

SEVENTH DISTRICT ADULT DRUG COURT, PHASE TWO REQUEST

Today's Date: ____/____/____.
 Name: { }
 Date of entry into drug court: ____/____/____.
 Counselor: { }
 Tracker: { }
 Probation Officer: { }
 Present phase: Phase One, start date of ____/____/____.
 Number of weeks/months you have been in drug court _____.
 Phase Two Start date: ____/____/____

Phase One length is 30 weeks or through incentives a minimum of 15 weeks. Number of weeks you have been in this phase: { }

ADVANCEMENT CRITERIA

	Targeted behaviors	Yes	No	Incentive Approval
1.	Recommended by therapist and/or counselor for advancement.			
2.	Recommended by Drug Court Trackers for advancement.			
3.	Current on drug court fees and other court ordered obligations.			
4.	Completed order in rolled in level two or level one treatment.			
5.	Attended individual therapy as recommended.			
6.	Ten consecutive weeks of negative drug tests.			
7.	Continued 40 hours a week of work – community service – self help.			
8.	Attended meetings and pro social events as required.			
9.	Enrolled in adult education or GED preparation course.			
10.	Obtained drug-free living environment.			
11.	Completed educational training as recommend.			

I have attained { } positive drug screens and or failure to produce since my acceptance into the court.

Sanctions I received in phase one were: { }

Incentives/number of days off program, I will be requesting at advancement will be: { }

Fine credit you have earned during this phase that you would like the court to consider granting credit for include the following dates/receipts: { }

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Additional incentives I would like the court to consider are: { }

FIVE AND FIVE ASSIGNMENT

List five reasons that make you eligible to advance in the Seventh District Adult Drug Court Program (SDADCP). Do not list requirements of the program as your five reasons! Take this opportunity to think about your personal progress and growth that exceeds above and beyond the basic requirements of the program.

Five reasons that make me eligible to advance are:

1. { }
2. { }
3. { }
4. { }
5. { }

List five things you have learned in treatment that support and make you eligible for advancement in SDADCP.

Five things I have learned in treatment:

1. { }
2. { }
3. { }
4. { }
5. { }

SCENARIO

Think of a scenario that has likelihood of occurring sometime in the future of your recovery. Describe an action taken that will assist you in preventing a possible relapse or other negative consequence in your recovery.

Scenario: { }

Action taken: { }

PERSONAL RECOVERY PLANNING

There are many ways to maintain a healthy lifestyle, free of self-defeating addictive behavior. Your recovery plan will be your creation, not exactly like anyone else's. It won't be a finished product when you're done, but it will give you a method to fall back on when things get difficult and confusing. You may have tried on one or more occasions to cut back or abstain from addictive behavior and discovered that some things work and some things do not. Please draw on that experience as you work through this exercise.

1. When you think about recovery, what do you want to accomplish? Beyond abstinence, some goals may include self respect and dignity, peace of mind, healthy relationships, improved health, career progress, and improved finances. Please list the three things most important to you?

- a. { }
- b. { }
- c. { }

2. For each goal, how would a return to your addiction affect your chances of success?

- a. { }
- b. { }
- c. { }

3. For each goal, what successful result will show that you've achieved that desired outcome?

- a. { }
- b. { }
- c. { }

4. For each goal, what specific warning signs will tell you if you're getting off track?

- a. { }
- b. { }
- c. { }

5. Success in staying in recovery has positive and negative parts: Finding *things to do* that help you remain abstinent, and finding *things not to do* because they may lead to relapse. Drawing on all you have learned and the experiences of others, please fill out the following:

A. Recovery activities

- 1. What individual and/or group treatment sessions will I attend each week? When and where? { }
- 2. What support group meeting(s) will I attend during the week? When and where? { }
- 3. When, where, and for how long will I meet with my sponsor each week? { }

B. Creating a daily structure and routine?

- 1. What things will I do as part of my routine each day, and when will I do them? { }
- 2. Each Week? { }
- 3. Each Month? { }

C. Basic self care. Living compulsively, we often neglect the basics (e.g., proper nutrition, health care, adequate rest, and exercise). Building these into your life will help you cope with stress. What can you do in each of these areas to take care of yourself?

- 1. Proper nutrition: { }
- 2. Medical care: { }
- 3. Rest: { }
- 4. Exercise/physical activity: { }

D. Relationships and support systems. Relationships with loved ones and friends can have a tremendous effect on recovery, either helping or hurting. You'll need to analyze past and current relationships and keep some, end some, and develop some new ones.

1. **Old relationships.** What relationships are likely to support your recovery, and what will you do to strengthen them? { } What relationships will probably undermine your efforts, and how will you end or distance them? { }

2. **New relationships.** Where can you meet people to start some new, healthy, supportive relationships, and how will you go about finding them? { }

3. **How you can get support from relationships.** Please list some people with whom you can talk when you feel troubled, confused, or discouraged, and write about how you will approach each of them to ask for this support:

- Name: { } How I will ask for support: { }
- Name: { } How I will ask for support: { }
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- Name: { } How I will ask for support: { }

E. Spirituality. Whether or not you're religious, recovery involves making changes in your values; people who include spiritual resources in recovery are usually more successful.

- 1. How will I address this component of my recovery?
- 2. What questions do I have about this, and whom can I ask for assistance?

F. **Work.** Your job can be a major source of satisfaction, self-esteem, security, and sometimes great stress. Recovering people are prone to workaholism and burnout, either because we want to make up for lost time or because we aren't used to moderation.

1. What will do to keep my work within healthy, moderate limits? { }
2. What will I do if something about my work is posing a risk to my recovery? { }
3. How do I plan on dealing with stress related to work? { }

G. **Legal issues.** Dealing with the legal consequences of addictions is important to be a responsible person, to reduce long term stress, and to gain self-respect. What am I doing to get any unfinished legal matters settled? { }

H. **Finances.** This is another part of life with great impact on self esteem and stress levels. Many newly recovering people are intimidated by financial problems when they get clean and sober, but with steady effort they can clear the difficulties up faster than expected.

1. What financial problems do I have and what am I doing to resolve them? { }
2. What is my long term plan for financial stability? { }

I. **Recreation.** Early recovery is a time to start having healthy fun with activities you have enjoyed in the past or with new activities to help you cope with stress and enjoy life.

1. What old healthy recreational activities will I take up again? { }
2. What new activities will I try and or am I interested in learning more about? { }
3. What steps will I take to incorporate this into my weekly schedule? { }

Other areas of life.

1. What other things do I see that I should focus on? { }
2. What is one step I can take today to make progress on one of these issues? { }

Crisis management. Your plan must include steps to handle crises. Please list things you'll do to handle an unexpected (or expected) crisis without relapsing into addictive behavior. { }

PHASE 1 ANALYSIS FOR ADVANCEMENT INTO PHASE 2

1. How do you feel (self-esteem, mentally, spiritually and physically) compared to pre-acceptance into Drug Court? { }
2. How well did you transition into the court from your old life style? { }
 - a. What aspects of the court were easy transitions and why? { }
 - b. What aspects of the court were difficult to transition into, why do you think they were difficult, and how could we change it to make it easier? { }
3. What aspects of the SDADCP helped you the most in this phase? { }
4. What aspects of the SDADCP did you not like and what do you feel had no influence in your recovery? { }
5. What incentives and sanctions help you the most and why? { }
6. What incentives and sanctions did not help you and why? { }
7. What do you feel we could add or do differently in the drug court to make it better? { }
8. How effective was the staff in informing you as to what was required, and how did they do in helping you make the requirements? { }

9. Did the staff make you feel like part of our team, and do you feel all staff members are caring towards your individual needs? { }

10. Was it difficult to communicate with any of the staff members over the phone, making appointments, and answering your questions? { }

11. Any other additional comments or ideas? { }

PHASE TWO

LENGTH: 30 week, a minimum of 15 weeks through earned incentives.

REQUIREMENTS:

1. Attend individual counseling as recommended.
2. Attend group treatment as recommended.
3. Attend educational training as recommended.
4. Be current with drug court fees and other court ordered obligations.
5. Attend SDADCP bi-weekly.
6. Check in with trackers weekly.
7. Submit to random urinalysis test each week.
8. Adhere to curfew of 9 PM or 2100.
9. Attain at least 40 hours a week of work and/or community service, or attend full-time education.
10. Obtain GED or diploma.
11. Attend three meetings or prosocial activities per week.
12. Maintain drug-free living arrangement.