

SEVENTH DISTRICT ADULT DRUG COURT COMMENCEMENT PACKET

Date: { }
 Name: { }
 Date of entry into drug court: { }
 Counselor: { }
 Tracker: { }
 Probation Officer: { }
 Present phase: Phase 5, start date { }
 Project commencement date: { }
 The total number of months/weeks/days you spent in drug court { }

COMMENCEMENT CRITERIA

	Targeted behaviors	Yes	No	Incentive Approval
1.	Recommended by drug court team for advancement.			
2.	Current on drug court fees and other court ordered obligations.			
3.	Attended individual therapy and exit session with therapist.			
4.	Attended court monthly.			
5.	Checked in with Trackers monthly.			
6.	Six months of consecutive weeks of negative drug tests.			
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 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: { }

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 an alumni group? { }
12. Would you be willing to speak to court members after your commencement? { }
13. Any other additional comments or ideas? { }