

Phase 1 Completion Project:

Write a brief life history and goals for the program and read to the court.

What activities did you engage in that led to your being offered a court program?

What progress have you made since entering Accountability Court? (This may be general progress such as feeling better, improved relationships, etc.)

What goals have you set and met while you've been in Phase 1? (These are more specific goals set since entering the program and your progress toward those goals. It may be smaller steps you have accomplished even if you haven't completed the entire goal yet.)

What coping skills have you learned and how are you using them? (Participant to provide examples of real-life situations where he/she has used skills.)

Why should you be allowed to phase up?

Phase 2 Project:

ORIGINAL: Phase 2: Write a goodbye letter to old patterns of behavior and read to the court.

NEW: Goodbye letter + Hello letter to Recovery/Wellness.

Part I: Goodbye letter to my drug of choice or unstable mental health symptoms (like anxiety, depression, etc.)

Write a letter expressing your intentions to break up the relationship with your drugs of choice and unstable/untreated mental health symptoms. Remember to tell "John/Jane" (or whoever you name it) why you are doing this and what he/she has caused in your life. (What have you lost, who you have hurt, the devastation it has caused etc...)

Part II: Hello to Recovery

State what you are going to do with your life now. What does and will recovery look like for you, now and after the program (recovery from drugs and alcohol, as well as mental health symptoms). Address what you have learned thus far and how it will be incorporated into your life, decision making, goal setting, and habits. Discuss your recovery community, how you will make connections to people in recovery, and your progress finding a recovery support group (or behavioral health support group) so far.

Phase 3 Project:

Make a visual presentation of coping skills, triggers, and goals and present in court.

Visual Journey from when you entered Accountability Court to where you are now.

3-4 minute presentation of a **Visual Journey and your Relapse Prevention Plan** to move into phase 4. The presentation will include some sort of visual depiction of how your recovery has worked from the Getting Started Phase. Every participant's journey is different, so your project will be different. Give yourself time to work on this. Don't try to get it done in one night.

In order to prepare for this project, think about your recovery as you've gone through it. As yourself these questions and write down your answers:

1. Have things interrupted your recovery (Barriers?)
2. Have things made it more difficult? (Barriers?)
3. Have you figured out what has caused unhealthy thoughts, feelings & behaviors, (triggers?)
4. Have other things happened during that time that have been stressful?

Now, ask yourself the next set of questions:

1. Did you engage in unhealthy activities to get through #1-4 above?
 - a. If so, what were they?
 - b. Did they work?
 - c. What did you learn?
2. Did you engage in healthy activities?
 - a. If so, what were they?
 - b. Did they work?
 - c. What did you learn?

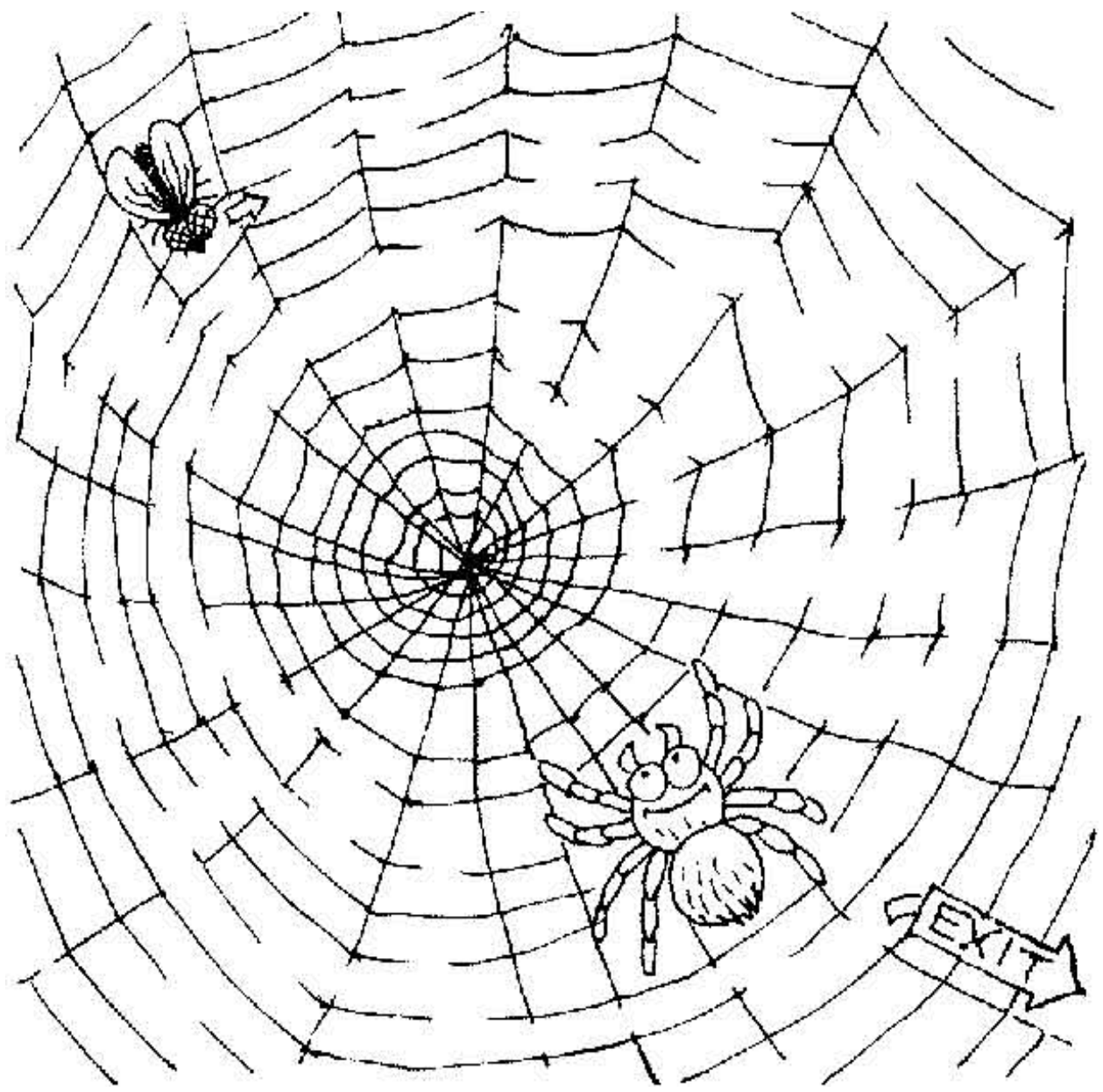
Now, once you've finished your written preparation, be creative and figure out a way to show your journey without words. Some examples include the following where other participants have used a hobby to show how they have problem-solved and worked through issues to meet their goals.

1. One person enjoyed playing pool. Her visual project was a pool table with 6 pockets and "sweeping the table" aka Recovery, was her goal. The balls on the table were barriers, and her pool cue and the different way she held the pool cue or the trick shots she used helped her manage those barriers and sweep the table.
2. One person enjoyed bow hunting. Her visual project was a target with her target being killing a deer (Recovery.) She had arrows, each one with a skill on it that helped her get through the barriers and reach her target.

3. One person enjoyed puzzles. She used a large piece of poster board and cut out pieces of a puzzle. Using Velcro, under each piece was barrier or triggers and the puzzle piece that went on top and completed her Recovery puzzle was a skill.
4. One person enjoyed racing horses. He used legos and plastic horses jumping over fences.
5. One person worked as a tree cutter. He showed a person climbing a tree and how they took the tree down one limb at a time.
6. The picture attached is a fly trying to get out of web so he doesn't get eaten by the spider. He has to use skills to reach the exit.

In addition to the Visual Journey, you will write your written relapse prevention plan. It will include the following: Keep one copy for yourself and one copy for your court case manager.

1. Warning signs-these are things that might tell you if you're paying attention that "something's up and you need to be careful." Sort of like a gut feeling.
2. Triggers (external or internal) to drug or alcohol use or any other unhealthy behavior
3. At least 3 people on your support system. You don't have to use full names.
4. Emergency plan of action in case you return to use.



Phase 4: Service Project

Formal service project, self-directed, tangible.

As you move into Phase 4 and prepare for Life Phase, you have proven that you are able to live your life of recovery in a purposeful effort of making your community a healthy place to live. The purpose of this project is to continue to engage with people who have similar goals and values, to help others and to make a contribution to the community that allows programs like Accountability Courts to exist.

The Service Project will consist of 40 hours of either 1) a project that you develop to enrich your community or 2) joining an existing effort to enrich your community.

Staff at the treatment center and Accountability Court are available to help you choose a project.

A thorough outline of your project is the phase 4 completion project that you will present in court on the day you move to phase 4. The outline will include the following:

- Name of the project
- Detail of how the project will enrich your community
- The timeline/steps of the project over the next 3+ months that details 40 hours of work
 - A log is attached for your use or you can use your own
- A summary of each of those steps (what you plan on doing in that step)
- Who will be included (if anyone else) in your project (people, agencies, etc.)
- Any additional information that is not included in the above parts of the outline but that you wish to include in your outline

You will spend at least 3 months in phase 4 working on this project. Prior to your graduation, you will submit a report in court summarizing the Service Project experience.

1. A review of the project and how it enriched your community
2. Documentation of your project's completion. This may include:
 - a. Picture of your project taken while working on the project and upon its completion
 - b. Documentation from others in the community about their thoughts/feelings on the project
 - c. Documentation from others who were involved in the project with you and their thoughts/feelings on the process and the results
3. Your summary of how this project helped you or made you feel

Name: _____

Today's Date: _____

Phase 1 Weekly Reporting

Congratulations on deciding to opt into Accountability Court! This might be the most important decision to assist you in making a permanent change to your life. The treatment court team wants to help you be successful in making this life change. The goal is to help you form new habits, stay organized, and get familiar with the recovery community.

Next Court Date: _____ Anticipated Phase Up Date: _____ Curfew: 7PM-6AM

Specific to Week 1 (check if attended)

- Treatment Intake/Appointment: _____
- Supervision Appointment: _____
- Other Appointment: _____

Call Screening Line Daily: XXX-867-5309

- Fri Sat Sun Mon Tues Wed Thurs

Treatment Appointments (check if attended)

- Group: _____ Day/Time: _____
Information Learned: _____

- Group: _____ Day/Time: _____
Information Learned: _____

- Group: _____ Day/Time: _____
Information Learned: _____

- Group: _____ Day/Time: _____
Information Learned: _____

Transportation Plan: *How will meet my RESPONSIBILITIES?*

Highlight from Week: _____

Name: _____ Date: _____ Phase: _____

TURN IN SHEET TO COURT COORDINATOR AT COURT

Next Court Date: _____ Anticipated Phase Up Date: _____ Curfew: _____

Appointments (check if attended)

- Supervision Appointment: _____
- Medical Appointment: _____

Employed: Y N where: _____

Call Screening Line Daily XXX-867-5309

Fri Sat Sun Mon Tues Wed Thurs

Treatment Groups (check if attended)

- Group: _____ Day/Time: _____
Information Learned: _____
- Group: _____ Day/Time: _____
Information Learned: _____
- Group: _____ Day/Time: _____
Information Learned: _____
- Group: _____ Day/Time: _____
Information Learned: _____

Transportation Plan: *How will meet my RESPONSIBILITIES?*

Highlight from Week: _____

Phase Reporting Form

