

CHEMICAL DEPENDENCY/MENTAL HEALTH DISPOSITION ALTERNATIVE (CMDA)

Chemical Dependency Mental Health Disposition Alternative (CMDA) is an Outpatient/Intensive Outpatient Treatment program alternative for juvenile offenders complying with guidelines outlined in RCW 13.40.165.

- For youth granted the opportunity to participate, this program provides Outpatient/Intensive Outpatient Treatment and supervision services in a specialized caseload consisting of substance-abusing teenagers.
- Whether a youth is involved in a suspended commitment or local sanctions disposition, the framework of the program involves treatment and lifestyle change to promote clean and sober living.
- An evaluation determines the level of treatment, which can include Outpatient/Intensive Outpatient Treatment or Intensive Inpatient Treatment. Youth are encouraged to participate in sober support meetings and obtain sponsors/mentors when available.
- Depending upon a youth's compliance and accountability towards the CMDA program criteria, he/she may successfully graduate, complete or face revocation from the program.
- Groups meet each Monday, Wednesday and Friday between 3:00 and 5:00 p.m. at Remann Hall and surrounding communities.
- Court for CMDA youth is held the first and third Fridays of each month at 9:00 a.m.
 - Youth are scheduled for court reviews every 30 to 90 days depending on how well they are doing in the CMDA Program. The reviews are held in open court and involve the treatment providers' reports to discuss progress and recommendations for continued services.

FREQUENTLY ASKED QUESTIONS

How does my child get into CMDA?

- A probation officer can refer youth to the CMDA treatment provider for substance abuse assessment during pre-trial or following a reoffense while on probation.
- You will be contacted by one of our counselors to schedule the assessment appointment.

- When the assessment is completed your child's eligibility for CMDA will be determined.
- Youth must be substance-abusing (moderate to severe) to enter CMDA Outpatient Treatment or Intensive Outpatient Treatment. The youth's case is then staffed with probation to determine if the CMDA program is appropriate for the youth and family. Considerations include:
 - Does the youth have parent or guardian support.
 - Is transportation a barrier?
 - Is there motivation from youth and/or family to participate?
 - Is substance use a primary risk factor and/or were drugs or use involved in committing the charged crime.
- At staffing the length of stay for the youth's participation is determined.
- The youth and family are informed about the staffing decision and prepared, by probation, to transition into the CMDA program.
- At sentencing the youth and family meet with a CMDA counselor who completes orientation and answers any questions they may have about the program.
- The judge will then sentence the youth to CMDA for a minimum of six months up to one year.

How much does treatment cost?

There is no charge to youth or families for CMDA Treatment; however, if your child is unable to maintain abstinence in the outpatient program, he/she will be referred to inpatient treatment. Inpatient treatment is not funded by the court and may be covered through your private insurance or DSHS medical coupons.

If a youth is in CMDA on a suspended commitment to Juvenile Rehabilitation Administration (JRA), inpatient treatment is funded and location for inpatient treatment is determined by JRA.

Why does my child have to change probation officers again?

- CMDA is a specialized program.
- Probation officers in CMDA have been trained to work with youth who have substance use issues.
- CMDA probation officers partner with a Chemical Dependency Professional to form a stronger support system for your child.

CONTACT US

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