



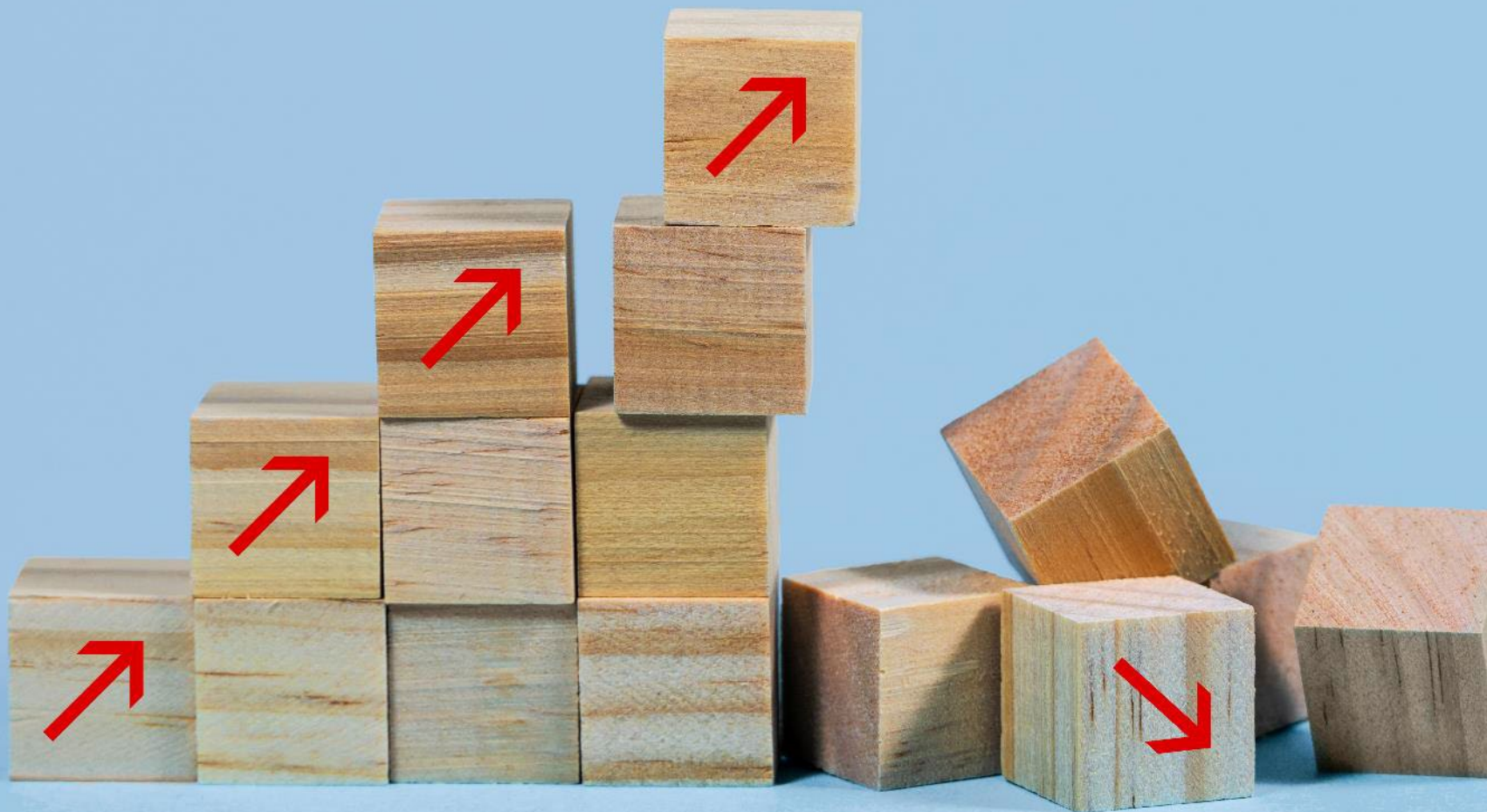
**NDCI**  
NATIONAL DRUG  
COURT INSTITUTE

# THINKING ABOUT PHASE IN YOUR TREATMENT COURT

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# Why Have Phases

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Structure

Incremental Progress

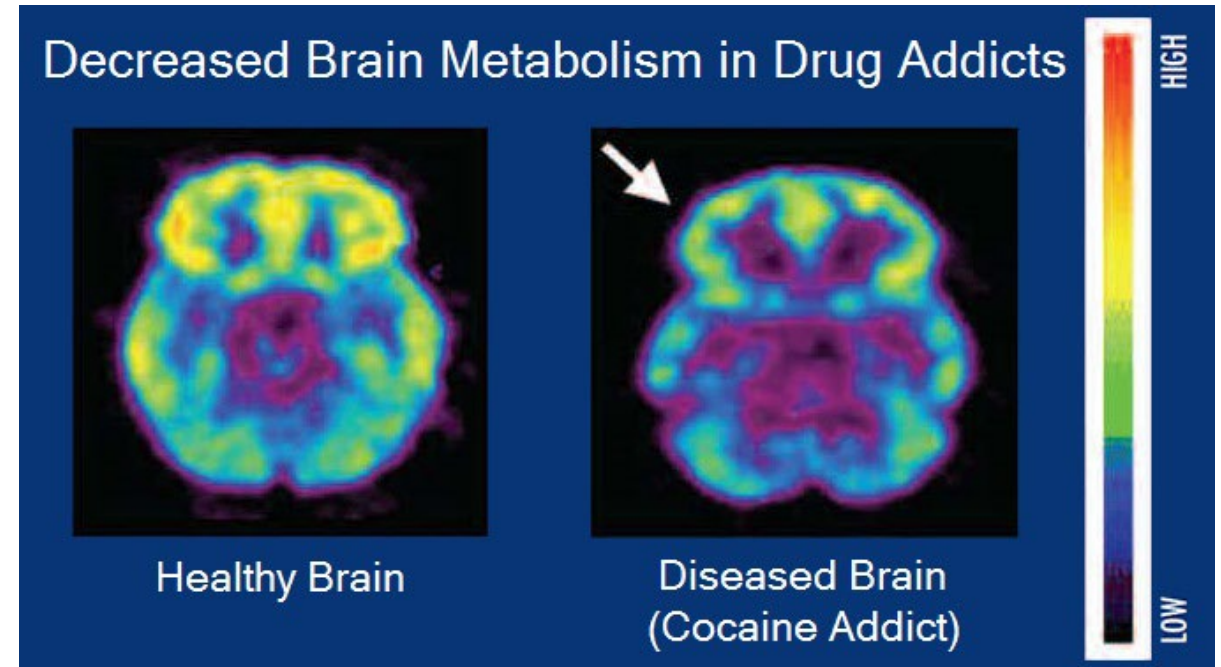
Recovery Process

# Why Structure

Research shows that patients with frontal cortex damage had impaired decision-making abilities.

<https://www.apa.org/monitor/jun01/cogcentral.html>

Cognitive functioning simply refers to our thinking, or mental activity. Drugs and alcohol change how your brain functions and gets worse with extended use.



# Tools Help

Memory

Motor  
Functioning

Mental  
Illness

Below are a few points of research in relation to various chronic drug disorders and their effects on cognition. (*Addiction and Cognition* by Thomas J. Gould, Ph.D.)

- **cocaine**—deficits in cognitive flexibility
- **amphetamine**—deficits in attention and impulse control
- **opioids**—deficits in cognitive flexibility
- **alcohol**—deficits in working memory and attention
- **cannabis**—deficits in cognitive flexibility and attention
- **nicotine**—deficits in working memory and declarative learning





Incremental Progress

# Sequence and Timing

## Early Phase (Responsivity)

- **Housing**
- **Stabilizing**
  - Mental Health symptoms
  - Cravings
  - Inability to feel pleasure
  - Withdrawal

## Interim phases (Criminogenic)

- **Anti-social thought patterns**
- **Negative peer associations**
- **Reducing family conflict**
- **Substance use disorders**

# Sequence and Timing

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## Later Phase (Maintenance)

- Vocational assistance
- Educational assistance
- Parent training
- Daily living skills



# Proximal and Distal

**Behaviors that participants should be capable of doing, even if difficult at first.**

**Behaviors that participants cannot do readily or require substantial effort to complete.**



# Critical Questions

Phase	Proximal Behaviors	Distal Behaviors
1		
2		
3		
4		
5		

Each phase builds upon the next to help the participant gain tools and transition from high-intensity involvement with treatment and court to low court involvement, high involvement in the recovery community. Write out the proximal and distal behaviors to focus on for each phase to aid in this journey.

# Critical Questions

**List the responsiveness  
needs of your target  
population you need to  
address in the first  
phase:**

*(for example, stable housing,  
medical, mental illness, PTSD,  
TBI)*

**List how your phase  
structure addresses  
criminogenic needs?**

*(for example, substance use  
disorders, criminal thinking  
patterns, family conflict, and  
delinquent peer affiliations)*

# Critical Questions

**List how your phase structure addresses maintenance needs?**

*(for example, job skills, illiteracy, or prosocial activities)*

**What is advancement based upon? Is it number of days?**

**Mastery of skills? Is it objective or subjective?  
Does everyone have equal chance?**

## Phase 1 Requirements



Name: \_\_\_\_\_

Staff: \_\_\_\_\_ Date Reviewed: \_\_\_\_\_

Review each requirement with staff and initial you understand the expectation

- \_\_\_\_ I will attend court every week at: \_\_\_\_\_.
- \_\_\_\_ I will follow my treatment plan.
- \_\_\_\_ I will comply with supervision and meet weekly with my supervision officer on time. I will notify my supervision officer of any conflicts at least one hour prior to my appointment in case of an emergency.
- \_\_\_\_ I will allow law enforcement and/or supervision officers associated to the treatment court program into my residence for home visits.
- \_\_\_\_ I will submit to random urine analysis testing as determined by the treatment court team. UA testing call number: \_\_\_\_\_ Color: \_\_\_\_\_
- \_\_\_\_ I will reside in a safe environment that supports my recovery. I will keep my supervision officer informed if my residency changes.
- \_\_\_\_ I will obtain a medical assessment as directed by my treatment team.
- \_\_\_\_ I acknowledge my curfew is at 9 p.m.

I have reviewed the requirements for phase 1 and understand my responsibilities to the treatment court program.

\_\_\_\_\_  
Client Signature

\_\_\_\_\_  
Date

# Phase Sheets

These documents outline the requirements to help participants know what to complete to move to next level.

Ownership is placed on the participants to complete and turn in phase application



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# Reporting Forms

- Tool to keep participant organized between status hearings
- Participants can communicate with the team about any needs or highlights during the week

Name: \_\_\_\_\_ Week: \_\_\_\_\_

TURN IN SHEET TO COURT COORDINATOR ON MONDAY BEFORE COURT

Next court date: \_\_\_\_\_

## Appointments *(check if attended)*

- ☐ Supervision Appointment: \_\_\_\_\_
- ☐ Medical Appointment: \_\_\_\_\_
- ☐ Other Appointment: \_\_\_\_\_

## Call Color Line Daily (555) 555-555 (color: \_\_\_\_\_)

☐ Tues ☐ Weds ☐ Thurs ☐ Fri ☐ Sat ☐ Sun ☐ Mon

## Treatment Groups *(check if attended)*

- ☐ Counselor: \_\_\_\_\_ Day/Time: \_\_\_\_\_  
Information Learned: \_\_\_\_\_
- ☐ Counselor: \_\_\_\_\_ Day/Time: \_\_\_\_\_  
Information Learned: \_\_\_\_\_
- ☐ Counselor: \_\_\_\_\_ Day/Time: \_\_\_\_\_  
Information Learned: \_\_\_\_\_

## Peer Recovery Groups *(check if attended)*

- ☐ Group: \_\_\_\_\_ Day/Time: \_\_\_\_\_  
Take Away: \_\_\_\_\_
- ☐ Group: \_\_\_\_\_ Day/Time: \_\_\_\_\_  
Take Away: \_\_\_\_\_
- ☐ Group: \_\_\_\_\_ Day/Time: \_\_\_\_\_  
Take Away: \_\_\_\_\_

Weekly Goal: \_\_\_\_\_

*How did I meet my goal?*

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Highlight from Week: \_\_\_\_\_



# Phase Up Applications

Clients identify their goals, what they learned and next steps.

Counselors, case manager, probation, recovery coaches validate client achievements.

## Application for Phase 4



Name: \_\_\_\_\_ Date Turned in: \_\_\_\_\_  
Current Address: \_\_\_\_\_ Phone: \_\_\_\_\_  
Email: \_\_\_\_\_

**You MUST meet the following criteria to Phase Up:** *(place an "X" if task is completed)*

- ☐ You have been in Phase 3 for a minimum of 90 days. Date entered phase 3: \_\_\_\_\_
- ☐ You have a minimum of 45 consecutive days of sobriety. What is your sobriety date: \_\_\_\_\_
- ☐ You are engaged in treatment and attending regularly?  
Counselor/Case Manager verification signature: \_\_\_\_\_
- ☐ Are you in compliance with supervision?  
Probation/Case Manager verification signature: \_\_\_\_\_
- ☐ Engaged in recovery support groups? Home group: \_\_\_\_\_
- ☐ Engaged in pro-social activities? What: \_\_\_\_\_
- ☐ Identify 3 of your biggest struggles in Phase 3:
  - o \_\_\_\_\_
  - o \_\_\_\_\_
  - o \_\_\_\_\_
- ☐ Identify 3 personal goals you would like to accomplish in the next phase:
  - o \_\_\_\_\_
  - o \_\_\_\_\_
  - o \_\_\_\_\_

\_\_\_\_\_  
Client Signature

\_\_\_\_\_  
Date

\_\_\_\_\_  
Court Coordinator Signature to Approve      Date

# Describing the Phases

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# Recovery Process

*Recovery is a **PROCESS** of change through which individuals improve their health and wellness, live self-directed lives, and strive to reach their potential.*

Community



Home



Health



Purpose



# How will you incorporate the 4 Dimensions of Recovery into your structure?

Dimension	Phase 1	Phase 2	Phase 3	Phase 4	Phase 5
Health					
Home					
Purpose					
Community					

## Personal

This includes an individual's physical and human capital. **Physical capital** is the available resources to fulfill a person's basic needs. **Human capital** relates to a person's abilities, skills, and knowledge, like problem-solving, education, self-esteem, and the ability to navigate challenging situations to achieve goals.

### Resources:

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### Potential Barriers:

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### Participant Engagement:

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## Community

This includes attitudes, policies, and resources specifically related to helping individuals resolve substance use disorders.

### Resources:

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### Potential Barriers:

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### Participant Engagement:

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## Social

The resources related to intimate relationships with friends and family, relationships with people in recovery, and supportive partners. It also includes the availability of recovery-related social events.

### Resources:

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### Potential Barriers:

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### Participant Engagement:

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# Recovery Capital Staffing Questions

Which recovery capital domain is the participant working on this week?

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What is the participant's need they are addressing?

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Are there any barriers they are experiencing?

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How can the team help?

## Checklist

- ☐ **What** is the need?
- ☐ **Which** resource best meets the need?
- ☐ **What** barriers exist to access resource?
- ☐ **How** will you get the participant to engage in the resource?



# Recovery Management

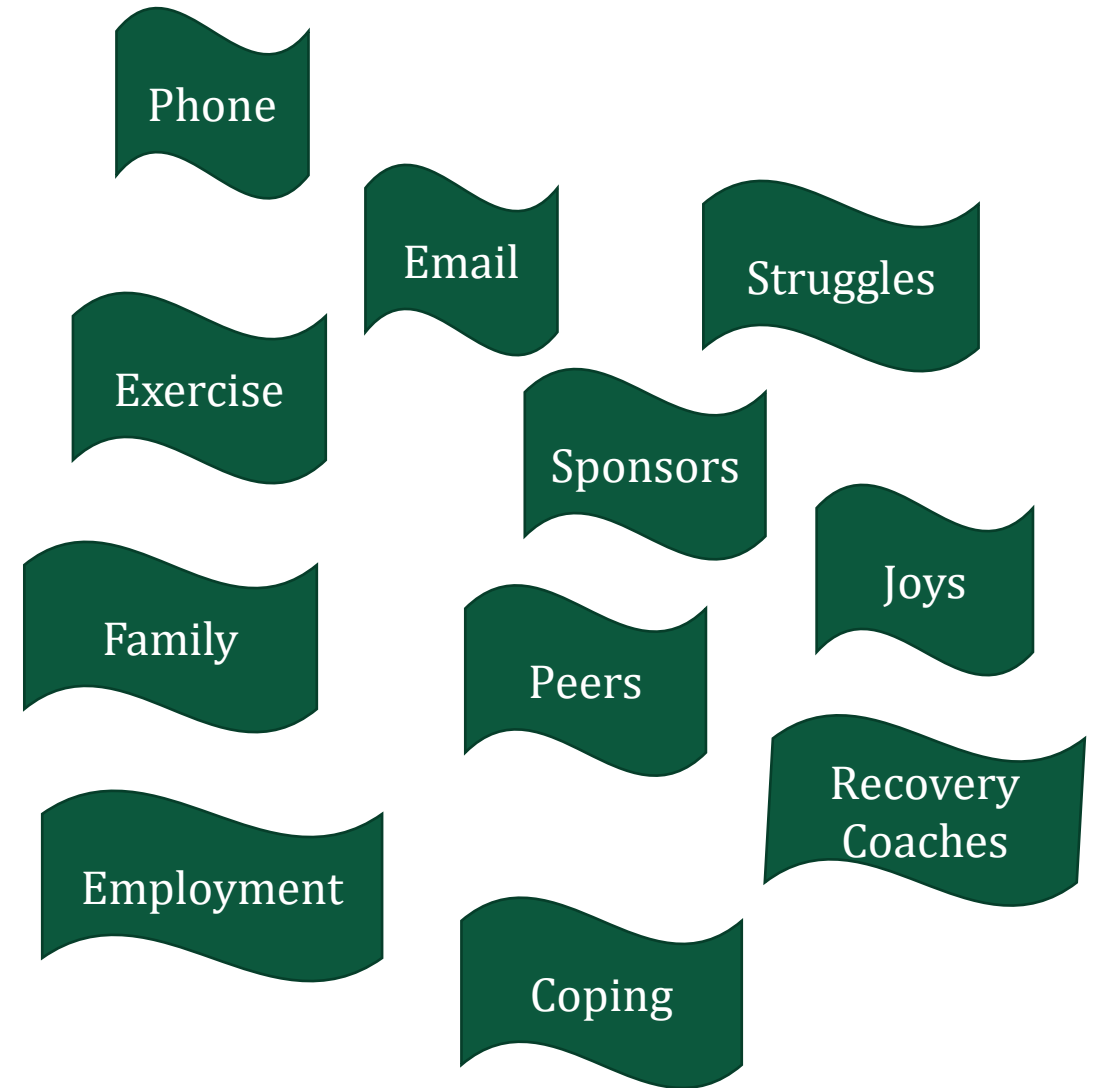
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Return to treatment sooner

Receive more treatment

Reduce use and problems

Increase days abstinent





# NADCP

National Association of  
Drug Court Professionals

## QUESTIONS?

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