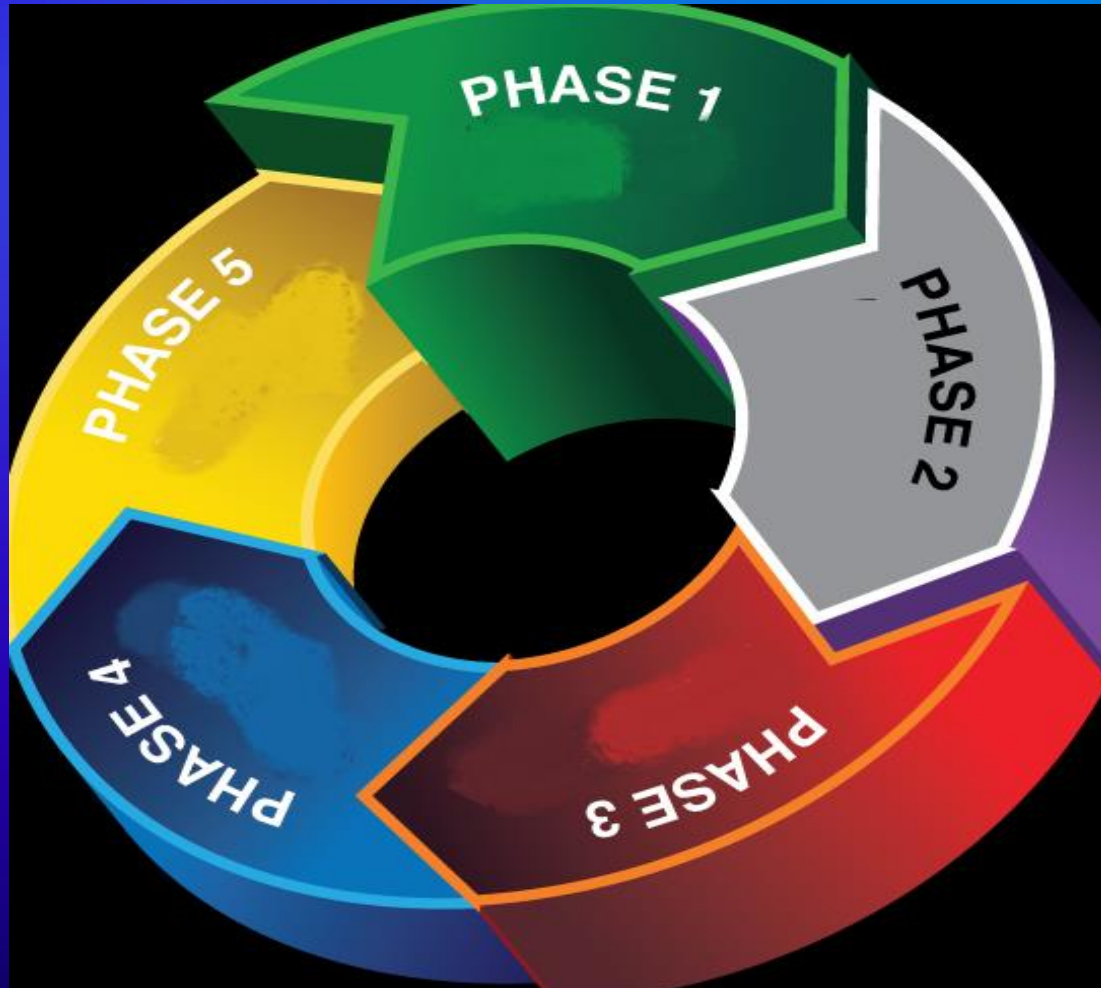




Developing Phased Treatment

By Hope Works
Counseling
presented by Mark
Panasiewicz

Why do phases in the first place.



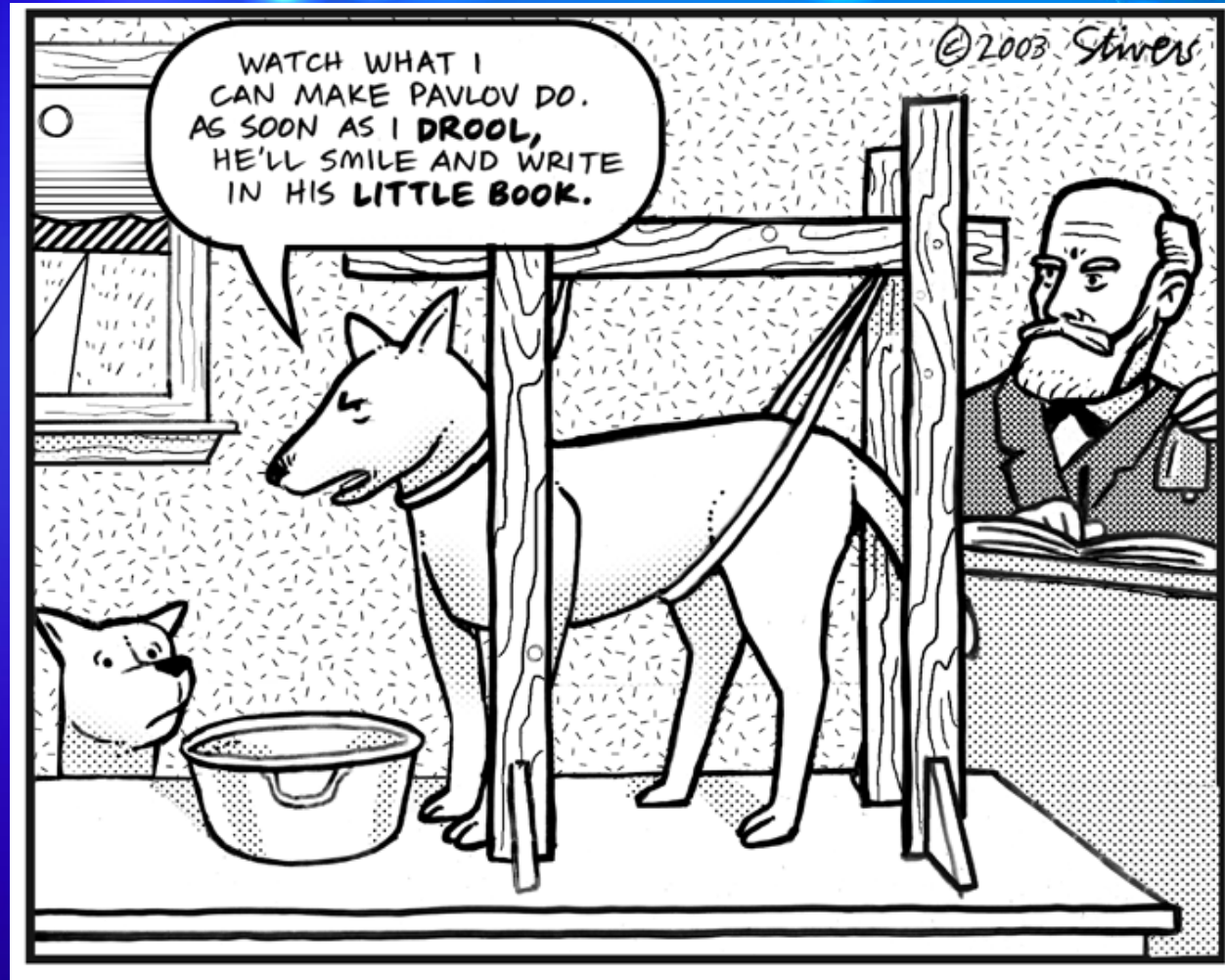
Psychology of Slots

Psychologists have long recognized that intermittent small rewards mixed in with occasional large ones can keep a player's attention riveted on an activity. For slots, these "rewards" include free games, scatter bonuses, nudges and "near misses"—situations in which the player believes he or she has "almost won."



Also, winning combinations that pay out less than the wager are used as another "reward" feature.

Not Pavlov's dogs



Operant Conditioning

Operant conditioning is distinguished from classical conditioning (or *respondent conditioning*) in that operant conditioning deals with reinforcement and punishment to change behavior.



How it works

Positive means a stimulus is delivered following a response

Negative means a stimulus is withdrawn following a response

Reinforcement is a consequence that causes a behavior to occur with greater frequency.

Punishment is a consequence that causes a behavior to occur with less frequency.

How it works

Positive reinforcement (Reinforcement): Occurs when a behavior (response) is followed by a stimulus that is appetitive or rewarding increasing the frequency of that behavior. This procedure is usually called simply *reinforcement*.

Negative reinforcement (Escape): Occurs when a behavior (response) is followed by the removal of an aversive stimulus, thereby increasing that behavior's frequency. Daily PBT's, office visits etc.

How it works

Positive punishment (Punishment) (also called "Punishment by contingent stimulation"): Occurs when a behavior (response) is followed by a stimulus, such as introducing more AA's, more PBTS, or Jail, resulting in a decrease in that behavior. This procedure is usually called simply *punishment*.

Negative punishment (Penalty) (also called "Punishment by contingent withdrawal"): Occurs when a behavior (response) is followed by the removal of a stimulus, privileges, phase movement.

Phases of Recovery

Pre-contemplation- The user is not considering change, is aware of few negative consequences, and is unlikely to take action soon



Phases of Recovery

Contemplations-The user is aware of some pros and cons of substance abuse but feels ambivalent about change. This user has not yet decided to commit to change.



Phases of Recovery

Preparation -This stage begins once the user has decided to change and begins to plan steps toward recovery



Phases of Recovery

Action- The user tries new behaviors, but these are not yet stable. This stage involves the first active steps toward change.



Phases of Recovery

Maintenance- The user establishes new behaviors on a long term basis



Your Drug Court Phases

Phase 1: Stabilization/Treatment Phase



Your Drug Court Phases

Phase 2: Early Recovery Decision Making/Healthy Living Phase



Your Drug Court Phases

Phase 3: Giving Back/Community Transition



Your Drug Court Phases

Phase 4: Exit Phase/Commencement



Sample Drug Court Phases

Phase 1: Stabilization/Treatment Phase (minimum Sixty (60) days)

- Follow after care treatment plan including out-patient services plan. Follow any reassessment recommendation provided by the treatment provider, including reentry into inpatient treatment if necessary. Must have an AA sponsor.
- Submit to any court ordered mental health and/or counseling or anger management assessments, and follow through with any recommendations.
- Attend Court Review Hearings twice a month.
- Drug Court Coordinator office visits twice a week.

Phase 1: Stabilization/Treatment Phase (minimum Sixty (60) days), cont.

- Home Visits - Random.
- Drug test at least twice a week in addition to random testing.
- Follow all previous Court Orders.
- Must attend Positive Peer Group twice a week on Monday's and Wednesday's.
- Participate in at least two (2) Support Network Meetings (AA,NA,CA, Smart Recovery) per week with signed verification of attendance.
- Thirty (30) consecutive clean days required to move to Phase 2.

Phase 2 Healthy Living Phase (Minimum Ninety (90) days)

- Attend Court Review Hearings twice a month.
- Participate in treatment plan.
- Drug Court Coordinator office visits once per week or as directed by the Team.
- Home Visits - Random.
- Drug tests once a week in addition to random testing.
- Follow all previous Court Orders.

Phase 2 Healthy Living Phase (Minimum Ninety (90) days), cont.

- Employment ready (resume, application preparation).
- Community Service.
- Participate in at least 3 Support Network Meetings (AA, NA, CA, Smart Recovery) per week with signed verification of attendance.
- Develop a Healthy Living Plan which includes aftercare, health/fitness plan, volunteer work, building supportive relationships, education and employment goals, housing goals, and family/relationship goals. Involvement in Cultural Events.
- Sixty (60) consecutive clean days required to move to Phase 3.

Phase 3 Giving Back (minimum Ninety (90) days)

- Attend Court Review Hearings twice a month.
- Participate in Treatment Plan.
- Drug Court Coordinator office visits tow times a month or as directed by the Team.
- Home Visits - Random.
- Drug Tests two times a month in addition to random testing.
- No new criminal involvement.
- Employment Ready (resume, application preparation).

Phase 3 Giving Back (minimum Ninety (90) days), cont.

- Educational/Vocational/GED.
- Community Service.
- Participate in at least 3 Support Network Meetings (AA, NA, CA, Smart Recovery) per week with signed verification of attendance.
- Develop Recovery Plan- Implement the Healthy Living Plan and submit a written narrative describing your lifestyle changes.
- Sixty (60) consecutive clean days required to move to Phase 4.

Phase 4 Exit Phase (Minimum One Hundred Twenty-Five (125) days)

- Attend Court Review Hearing once a month.
- Participate in Treatment plan.
- Drug Court Coordinator office visits- (1) once a month.
- Home Visits – Random
- Drug Tests (1) once a month plus random testing.
- Employment Ready (resume, interviewing skills).

Phase 4 Exit Phase (Minimum One Hundred Twenty-Five (125) days), cont.

- Educational/Vocational/GED.
- Community Service.
- Participate in at least 3 Support Network Meetings (AA, NA, CA, and Smart Recovery) per week with signed verification of attendance.
- Articulate Recovery/Healthy Living Plan.
- Ninety (90) consecutive clean days required to Graduate.

GILA River Indian Community Court

Four-Level Therapeutic Program

1. Level I - CHOICE - minimum of four (4) weeks to complete
2. Level II - CHALLENGE minimum of eight (8) weeks
3. Level III - CHANGE minimum of eight (8) weeks
4. Level IV - MAINTENANCE - minimum of six(6) weeks

Aftercare/Peer Mentoring - Juveniles are encouraged to maintain their sobriety by remaining active with their counseling sessions and offering peer mentorship.

Length of time to complete GRIC Juvenile Drug Court Program is approximately six (6) months, but could take as long as twelve (12) months, depending on each juveniles compliance and progress.



Level I – Choice

This Level encourages and supports your *choice* to work toward a drug free life and establish a foundation of abstinence. Minimum of four (4) weeks to complete.

Level I Goals

- Detoxification and abstinence
- Placement in community-based treatment
- Acquisition of entitlements/health care
- Evaluation for additional needs or service
- Identification of community supports
- Goal setting for social skills development
- Goal setting for education and life skills
- Improved interaction with family & friends

Requirements to advance

- Juvenile MUST successfully complete:
- Four (4) Review Hearings
 - Four (4) Coordinator contacts
 - Twelve (12) Probation Officer contacts
 - Eight (8) Drug/alcohol tests
 - Attend school/GED regularly
 - Eight (8) hours of Community Service
 - Eight (8) hours of Wellness activity
 - Eight (8) hours of counseling sessions
 - Complete Level I Promotion Packet



Level II – Challenge

This Level *challenges* participants to confront underlying issues surrounding their addiction and its impact on their life. It helps them rise to the *challenge* of recovery. Minimum of eight (8) weeks.

Level II Goals

- Continued abstinence and development of recovery tools
- Significant progress toward attaining treatment goals
- Continued and improved interaction with family and friends
- Participation and progress toward goal achievement in educational, vocational, and life skills plans
- Identification of additional needs/services
- Development of sound social skill practices and strategies

Requirements to advance

Juvenile MUST successfully complete:

- Eight (8) Review Hearings
- Eight (8) Coordinator contacts
- Sixteen (16) Probation Officer contacts
- Sixteen (16) drug and alcohol tests
- Attend school regularly
- Eight (8) hours of Community Service
- Eight (8) hours of Wellness activities
- Sixteen (16) hours of counseling
- Level II Graduation Packet



Level III – Change

This Level promotes continued *change* within you towards self-sufficiency, while reconnecting with the community at large. Minimum of eight (8) weeks.

Level III Goals

- Internalization of recovery tools
- Continued development of daily coping skills
- Stable educational and familial arrangements
- Preparation, in all respects, for continued drug-free living

Requirements to advance

- Juvenile MUST successfully complete:
- Eight (8) Review Hearings
- Eight (8) Coordinator contacts
- Sixteen (16) Probation Officer contacts
- Eight (8) Drug and alcohol tests
- Attend school regularly
- Eight (8) hours of Community Service
- Eight (8) hours of Wellness activities
- Eight (8) hours of Counseling sessions
- Complete Level III Promotion Packet



Level IV – Graduation/Maintaining Abstinence

This Level focuses on graduating from the GRIC Juvenile Drug Court, promoting and *maintaining* long-term abstinence, and becoming a responsible, productive member of the community. Minimum of six (6) weeks.

Goals for this Level

- Increase family & community support systems
- Engage in activities that build harmony, support, and unity among family and friends
- Gain confidence, expertise, and effectiveness in managing discipline issues
- Strengthen educational and life skills while exploring links to future careers and lifestyles
- Encouraged to continue counseling sessions
- Drug Court Staff will monitor juvenile for up to 3 months after graduation
- Graduates can serve as peer mentors

Requirements to advance

- Juvenile **MUST** successfully complete:
- Bi-weekly Review Hearings
- Bi-weekly Coordinator contacts
- Weekly Probation Officer contacts
- Bi-weekly random drug tests
- Attend school regularly
- **Four (4) hours of Community Service**
- **Four (4) hours of Wellness activities**
- Minimum of one (1) weekly counseling session (group/individual)
- **Complete Graduation Packet**



Little Traverse Bay Bands of Odawa Indians - Waabshki- Miigwan (White Feather Program)

Pre-Programming:

- Committee Group Interview
- Team Acceptance
- Possible In-Patient/Extensive Out-Patient Treatment before admittance

[www.ltbbodawa-
nsn.gov/Tribal%20Court/DrugCourt/DCIndex.html](http://www.ltbbodawa-nsn.gov/Tribal%20Court/DrugCourt/DCIndex.html)

Phase I (Yellow) (Spiritual) Honesty

- Learning Level:
Detoxification & Beginning Treatment
- Phase Graduation Requirements:
 - Clean Tests
 - Meeting Attendance Requirements
 - 25% Court Costs & Fines paid
 - Wellness Projects Complete
 - 8 Successful Weeks
 - Team Recommendation
- 4x/month Status Hearings
- Drug Test 2x/week minimum
- 1 hour/week physical activity
- Case Management & Supervision
- Individual Counseling 2x/week
- Self Help Meetings 4x/week
- Daily Morning Prayer/Meditation

Phase 2 (Red) (Emotional) Humility, Respect

- Accepting Level:
Stabilization & Treatment
- Phase Graduation
Requirements:
 - Clean Tests
 - Meeting Attendance
Requirements
 - 50% Court Costs & Fines
Paid
 - Wellness Projects Complete
 - 10 Successful Weeks
 - Team Recommendation
- 4x/month Status Hearings
- Drug Test 2x/week
minimum
- 1 hour/week physical
activity
- Case Management &
Supervision
- Individual Counseling
1X/week
- Self Help Meetings
3x/week
- Daily Morning
Prayer/Meditation

Phase 3 (Black) (Physical) Bravery, Love

- Willing Level: Maintenance & Treatment
- Phase Graduation Requirements:
 - Clean Tests
 - Meeting Attendance Requirements
 - 75% Court Costs & Fines Paid
 - Wellness Projects Complete
 - 12 Successful Weeks
 - Team Recommendation
- 2x/month Status Hearings
- Drug Test 1x/week minimum
- 1 hour/week physical activity
- Case Management & Supervision
- Individual Counseling as needed
- Self Help Meetings 3x/week
- Daily Morning Prayer/Meditation

Phase 4 (White) (Mental) Wisdom, Truth

- Succeeding Level: Aftercare
- Phase Graduation Requirements:
 - Clean Tests
 - Meeting Attendance Requirements
 - 100% Court Costs & Fines Paid
 - Wellness Projects Complete
 - 14 Successful Weeks
 - Team Recommendation
- 2x/month Status Hearings
- Drug Test Random
- 1 hour/week physical activity
- Case Management & Supervision
- Individual Counseling as needed
- Self Help Meetings 2x/week
- Daily Morning Prayer/Meditation
- Develop & Implement Aftercare Plan