusal to provide a screen. This will be done by end of the day of the refusal. If a student continues to refuse a drug test, the case manager will request a meeting with the family and any other collateral.