

From Abstinence to Recovery: The Transformation of the Travis County Family Drug Treatment Court

Presenters:

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What to expect for today

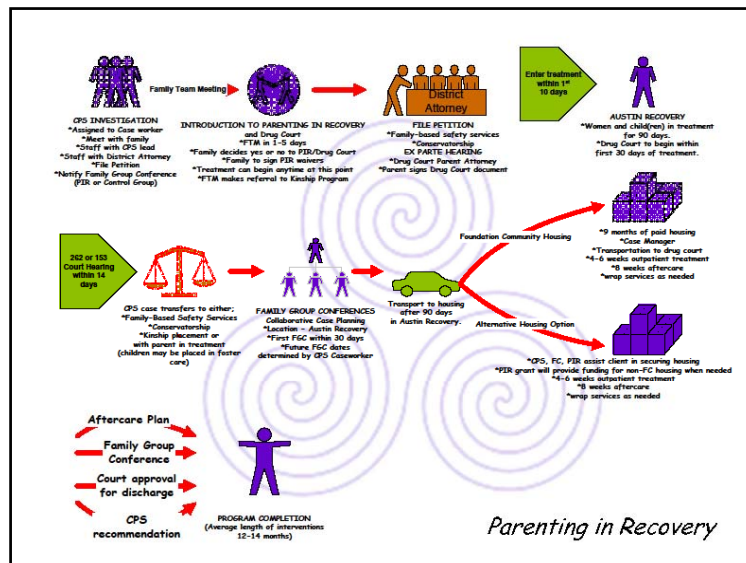
- Introduction
- Ice Breaker
- Process of Transformation
 - Opportunities
 - Accountability
 - Recovery
- Summary – Lessons Learned

Getting to know you

- Simon Says

Who, What and Where

- Parenting in Recovery (PIR)
 - Five year Federal RPG grant
 - Women & children with child welfare involvement due to mother's substance abuse
 - Continuum of services/care
- Travis County Family Drug Treatment Court (FDTC)
 - One year renewable grant – Office of the Governor
 - Funding for DCC and drug testing, limited services
 - Designated Court docket



Who we serve

- Demographics
 - Race, Gender, Average Age
 - Mental Health, Cognitive Capacity
 - Education, Work History
 - Criminal History
 - Trauma History
 - Drug of Choice
 - Prior Child Protective Services Involvement
 - Number Served & Graduation Rate

How we serve

- Abstinence to Recovery: The Transformation
 - From: Traditional child welfare/criminal justice success model focused on abstinence from drugs & alcohol (clean UA's) and compliance with standardized court orders/program expectations
 - To: Non-traditional recovery success model focused on abstinence from drugs & alcohol + recovery from substance dependence (personal growth & change) with individualized case planning that addresses the unique needs of individual participants & their families

Opportunities



Opportunities – Community

- Inventory local resources
- Understand local areas of interest / focus
- Be aware of existing partnerships
- Build on your community strengths

Opportunities - Partnerships

- Diverse Partnership
 - Includes all levels of staff
 - Varied expertise
 - All stakeholders
 - Balance of authority & investment
- Understand needs, strengths, capacity and challenges of each partner
- Know the history of partners
- Identify person whose role it is to develop, nurture and sustain the partnership
- Development of a Charter, Mission, and Governing Bodies

Opportunities – Training/Continuing Education

- Develop a broad, consistent body of knowledge shared by all partners
- Essential areas of focus: Child welfare, substance abuse, recovery, mental health
- Interdisciplinary focus on core partnership with expansion to the community

Opportunities – Substance Abuse Treatment

- Integral Partner
- Continuum of Care
- Innovations
 - Length of stay
 - Trauma informed care
 - Progressive programming
 - Case management

Opportunities – Recovery Supports

- Life Skills Support
 - System Navigation
 - Documents & Identification
 - Applications
 - Resolution of Minor Legal Issues
 - Basic Decorum
 - Transportation
- Housing
 - Sober Housing versus Independent Living

Opportunities – Recovery Supports

- Mental Health
 - Psychiatric Care & Medication
 - Psychological Evaluation
 - Therapy
 - Trauma Informed Treatment
- Domestic Violence Services
 - Recognition
 - Advocacy & Support Services

Opportunities – Recovery Supports

- Education/Employment
 - GED to Employment to Job Readiness
 - Balancing Expectations of Recovery, Parenting, & Drug Court
- Parent Training
 - Individualized
 - Home-Based
 - Curriculum, Follow-Up Sessions, Therapeutic
- Peer Recovery Coaching
 - Individualized
 - Life Skills Support
 - Connection to the Recovery Community
 - Overcoming Obstacles to Recovery

Opportunities – Recovery Supports

- Medical/Dental
 - Untreated medical/dental needs
 - Physical wellness as a part of Recovery
 - Match participants to resources
 - Lack of dental care resources
 - Lack of prescription medication resources



Accountability



Accountability – FDTC Team

- Interdisciplinary Team
- Diversity of Experience
- Tolerance of Other's Perspectives/ Mutual Respect
- Shared Understanding of Recovery Philosophy
 - Compliance vs. Inner Change (Surrender)
- Team Members Roles
 - Responsibilities
 - Flexibility/ Ability to Take Risks
 - Decision Making Procedures

Accountability – FDTC Structure

- Contract
- Hearings
- Pre-Hearing and Case Management Staffings
- Phases
- Incentives and Sanctions
- Graduation / Termination Criteria
- Recovery Related Activities and 12-step meeting requirements
- Drug Testing

Accountability – Legal Considerations

- Interaction between FDTC and regular Child Protective Services docket
- Adoption and Safe Families Act deadlines
- Placement of children

Recovery

RECOVERY
is a process
not an event



"We are either
working on
recovery or
we're working
on a relapse."



Recovery – Shared Understanding

- Substance Use
 - Use to enhance the pleasure of normally pleasurable situations
 - No negative consequences, problems; no unpredictability
 - No limit setting needed or made; natural limits in place
 - No thoughts of using
 - No one complains
 - Action: None required

Recovery – Shared Understanding

- Substance Abuse
 - Intentional overuse
 - Bad choices re: Alcohol & other drugs
 - Self medication: Mental illness, life problems, grief, despair, anxiety, peer pressure, cultural expectations, immaturity, ignorance
 - Negative consequences trigger behavior change
 - Promises & limit setting sustainable
 - Action: Moderation

Recovery – Shared Understanding

- Substance Dependence
 - Impaired control
 - Genetic vulnerability
 - Neurochemical dysregulation of MDS-MFB-pleasure pathway of the brain
 - Neuroadaptation
 - Continued exposure of MDS pathways to drugs
 - Negative consequences trigger denial
 - Promises & limit setting fail
 - Action: Abstinence & Recovery

Recovery – Shared Understanding

- Substance Use Disorders:
Use – Abuse – Dependence
 - Help partners to understand & respect the differences
 - With knowledge, programs can work with both abuse and dependent populations successfully
 - Assessment is a process
 - Balance early entry into treatment with benefits of accurate diagnosis

Recovery – Shared Acceptance

- Abstinence
 - An event: “I quit.”
 - External:
Positive behavior change achieved through:
 - Will power
 - Self-determination
 - Self-control
 - Focus: Not using
 - Traditional Child Welfare & Criminal Justice Success Model: Clean UA’s & compliance with court orders

Recovery – Shared Acceptance

- Recovery
 - A process: “I change.”
 - Internal:
Positive physical, mental, emotional, & spiritual change achieved through:
 - Surrender
 - Honesty
 - Open-mindedness
 - Willingness
 - Focus: Getting better
 - Non-traditional Success Model: Improving behaviors, attitudes, & values

Recovery: Shared Acceptance

- Relapse
 - A process: “I change.”
 - Internal:
Negative physical, mental, emotional, & spiritual change achieved through:
 - Will power & self-control
 - Denial
 - Compliance (vs. surrender)
 - Dishonesty (vs. honesty); Closed-mindedness (vs. open-mindedness); Stubbornness (vs. willingness)
 - Focus: Things other than getting better
 - Opportunity: Timely & meaningful intervention

Recovery: Shared Acceptance

- Abstinence – Recovery – Relapse
 - 12-Step meeting attendance
 - 12-Step program home group
 - 12-Step program sponsor
 - Peer recovery coaching
 - Discussion of recovery activities in front of Judge
 - Relapse phase
 - Red flags

Recovery – Shared Awareness

- A Drug is a Drug is a Drug:
Estimated Lifetime Prevalence of Risk for
Dependence on Various Drugs of Choice

Simon says...

- Alcohol
- Crack
- Heroin
- Nicotine

Recovery – Shared Awareness

- A Drug is a Drug is a Drug: Estimated Lifetime Prevalence of Risk for Dependence on Various Drugs of Choice*
 - Nicotine – 32%
 - Heroin – 23%
 - Crack – 20%
 - Alcohol – 15%
 - Amphetamines – 11%
 - Sedatives – 9%
 - Opioids – 9%
 - Cannabis – 9%
 - Psychedelics – 5%
 - Inhalants – 4%

* Erickson, C.K., *Science of Addiction: From Neurobiology to Treatment*, W.W. Norton, New York, NY (2007).

Recovery – Process of Transformation

- Team members understand, value and utilize language of recovery
- Recovery oriented goals tied to program advancement
- Team understands & acknowledges barriers to Recovery
- Everyone has space to risk, fail and progress
- True understanding of Relapse as a part of Recovery
- Acceptance of the need to individualize interventions

Recovery – Process of Transformation

- Acceptance of the Serenity Prayer as it applies to everyone
- Team places principles before personalities
- Commit to the length of time it takes to support the Recovery process
 - Internal change takes time
 - Building a self-sufficient lifestyle takes time
 - Clearing away the wreckage of the past takes time

Participant as Team Member

- FTM, FGC, Discharge Plan meetings
- Solicit participant opinions and ideas: Inquiry & focus groups
- Support voice and choice
- Encourage independent decision making
- Respect participant culture
- Offer access to all team members (excluding the Judge)
- Provide legal representation

Lessons Learned

- Cornerstones
 - Recovery mindset
 - Individualization
 - Participant & family voice & choice
 - Collaboration
 - Interdisciplinary team
 - Flexibility
 - Risk taking
 - Training / Education
 - Community involvement
 - Program analysis & evaluation

Lessons Learned

- Failure is an opportunity for growth.
- Relapse is a part of recovery.
- Resources alone are not enough.
- Recovery takes time; it is a lifelong individual process.
- Know your participants
 - “We ain’t them & they ain’t us.”
- Success & failure cannot be predicted.
- This is very challenging & rewarding work!



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