

PHASE ADVANCEMENT CHECKLIST FOR _____

FROM RELAPSE PHASE TO FORMER PHASE IN FDTC PROGRAM

EXPECTATIONS:

- Follow all court orders and attend all drug court and CPS hearings
- Attend all appointments; not showing up for appointments and not calling ahead to make alternate plans can delay phase advancement
- Request phase advancement in writing
- Complete all pending consequences (for example: community service, essays) before you are eligible to advance

RECOVERY

- ☐ Attend **weekly** drug court hearings (**every other week** if in inpatient treatment or if the FDTC team specifies)
- ☐ Submit clean drug and alcohol tests as requested **and** as indicated by the drug court call-in system (**Reminder:** when in Relapse Phase you have to call **EVERYDAY** like Phases I or II)
- ☐ Submit a clean hair follicle test (for 0-30 days) to return to prior Phase from Relapse Phase
- ☐ Participate in an assessment with OSAR for further treatment
- ☐ Successfully complete recommended drug treatment program
- ☐ Attend 60 meetings within 60 days (Note: a 12-step NA/AA/CA meeting, aftercare process group, intensive outpatient group session, alumni group at Austin Recovery, and the Beauty of Recovery are the only meetings that count for this requirement)
- ☐ Obtain a sponsor, have weekly contact with sponsor, and demonstrate progress on working the 12 steps.
- ☐ Submit a relapse prevention plan with phase advancement request.

SELF SUFFICIENCY

- ☐ Take the following steps to continue job search or maintain employment/ income:
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- ☐ Take the following steps to continue in safe and stable housing or find such housing:
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- ☐ Take the following steps to continue education/literacy:
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HEALTHY FAMILY LIFE

- ☐ Attend and engage in appropriate visitation with your child(ren), as applicable
- ☐ If any of your children are placed with you, actively engage with your a parenting coach, as applicable
- ☐ Participate in individual therapy, as applicable