| **Table 1. Goals and indicators for advancement** | |
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| Required Tasks | Electives |
| Phase 1: Engagement - Contemplation | |
| * Attend three FTC Review Hearings in person * Take first UA or oral swab in FTC (if in inpatient, will be waived) * Complete Two Week Calendar * Attend First Team Meeting * Attend at least two FRSS sober support groups (if in inpatient, will be staffed for feasibility) | * Share what I hope to gain while in FTC with Judge * Attend Dependency 101 or ‘Navigating Dependency’ 201 * Begin attending Sober Supports * Scheduled with a Treatment Provider |
| Phase 2: Increasing Commitment - Preparation | |
| * Attend weekly FTC Hearings in person * Call or Text Social Worker * Call or Text Treatment Specialist * Call or Text Family Recovery Support Specialist * Begin or continue attending sober supports * Reach out to someone in recovery * Attend Family Time Team meeting * Develop a Family Time plan and share with the Judge. * Attend Case Coordination meeting * Be enrolled in the recommended level of treatment * Check for outstanding warrants and pending charges * Current FTC sober time of 14 consecutive days prior to moving to Phase 3 | * Dependency 201 Attendance * Update Routine/Calendar * Text/Call Wraparound Coordinator * Text/Call CASA * Obtain Recovery Mentor * Have a place where you and your kids are allowed to live and/or have family time or plan to achieve this. * Fill out and send in paperwork for children’s birth certificates * Fill out and send in paperwork for children’s social security cards * Resolve any outstanding warrants * Fill out and send in paperwork for government issues photo ID * Fill out and send in paperwork for parent birth certificate, legal documentation of birth or alternative documentation * Fill out and send in paperwork for parent social security card or alternatively accepted documentation |
| Phase 3: Implementing Change - Action | |
| * Attends court hearings every 2-4 weeks * Stay in compliance and make progress in substance use treatment and, if court ordered, mental health treatment * Submit completed FTC Recovery Maintenance Plan and review with FRSS or Tx Specialist * Attend Recovery Team meeting * Obtain a “Recovery Mentor” * Continue attending sober supports. At least eight of these supports must be in person to phase up. * Identify a primary sober support meeting * Set and attend three Recovery Capital meetings with FRSS and/or Treatment Specialist and turn in at least one worksheet domain to court. * In compliance with court ordered services and assessments and/or know the status of services that have not started * Attend Family Time Team meeting and share parenting successes and areas of opportunity for growth * Have a place where you and your kids are allowed to live and/or have family time or plan to achieve this. * Engage in parenting opportunities * Resolve any outstanding warrants * FTC Sober Time of a minimum of 60 consecutive days prior to moving to Phase 4   \*If parent has 30 days of consecutive sober time, discuss scheduling needed assessments. | * Offer support to another FTC Parent * Volunteer for Service Work * Complete the Dependency 201 Communication class * Complete any remaining Dependency 201 classes * Begin to develop your future life plan with FRSS * Submit a Wellness Recovery Action Plan (WRAP) * Attend a “fun” sober activity or event * Establish a source for primary care for physical health * Establish vision care * Establish dental care * Extra Recovery Capital domain worksheets submitted |
| Phase 4: Practice Recovery Lifestyle – Demonstrating Stability | |
| * Attend FTC Hearings every 4-5 weeks * Remain in compliance and continue to make progress with substance use treatment or have completed substance use treatment * Engaged or actively progressing, as defined by the provider, on other (non substance use) court ordered services * Complete all available/applicable court ordered parenting classes or services * Understand and/or participate in children’s services * Shares with the Court/Team how they are advocating for their children’s needs through identifying services and resources for their child(ren). * Continue to attend sober support. At least eight of these supports must be in person to phase up. * Develop your Future Life Plan * Create and utilize your support system * Set your own number of weekly Sober Supports for Phase 5 * Design and present to the court your Phase Five Standards for Graduation and Timeline * FTC Sober Time of a minimum of 60 consecutive days prior to moving to Phase 5   \*If parent has 30 days of consecutive sober time, discuss scheduling needed assessments. | * Complete the Dependency 301 Budgeting class * Complete any remaining Dependency 301 classes * Attend Peer Panel on Impacts to Recovery * Submit a Wellness Recovery Action Plan (WRAP) * Attend a “fun” sober activity or event * Co-Facilitate an FRSS group * Chairing a sober support meeting |
| Phase 5: Life Beyond FTC – Maintenance | |
| * Attend FTC Hearings every 6 weeks * Phase 5 Goal(s) that the parent set with their own timeline for completion. It must include a plan for housing and child rearing support in the form of childcare, daycare, emergency, or respite care plan. * Updated Recovery Maintenance Plan * All dependency court ordered services completed. * Attend the number of sober support meetings discussed in Phase 4 (determined by the parent) * Children returned and living at home for six months or in permanent placements. * Successful completion of a certified substance use treatment program (or substance use agency approved by the FTC team) and/or documentation from a substance use dependency professional stating that the client requires only Relapse Prevention, Opiate Substitution services or Aftercare services. * FTC Sober Time of a minimum of 120 consecutive days prior to graduation. | * Attend Dependency 201 Communication class * Attend Dependency 301 Budgeting class * Sober Support “Fun” activities * Wellness Recovery Action Plan * Sharing Your Story at an FRSS Peer Group |