The Phases of Success

Probation Phase – Getting Prepared/Getting Started

Goal

Learn about FTC

How can FTC help me?
What can I do to help myself?
What is my role on the treatment team?
What can I expect in my Court review?
How can I help prepare my treatment plan?

Expectations

Do these things now

Attend orientation meeting with the FTC coordinator
Attend FTC twice monthly, or as ordered;
Participate in drug testing as requested;
Develop my individual recovery plan;
Attend recommended treatment;
Follow all court orders;
Be honest with the team and peers;
Work CINA case plan steps;
Attend AA/NA meetings and provide proof of attendance when asked.
Advancement

To advance I need to

Have negative drug screens and be sober for at least 60-days;
Attend, be on time and stay for all FTC meetings;
Be on time for all treatment sessions and attend as directed;
Make progress on my treatment

Phase 1 - Getting Started/Getting Sober

Goal

Learn what I need

You will be asked

What are my substance abuse problems?
What are the obstacles to my treatment?
What kind of substance abuse treatment do I need?
What do I need to do to stop using substances?
What do I need to do to stay clean and sober?

Expectations

Do these things now

Attend FTC twice monthly, or as ordered;
Participate in drug testing as requested;
Develop and follow individual recovery plan;
Attend recommended treatment;
Follow all court orders;
Be honest with the team and peers;
Work CINA case plan steps;
Attend AA/NA meetings and provide proof of attendance when asked.
Advancement

To advance I need to

- Have negative drug screens and be sober for at least 90-days;
- Attend, be on time and stay for all FTC meetings;
- Be on time for all treatment sessions and attend as directed;
- Make progress on my treatment plan;
- Be working on my case plan steps;
- Address issues related to my mental and physical health;
- Look for a sponsor; and
- Complete all interventions.

Phase 2 - Staying Sober/Getting Stronger

Goal

Putting it into practice

- Am I maintaining sobriety?
- Am I working on my treatment plan?
- Am I ready for work/need education?
- Am I in need of special counseling or services?
- Do I have stable housing for me and my children?

Expectations

Do these things now

- Attend FTC monthly, or as ordered;
- Participate in drug testing;
- Continue to follow recovery plan;
- Continue with treatment
- Be honest with the team and peers;
- Follow case plan and Court orders
- Attend self-help meetings, and provide proof of attendance.
Advancement

To advance I need to

- Negative drug screens and sobriety for at least 150-180 days;
- Follow all court orders;
- Attend, be on time, and stay for all FTC sessions;
- Be on time for all treatment meetings;
- Be working on treatment plan;
- Be working on CINA case plan steps;
- Have a plan for stable housing;
- Complete all interventions; and
- Obtain and use a sponsor.

Phase 3 – Staying Stronger/Getting Real

<table>
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<tr>
<th>Goal</th>
<th>Ask yourself</th>
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<tbody>
<tr>
<td>Living my recovery in a family centered lifestyle</td>
<td>Am I maintaining sobriety?</td>
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Expectations

Do these things now

- Attend and be on time for FTC once per month, or as ordered;
- Participate in drug testing;
- Follow all court orders;
- Participate in continuing care plan;
- Be honest with team and peers;
- Work on CINA case plan steps;
- Attend AA/NA meetings and provide proof of attendance;
- Work with your sponsor;
Advancement

To advance I need to:

Negative drug screens and sobriety for 180-240 days;
Follow all court orders;
Attend, be on time, and stay for all FTC sessions;
Be on time for all treatment;
Working on finishing treatment plan;
Working on finishing CINA case plan;
Have stable housing;
Working toward employment or education; and
Complete all interventions

Phase 4 - Staying Real/Getting the Picture

Goal                                 Ask yourself

I'm in charge of my sober life      Am I clean and sober?
Do I follow my continuing care plan?
Do I have a job or education plan?
Am I finished with my case plan?
Am I a part of the recovering community?

Expectations

Do these things now

Attend, be on time, and stay for FTC once per month or as ordered;
Participate in drug testing;
Participate in continuing care;
Follow all court orders;
Be honest with team and peers;
Work on finishing CINA case plan;
Attend AA/NA meetings and provide proof of attendance;
Be a role model for peers.
Advancement

To graduate I need to

- Have negative drug screens and be sober for 240-365 days;
- Attend, be on time, and stay for all FTC meetings;
- Be on time and attend all treatment sessions as directed;
- Working on completing CINA case plan steps;
- Have stable housing;
- Have employment, enrolled in school, or other appropriate financial support;
- and
- Complete all interventions.

If all goals for advancement are met at the conclusion of Phase 4 the treatment team will recommend that you go through a commencement ceremony. Please feel free to invite friends and family to this ceremony. Congratulations! You’ve earned it.

After commencement you will be expected to participate in the alumni group, and will also be connected to the services and support you need to give you the best chance at long term success. As a successful participant in the program you may be asked to help the treatment court team help new participants in the program. Your success will be an inspiration to those new participants.

Building on Success

Participants have a range of expectations to meet while in the program. A failure to follow those expectations will result in a therapeutic intervention. On the other hand, achievements in the program will be rewarded!
**Summary of Expectations:**

Attend, be on time and stay for all FTC sessions  
Be honest and show commitment to FTC process  
Have negative UA or hair results  
Participate in substance treatment program  
Participate in AA/NA meetings and provide proof of attendance when asked  
Follow treatment and CINA case plans  
Obtain employment or attend school  
Obtain safe and stable housing  
Become a role model for others  

**Possible Incentives/Rewards:**

Praise/acknowledgment from Judge  
Peer acknowledgment  
Applause/special recognition  
Gas cards/gift certificates  
Fish bowl drawings  
Picnics/parties  
Plaques  
Decreased FTC sessions  
Go first/leave early  
Phase advancement  
Access to grant funds/advances  
Commencement  
Mentoring opportunities/parent partnering  

The most significant reward you can give yourself, and the team can help you achieve is the successful completion of the Family Treatment court, and your family living together in a safe, stable and sober home.
When Setbacks Occur

A therapeutic intervention (or sanction) is a response to negative behavior. The treatment team may recommend an intervention strategy, but Judge Owens will decide what type of intervention is appropriate. The more serious the mistake, the more significant the intervention.

The treatment team understands that treatment, recovery and involvement with the child welfare system is difficult. The team does not expect perfection, only honest effort and progress. Repeated infractions may result in your dismissal from the Family Treatment Court, and the possibility that you will not be reunified with your children.

Possible Infractions

- Being dishonest or not showing commitment to FTC process;
- Failing to attend FTC sessions, not being on time, or leaving without permission;
- Having positive drug tests, or refusing to test when asked;
- Failing to participate in your substance treatment program;
- Failing to participate in AA/NA meetings, or not providing proof of attendance;
- Failing to follow treatment and CINA case plans;
- Failing to progress toward finding employment or to attend school;
- Failing to obtain safe and stable housing; and
- Violation of a Court Order.
Possible Interventions:

Admonishment from Judge;
Essays;
Verbal or written apologies to Judge and group;
Increased drug testing;
Increased AA/NA meetings;
Community service work;
Phase reduction;
Round table with treatment team;
Observe adult drug court;
Dismissal from FTC program; and
Recommendation that a termination of parental rights petition be filed.

Receipt of Wapello Family Treatment court Participant Handbook

I, __________________________ have read the participant handbook. I understand and agree to all that is required of me as a participant in family treatment court.

_____________________________   ________________
Participant Signature      Date

_____________________________   ________________
Team Member       Date