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**Mendocino County Therapeutic Courts**

Superior Court of California, County of Mendocino

100 North State Street

707-463-4793 (phone) \* 707-463-4424 (fax)

Mendocino County Drug Court Graduation Application

Instructions

Please legibly hand-write your responses to the following questions directly on these pages. If the application is not handwritten it will be returned to you without a deadline extension. ***It is important that you make sure your answers are detailed***. Your name and the date your application is submitted must be on the first page. Your application is to be submitted to the Therapeutic Courts Office (Drug Court Office). ***You have 30 days to complete your application.*** This may be before or after your next court date. It is your responsibility to submit your application on time. If your application is late, a sanction or delay of graduation may be imposed. Spelling and grammar are not taken into consideration during the review. The Therapeutic Courts Administration Office and your primary counselor will review your application. If after review, areas of the application require clarification, you may be asked to provide more information*.* ***If you need additional space, you may add pages to this application. Please write the number of the question you are continuing*.** If you have any questions about the application, please contact the Therapeutic Courts Administrator. This application will be returned to you at graduation. ***This information is for the Drug Court Team and participant reflection only, not intended for public distribution.***

**Application Essay**

BD10290_

Your Name: .

Date Received: .

Date to be Returned to the Therapeutic Courts Office: .

**I would like my first name to be listed on the graduation ceremony invitation along with other grads.**

**Please do not print my name on the invitations.**

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**Past, Present and Future**

1. Where were you in your life before beginning the Drug Court program?
2. Describe one or more challenges, or barriers to success, that you experienced in the Drug Court program.
3. Describe something that happened while you were in Drug Court that made a lasting impression, and helped with your recovery.
4. Describe some personal victories you experienced in the Drug Court program.
5. What are two other things you learned from the program?
6. Where do you see yourself right now?
7. Describe one or more challenges that you foresee in the next six to twelve months.
8. Life plans/goals—please fill out the grid below. Here are the questions that match each box in the grid:
9. What do you want to be doing next year (in each of the areas in the left column)?
10. In five years, what do you want to have accomplished?
11. Who will help?
12. Name one of the steps you need to take toward each goal.

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  | **a)** Goal in One Year | **b)** Goal in 5 years | **c)** Who will help? | **d)** Step 1 |
| Where you live |  |  |  |  |
|  |  |  |  |  |
| Relationships |  |  |  |  |
|  |  |  |  |  |
| Family |  |  |  |  |
|  |  |  |  |  |
| Health |  |  |  |  |
|  |  |  |  |  |
| Education |  |  |  |  |
|  |  |  |  |  |
| Free time |  |  |  |  |
|  |  |  |  |  |
| Job skills/ Work |  |  |  |  |
|  |  |  |  |  |

1. How do you see yourself contributing to the local community, now that you have done so much work on yourself?

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**Aftercare Plan**

1. Describe a situation when you would use your support system.
2. Where do you keep the names and phone numbers that you need for support?
3. Have you replaced activities when you used to use with new ways to use your time and socialize? .
4. What new interests and activities have you added to your life so far?
5. Describe how these new interests and activities help you with your recovery.
6. What interests and activities do you plan to add to your life after you graduate from Drug Court?
7. What meetings (such as NA, AA, CODA, Al-Anon) most support your continued recovery?
8. What do you gain from these meetings?
9. Do you plan to continue attending meetings after you have completed Drug Court? .

How often?

1. Health, nutrition and physical exercise play a large role in continued recovery.
2. Describe something specific you do for your health that you learned by going through the Drug Court program.
3. Describe your plan to stay healthy, including your plan for regular and continuing exercise.
4. If you relapse during Phase VI, what do you think the consequence should be?

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**Relapse Prevention Plan**

1. Describe some specific things you have been doing to remain clean and sober.
2. Explain how you will support your recovery after leaving structured, court-supervised treatment. Be specific.
3. Triggers and how you handle them
4. What do you say and do when you see acquaintances and former friends who are still using? Be specific.
5. What can you do to avoid triggers that might come up in social events (holidays, etc.) where you used to use? Be specific.
6. Describe what you will do when you are unhappy, stressed or angry.
7. Describe what you will do if you have a tragedy, loss or major disappointment that you would not have done before the Drug Court program.
8. Name two *additional* triggers that are tough for you to handle, explain how they affect you. Describe what you do when faced with those triggers, and what thoughts and feelings you call upon.

1.

2.

1. Describe some specific things you will do to get yourself back on track if you relapse.
2. If there is anything you want to add, please write it below or attach another sheet of paper. (Then, continue on; there is one more question!)

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**Feedback**

1. Please describe how you think the Drug Court could be more effective. Your answers will help the team and other participants by helping to improve the program. We appreciate your feedback!

|  |  |
| --- | --- |
|  | The program could have worked better for me if… |
| Overall Program |  |
|  |  |
| Treatment |  |
|  |  |
| Probation |  |
|  |  |
| Court |  |
|  |  |
| Other |  |
|  |  |

*Thank you, from the Adult Drug Court Team.*