

**SEVENTH DISTRICT ADULT DRUG COURT PHASE 5 REQUEST**

Date: { }  
 Name: { }  
 Date of entry into drug court: { }  
 Counselor: { }  
 Tracker: { }  
 Probation Officer: { }  
 Present phase: Phase 4, start date of { }  
 Project phase 5 start date: { }  
 Length of time in drug court, weeks/month: { }

Phase five 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 test.			
7.	Continued 40 hours a week of work, community service.			
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 have earned in phase 4: { }

**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: { }**

## 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: {            }

## A DIFFERENT APPROACH

Impulsivity means having difficulty resisting urges or delaying behavior. Some people think of it as being impatient or not thinking things through. Acting impulsively can cause social, legal, academic, relationship, work-related, and other types of problems. It can lead to physical fights, addictive behavior, and alienation from others. Acting and reacting less impulsively is a skill that can be learned and used to avoid these painful consequences and to get the outcomes you desire. Acting less impulsively involves two components: First, it requires being able to observe your own behavior. Second, it involves developing self management skills. This exercise will help you work through the steps of self observation and find ways to get what you want without the painful consequences that often accompany acting without thinking first.

1. Choose a situation, recently or sometime ago, in which you acted impulsively. You may want to select an event related to your diction, since this is often connected with acting impulsively.

Describe that event in the following format:

- A. What happened first? {    }
- B. Then what? {            }
- C. What next? {            }
- D. Next, and so on to its conclusion? {    }

2. Now assess your motivation for your behavior by asking yourself, "What did I want to have happen? What was the purpose of this behavior?" {            }

3. Third, finished analyzing the consequences by asking yourself, "What were the outcomes or results of this behavior? And or they what I wanted to happen?" {            }

4. Assess alternatives. Ask yourself "What else could I have done to get what I wanted? "List as many other options as you can think of. {    }

5. Last, pick one alternative and identify five actions you will take to practice this alternative. {  
}

Be sure to bring this worksheet back to your next therapy session, and be prepared to discuss any questions you may have and to talk over your thoughts and feelings about this activity.

#### **PHASE 4 ANALYSIS FOR ADVANCEMENT INTO PHASE 5**

1. How was this phase different for you? {    }

2. How do you feel now (self-esteem, mentally, spiritually and physically) compared to your defenseman in Phase 2? {    }

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? {    }



1.	Recommended by drug court team for advancement.			
2.	Current on drug court fees and other court ordered ons.			
3.	Attended individual therapy and exit session with st.			
4.	Attended court monthly.			
5.	Checked in with Trackers monthly.			
6.	Six months of consecutive weeks of negative drug			
7.	Attend meetings and pro social events as required.			
8.	Completed community service project.			

**Incentives I will be requesting at commencement will be:** { }

**The total fine credit you earned during your participation in drug court amounts to:** { }

## **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 gross 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: { }

What have you learned while you have been in SDADCP? { }

How has SDADCP helped you? { }

What are your plans for the future? { }

What are your plans to maintain your recovery? { }

## RELAPSE PREVENTION PLAN

Relapse is common for alcoholics and addicts. We do not have to relapse. Preventing relapse requires an awareness of our own denial process and the willingness to do something about it. We need to be vigilant about exposing our denial to ourselves and others. You have the information within yourself that tells you the circumstances which can set you up for relapse. Answer the following questions honestly to increase your benefit.

Who are the five people you are most likely to use with?

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

What places put you at risk of using?

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

What thoughts/feelings/behaviors put you at risk for using?

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

What Situations put you at risk for using?

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

Who can you call on in your support system?

1. Name: { } Phone#: { }
2. Name: { } Phone#: { }
3. Name: { } Phone#: { }
4. Name: { } Phone#: { }
5. Name: { } Phone#: { }

What are some other solutions that you can try when triggered? How do they help prevent relapse?

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

What will be the top three consequences if you relapse?

1. { }
2. { }
3. { }

### **WARNING SIGNS**

Relapse warning signs are usually problems that start to occur that can take a person stable in recovery down the road to potential relapse. It is important to be aware of personal relapse warning signs in an effort to stay on track and prevent relapse. Identify your relapse warning signs. Look at your feelings, thoughts, behaviors, and decide what you will do about it.

#### **EXAMPLE:**

Warning sign: Hanging around using environments.

Thoughts: I miss my friends.

Feelings: I feel bored and lonely.

Behavior: I go to a party at the bar. I had a coke.

Recovery Action:

- a. Call my sponsor and talk to him/her about it.
- b. Go to treatment/meeting and talk about it.
- c. Make plans with a clean/sober friend.

Warning sign: Hanging around using environments.

Thoughts: { }

Feelings: { }

Behavior: { }

Recovery Action:

- a. { }

- b. { }
- c. { }

Phase Five analyses for Drug Court completion.

1. How smooth did this phase transition you from frequent and constant monitoring to increased freedom over personal choices? { }
2. Are there any aspects of the phase we could change to make the transition easier? { }
3. Do you think that phase five helped you in your recovery compared to the scenario of there being no phase five and all drug court services and requirements being dropped suddenly? { }
4. How do you feel now (self-esteem, mentally, spiritually and physically) compared to how your advancement into phase five? { }
5. What aspects of the drug court help you the most in this phase? { }
6. What aspects of the drug court did you not like and what do you feel had no influence in your recovery in this phase? { }
7. What do you feel we could add or do different in the drug court to make it better? { }
8. If you could change one thing about phase five to custom tailor this phase to your needs what would the change be? { }
9. How do you feel compared to your acceptance into drug court? { }
10. What is the greatest tool in recovery you have learned in drug court? { }
11. Would you be willing to participate in and alumni group? { }
12. Would you be willing to speak to court members after your commencement? { }
13. Any other additional comments or ideas? { }