

SEVENTH DISTRICT ADULT FELONY DRUG COURT PHASE 3 REQUEST

Date: { }
 Name: { }
 Date of entry into drug court: { }
 Counselor: { }
 Tracker: { }
 Probation Officer: { }
 Present phase: Phase 2, start date of { }
 Projected phase 3 advancement date: { }
 Number of weeks/months you have been in drug court: { }

Phase two 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 2: { }

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: { }

BALANCING RECOVERY, FAMILY, AND WORK

One of the most important parts of recovery is balance in our lives. Three of the most important parts of our lives are (1) recovery activities, (2) family life, and (3) work life. We may find them in conflict, and by trying to do all we feel we should in one area we may neglect the others. This may make balance hard to achieve. Why is balance so difficult? Well, one key characteristic of an addictive lifestyle is lack of balance. In other words, in anything we do, we tend to either go overboard or fail to do enough.

1. What are some ways in which you went overboard and did too much in your life before you began your recovery? { }

2. What are some aspects of your life that you neglected before recovery doing too little? { }

3. We often go to extremes in recovery programs too, especially in early sobriety. If you have seen this in your life, what tells you you're going overboard? { }

4. Since we may have neglected our families, we may go overboard with them too. This can cause problems they've gotten used to getting along without much help from us, and now we feel they are shutting us out. On the other hand, our families may feel we continue to neglect them to spend time with our newfound friends and activities in recovery. There may be some truth to this, as some of us get so absorbed in rebuilding our lives at

work and in our recovery programs that we still have trouble finding time for our families. If things have gone either way with your family life, please describe how it's out of balance. { }

5. With work, too, it's easy to get carried away. We want to repair our reputations, and we may also fall into workaholism, a pattern in which we lose ourselves in work the way we used to lose ourselves in drinking, drugging, or other addictions, as a way to numb ourselves. If this happens, we may find we feel we need to put so much into work we resent the demands of both our families and our recovery programs. If you see signs of workaholism in your life, what has happened to make you suspect you are working too much? { }

6. Our families are among those who know us best, but they may be too emotionally involved to see clearly how we are doing. The more they understand about what we are doing, the more helpful their feedback will be and the more likely they are to be supportive. How well does your family understand your addiction and your recovery? What parts don't they understand? { }

7. How could they be more helpful to you if they understood more about what you were doing? { }

8. We may see that our family members could benefit from a support group such as Al-Anon or Ala-Teen. However, they might feel they've been doing a better job of dealing with life than we have, and resent us to tell them what they need to do. Often, our families stay angry or mistrustful of us for a long time after we begin recovery, and they may be skeptical about any aspect of that recovery including 12 Step groups. It's best not to be pushy. Here are ways many people have help family and friends understand their recovery programs.

- A. Ask them to come to meetings with you and explain that you need their help to recover.
- B. Introduce them to friends from the program, especially your sponsor.
- C. Take them to program social functions.
- D. Leave program literature where they can find it and read it.
- E. Tell them about meetings.
- F. Introduce them to family members of other members of the program.

If for a while they don't seem to understand, believe, or appreciate the change in you, be patient. List here some people who might be able to help you in helping your family and friends to understand your 12 Step program. { }

9. Regarding work, this may be easier than you think. Most people with addictions are excellent workers when they are clean and sober, and often find they expect more of themselves than anyone else would ask of them. The chances are that your supervisor already knows about your problem, or at least knows you had some serious problem affecting your work. If you explain what you are doing now to overcome the problem, your supervisor may be supportive, and you might not have to push as hard as you think to regain your good standing on the job, as long as you follow through. List some people Who can help you prepare to talk with your supervisor about your recovery and what you need to do to take care of yourself. { }

Remember, even people who aren't newly recovering from addiction have trouble balancing work, family, and self-care in today's world. The fact that you're having difficulty with this doesn't mean you're doing it wrong, it just means that you're human.

Be sure to bring this handout back to your next therapy session, and be prepared to talk about your thoughts and feelings about the exercise.

DRUG/ALCOHOL AND FINANCES ASSIGNMENT

1. List all of the drugs you have abused (illegal, prescriptions, over the counter, alcohol, etc.) { }
2. Which is/are your drug(s) of choice? (choose up to three) { }

3. At what age did you become addicted to your drug(s) of choice? { }
4. How much of this drug(s) do you need to achieve the feeling you want? { }
5. What is/are the cost of this/these drug(s) on the street? { }
6. How much does it cost you to get high? { }
7. How often did you get high before entering SDADCP? (Per day or week) { }
8. Write down the total number of years you have used any substance. { }
9. Write down how often you got high during this time period (e.g. once per week, every day, etc.) { }
10. Estimate the cost of your total lifetime of drug usage. { }

PHASE 2 ANALYSIS FOR ADVANCEMENT INTO PHASE 3

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? { }
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 3

LENGTH: Minimum 15 weeks.

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 10 PM or 2200.
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.