



myCAMprogram: Protecting Yourself While Complying with Court-Ordered Alcohol Monitoring

An educational resource for individuals in pre-trial or post-trial criminal court-ordered alcohol monitoring programs

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Completion of the program does not guarantee compliance with monitoring requirements or success in legal proceedings. The content is based on current forensic science and best practices, but individual circumstances may vary. Participants are advised to consult with their legal counsel or supervising authority for guidance specific to their case.

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What is myCAMprogram?

If you've been ordered to wear an ankle monitor, install an ignition interlock, or use a handheld breath tester as part of your sentence or probation, you're not alone - and you're not powerless.

MyCAMprogram is an independent, science-based education program created by experts in alcohol testing and monitoring technologies. It is designed to help you understand how these devices work, how to avoid common problems, and what to do if something goes wrong.

This is not compliance training. It's a proactive way to protect yourself - and your future.

Why Take This Program?

- Avoid accidental violations. Get practical tips to manage daily life while under monitoring. Gain confidence and clarity during a stressful time.
- Learn how monitoring devices actually work, and how to respond to unexpected alerts.
- Understand how your body, environment, or medical condition may affect your results.
- Build a record that can support you in court, mediations or hearings.
- Protect yourself with less than 90 minutes of targeted education.

What's Included?

The course includes seven chapters, with focused lessons under each. It's easy to follow and takes most people under 90 minutes to complete. Both videos and simple-to-understand text lessons are used.

Private. Voluntary. Respectful. Affordable

- No court approval is required to enroll.
- We don't report to monitoring agencies; Your results and activities are kept *private*.
- Designed to support your success.
- Priced at just \$40 USD, the program offers expert guidance at a fraction of the cost of a court hearing or expert letter.

Created by Experts - Not a Device Manufacturer

This course was developed by a forensic professional with more than 30 years experience in alcohol monitoring technology. The goal is to provide real facts - not just instructions on how to push buttons, but how to avoid being penalized for something you didn't do.

Course Topics

1. Introduction to Alcohol Monitoring

- How monitoring works
- Why unexpected alerts happen
- What this course can (and cannot) do

2. Understanding Your Device

- Ankle monitors (TAC)
- Ignition interlocks
- Handheld fuel cell breath testers

3. How the Technology Works

- Fuel cell sensors and their limitations
- Transdermal alcohol detection
- Why small exposures matter

4. How to Use Your Device Properly

- Sampling tips and best practices
- Common mistakes and how to avoid them

5. Medical, Dietary & Environmental Risks

- Diabetes, fasting, and ketogenic diets
- Inhalers, reflux, and skin products
- Occupational exposures and chemical interference
- Medications that can create problems

6. Living with Monitoring

- Daily life and practical survival tips
- What to carry, how to clean up, and when to document
- When to retest or seek help

7. Your Personal Defense Plan

- Using logbooks, personal breathalyzers, or ketone meters
- How to build a record of compliance
- What to do if you get an unexpected reading

What You'll Get

- A certificate of completion you can share with your lawyer or the court
- A downloadable personalized logbook to help track your test results and exposures
- Access to hours of optional forensic resources to help protect yourself

Note

This program does not replace your official monitoring requirements. It does not provide legal or medical advice. It is an educational tool designed to help you understand your device, protect your results, and support your legal defense. It won't help you cheat the device. *You are still responsible to comply with your court-ordered conditions.*

Did You Know?

- *Even a single alcohol-based cleaning product—used near your skin or in a closed room - can trigger an alert on a transdermal monitor.*
- *Fuel cell breath testers can give false readings from substances like acetone or isopropanol, commonly found in people with diabetes or on ketogenic diets.*
- *If you receive an unexpected alert and don't retest or document it, it may be much harder to challenge later - even if you didn't drink.*

Case Studies

Do any of these actual case studies sound familiar?

1. Consider the case of a person who worked as a hairdresser while wearing a transdermal monitor. She received a violation notice after a day of exposure to alcohol-based hair products in a poorly ventilated salon. Her lawyer had little documentation, and the court rescinded her probation. Expert review later indicated that occupational exposure likely caused the false-positive result.

Had she enrolled in *myCAMprogram*, she would have been warned of this risk and instructed how to document her work environment. The violation and its consequences could likely have been avoided.

2. In another case, a person received a microfiber blanket, embroidered with the company logo, at her company's Christmas party. When she and her husband took the blanket out of the plastic package that evening, it was full of static cling. Unaware of the problem it would present, they sprayed the blanket down with a commercial static release spray. Not realizing that the compound "SDA" in the ingredients stood for "Specially Denatured Alcohol", the blanket was flooded with alcohol contaminate. Her TAC reading immediately shot from zero to 0.260 g/dL.

Again, this person's probation was rescinded, and she went back before the court. Her defense team had to point out to the court the impossibility of the immediate reading (she would have had to consume and fully absorb the equivalent of 13 *Standard Drinks*¹ in only 30 minutes).

Again, after spending time in jail, and money on legal counsel and an expert letter of opinion, she was released from closed custody. Had she been enrolled in *myCAMprogram*, she would have known of the hazards of environmental contamination. The violation and its consequences could likely have been avoided.

3. In another case, a person had a single reading of 0.031g/dL on her TAC device, yet the reading cleared to zero within 30 minutes. No other positive readings were reported, even though she had been wearing the TAC monitor for 6 *years* without any other reported instances of non-compliance. However, the court rescinded her probation and ordered her back to jail, where she remained for more than 6 months awaiting trial for the non-compliance violation.

Her TAC reading was probably from environmental contamination, but without an understanding of the nature of the contamination or documentation of the exposure, this was not a viable defense. However, her defense team was able to establish the physiological impossibility of the reported elimination rate, and she was found not guilty and released. Regardless, she spent 6 months in incarceration, and the family outlaid tens of thousands of dollars in legal and expert fees.

Had she been enrolled in *myCAMprogram*, she would have known of the hazards of environmental contamination. She would have kept a record of exposure. The violation and its consequences could likely have been avoided.

Enter myCAMprogram

MyCAMprogram was created in response to these challenges. It is a comprehensive, independently developed educational curriculum that equips participants to understand, manage, and protect themselves during alcohol monitoring. Unlike manufacturer-sponsored materials, which often focus on compliance and liability, this program emphasizes scientific literacy, real-world risk identification, and documentation strategies that support legal defense.

Participants learn how monitoring devices function, what factors interfere with accuracy, and how personal health, environment, and daily activities influence results. The curriculum covers fuel cell and transdermal sensor limitations, the impact of diabetes and ketogenic diets, inhaler contamination, gastrointestinal reflux, occupational exposures, and more.

¹ A *Standard Drink* is defined by toxicologists as: 12 ounces of beer at 5% Alcohol by Volume (ABV), 5 ounces of wine at 12% ABV, or 1.5 ounces of spirit liquor at 40% ABV.

Rather than requiring blanket completion, the program encourages participants to focus on modules relevant to their circumstances.

A central feature is its focus on documentation. Participants maintain a personal logbook, record secondary breath tests, and collect supporting evidence such as video recordings or ketone readings. These records corroborate abstinence claims, explain anomalies, and demonstrate conscientious compliance. Such documentation can be decisive in legal proceedings.

MyCAMprogram is confidential. It does not report to courts or monitoring agencies. Enrollment is voluntary and does not require court approval. Upon completion, participants receive a certificate that can be provided to counsel or introduced in court as evidence of proactive participation. The online program typically takes less than ninety minutes and offers flexible access.

Continuous alcohol monitoring programs can serve legitimate supervisory goals, but their effectiveness depends on informed use, accurate interpretation, and fair enforcement. When participants lack education, the risk of unjust outcomes rises. When legal professionals lack scientific insight, those outcomes are harder to challenge.

MyCAMprogram addresses these gaps. It empowers participants with knowledge, supports legal counsel with documentation and foresight, and assists courts in making accurate, equitable decisions.

For More Information



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