

PRE-PHASE: PREPARE

Pre-Phase is for FRC participants who do not have a current assessment for substance use treatment disorder or who have been assessed and are recommended to enter into inpatient treatment.

A participant may not be in pre-phase for longer than two (2) weeks before having their assessment and must go to the first available bed date per the provider's recommendation.

Compliance Requirements:

- Comply with treatment recommendations of the substance use treatment provider.

Pre-Phase Parents are expected to:

- Submit their written questionnaire through their attorney.
- Have an assessment with the Substance Use Treatment Provider
- Comply with treatment as recommended by the treatment provider.
- Participate in UAs or other drug testing as directed by the treatment provider.
- Commit to attend inpatient treatment if recommended by the treatment provider.

Goals for Advancement:

- Meet the above expectations.
- Advance to Phase I once positioned to begin intensive outpatient treatment as the next highest level of care in the treatment plan.

A participant who is discharged from pre-phase for failure to engage may re-apply to Family Recovery Court. Eligibility requirements apply to parents who re-apply to the program.

PHASE I: CHOICES

Compliance Requirements:

- Attend court every other week.
- Participate in random drug testing as directed by the treatment provider and social worker.
- Attend **daily** community support meetings. Only FRC provided slips accepted.
 - No more than one meeting a day counts toward the meeting requirement.
 - While in IOP, group IOP sessions may count as meetings.
 - No more than three alternative meetings per week may count toward the meeting requirement.
(Alternative meetings may include a recovery group activity, a one-on-one meeting with your sponsor, or other pre-approved activity. See “Community Support Meetings” at the end of the phase documents.)
- Attend treatment as required.
- Comply with all FRC orders.
- Bring FRC notebook to court.

Phase I Parents are expected to:

- Begin addressing medical and mental health issues.
- Start looking for a home group and a sponsor.
- Develop a plan for sober and substance-free housing.
- Understand relapse prevention and safety planning.
- Engage in case planning with social worker, GAL/CASA, and Tribe if applicable, including participation in meetings and Department-arranged meetings.
- Begin addressing outstanding legal problems.
- Comply with all dependency court-ordered services.
- Demonstrate honest, problem-solving relationships with members of the FRC team.
- Attend visitation.

Goals for Advancement:

- Meet the above expectations.
- Minimum: total of **4** weeks of compliance with **2** consecutive weeks in compliance immediately prior to advancement.
- Write an essay requesting advancement to Phase II.

PHASE II: CHALLENGE

Compliance Requirements:

- Attend court every other week.
- Participate in random drug testing as directed by the treatment provider and social worker.
- Attend a minimum of **5** community support meetings **each week**: only FRC provided slips accepted.
 - No more than one meeting a day counts toward the meeting requirement.
 - While in IOP, group IOP sessions may count as meetings.
 - No more than two alternative meetings per week may count toward the meeting requirement. Alternative meetings must be pre-approved. (Discuss this option with your treatment provider.)
- Attend treatment as required.
- Comply with all FRC orders.
- Bring FRC notebook to court.

Phase II Parents are expected to:

- Stabilize medical and mental health.
- Develop sober and substance-free friendships.
- Establish a home group and sponsor.
- Establish relapse prevention skills and safety planning.
- Obtain sober and substance-free housing.
- Continue in case planning with social worker, GAL/CASA, and Tribe if applicable, including participation in Department-arranged meetings.
- Demonstrate honest, problem-solving relationships with members of the FRC team.
- Comply with all dependency court-ordered services.
- Meet with social worker and develop a parenting calendar, as directed.
- Participate in child(ren)'s appointments related to medical, dental, and educational needs.
- Attend visitation.

Goals for Advancement:

- Meet the above expectations.
- Minimum: total of **8** weeks of compliance with **4** consecutive weeks in compliance immediately prior to advancement.
- Write an essay requesting advancement to Phase III.

PHASE III: CHANGE

Compliance Requirements:

- Attend court every other week until the participant has been found in compliance for two consecutive FRC hearings, after which court appearances will decrease to once per month.
- Participate in random drug testing as directed by the treatment provider and social worker.
- Attend a minimum of **3** community support meetings **each week**. Only FRC provided slips are accepted.
 - No more than one meeting a day counts toward the meeting requirement.
 - While in IOP, group IOP sessions may count as meetings.
 - No more than one alternative meeting per week may count toward the meeting requirement. (Talk to your provider about alternative meetings.)
- Attend treatment as required.
- Comply with all FRC orders.
- Bring FRC notebook to court.

Phase III Parents are expected to:

- Begin or continue engagement in education, work, and/or volunteering.
- Maintain sober and substance-free housing.
- Work toward obtaining long-term child-appropriate housing.
- Continue in case planning with social worker, GAL/CASA, and Tribe if applicable, including participation in meetings and Department-arranged meetings.
- Continue working with home group and sponsor.
- Continue working on physical and mental health.
- Continue to develop or refine skills in stress management, relapse prevention, and safety planning.
- Maintain sober and substance-free friendships.
- Comply with all dependency court-ordered services.
- Continue to maintain parenting calendar and bring it to court, as directed.
- Continue attending child(ren)'s medical, dental, and educational appointments.
- Attend visitation.

Goals for Advancement:

- Meet the above expectations.
- Minimum: total of **12** weeks of compliance with **4** consecutive weeks in compliance immediately prior to advancement.
- Write an essay requesting advancement to Phase IV.

PHASE IV: MAINTAIN

Compliance Requirements:

- Attend court once every four weeks.
- Participate in random drug testing as directed by the treatment provider and social worker.
- Attend a minimum of **2** community support meetings **each week**. Only FRC provided slips are accepted.
 - No more than one meeting a day counts toward the meeting requirement.
 - No more than one alternative meeting per week may count toward the meeting requirement. (Talk to your provider about alternative meetings.)
- Attend treatment as required.
- Comply with all FRC orders.
- Bring FRC notebook to court.

Phase IV Parents are expected to:

- Create and implement aftercare/safety plan.
- Maintain long-term child-appropriate sober and substance-free housing.
- Continue in case planning with social worker, GAL/CASA, and Tribe if applicable, including participation in Department-arranged meetings.
- Continue working with home group and sponsor.
- Continue working on physical and mental health.
- Become further involved in education, work, and/or volunteering.
- Maintain sober and substance-free friendships.
- Be a role model for other participants and, if possible, mentor incoming FRC clients.
- Comply with all dependency court-ordered services.
- Continue to maintain parenting calendar and bring it to court, as directed.
- Continue attending child(ren)'s medical, dental, and educational appointments.
- Attend visitation.

Goals for Graduation:

- Meet the above expectations.
- Minimum: total of **12** weeks of compliance with **4** consecutive weeks in compliance immediately prior to graduating.
- Demonstrate an ability to identify and implement relapse prevention strategies.
- Participate in exit interview or write a graduation essay, as directed by the team.

Phase Acceleration

Participants who successfully complete an inpatient treatment program of 90 days or longer while in FRC are eligible to request acceleration of their phases.

Requirements:

- Successful completion of an inpatient treatment program while in FRC of 90 days or longer

Parents requesting Phase Acceleration are expected to:

- Provide their discharge plan
- Follow the discharge plan
- Identify a potential home group
- Identify a plan for obtaining a sponsor
- Show progress in meeting goals of Phase I and potentially also of Phase II
- Describe to the team why they should be accelerated beyond their current phase

Parents who meet these qualifications and satisfy the team that they are ready for Phase Acceleration:

- Must spend one week in compliance with Phase I before moving to Phase II
- May be given up to four weeks of additional credit in Phase II if the team is satisfied that they have already made significant progress toward their Phase II expectations.

For participants who have completed six months of inpatient treatment:

- While the participant is moving from Phase II to Phase III, they may be given up to six weeks of additional credit in Phase III if the team is satisfied that they have already made significant progress toward their Phase III expectations.

Team's Criteria in Making Phase Acceleration Decisions:

- The participant's level of progress in meeting expectations of phases for which the participant seeks phase acceleration.
- Length of participation in successfully completed inpatient treatment.

Community Support Meetings

Community support meetings provide excellent opportunities for support and accountability for participants in their sobriety. They are an important component of a successful recovery and in participation with Family Recovery Court.

Community Support Meetings Include:

- 12-step, Smart Recovery, church-based recovery groups (such as Celebrate Recovery), or other groups approved IN ADVANCE by the treatment provider
- While in intensive outpatient (IOP) treatment, Group IOP meetings may count toward the meeting requirement (*not one-on-one treatment provider meetings*).

Alternatives to Traditional Meetings:

Participants may take part in other recovery-oriented activities to meet their weekly meeting requirements. Any of these activities must be pre-approved by the treatment provider or the court in advance.

- One group activity per week organized through a recovery group may count toward the meeting requirement.
- Once the participant has a sponsor, one meeting a week with the participant's sponsor may count toward the meeting requirement.
- Recovery Circles held at the Recovery Café.
- Other recovery-based activities as recommended by and pre-approved by the treatment provider depending on therapeutic needs of the participant.

Meeting Attendance:

In-person attendance is required for all community support meetings unless the treatment provider has given advance permission to attend one or more community support meeting(s) over Zoom or other remote platforms.

Only one meeting each day may count toward the phase requirements. (Ex: Attending three support meetings in one day counts as one meeting for FRC compliance.)

The majority of a participant's required weekly meetings must not be alternatives to traditional meetings.

- Phase I: No more than three alternative meetings per week may count toward the meeting requirement.
- Phase II: No more than two alternative meetings per week may count toward the meeting requirement.
- Phases III and IV: No more than one alternative meeting per week may count toward the meeting requirement.