

UNITED STATES DISTRICT COURT
EASTERN DISTRICT OF WASHINGTON
SOBRIETY TREATMENT AND EDUCATION PROGRAM

PHASE SYSTEM - adopted 11/04/09; to be implemented 1/1/2010

Prior to beginning STEP, every participant who is referred needs to be screened to determine STEP eligibility. This will ensure that the prospective participant's treatment needs are consistent with outpatient treatment. An offender who is actively using illegal substances, refusing to participate in drug testing, or testing positive, would likely need a greater level of intervention/support before entering into the program - - such as inpatient treatment. The STEP Team should consider the following factors before enrollment of a participant in STEP:

PRE-ENROLLMENT PERIOD:

- Assessment by PO, including home visit to ensure sufficient stability;
- Completion of a substance abuse evaluation;
- Be referred to treatment services as deemed necessary/court ordered;
- Submit to random UAs, enrollment in color-code as deemed necessary;
- Complete STEP intake application and interview with USPO;
- Team and participant sign Participant Agreement and Waiver;
- Obtain transfer of jurisdiction from sentencing Judge;
- Attend STEP courtroom session.

The STEP program should be able to be completed in a period of twelve (12) months over four (4) phases, each phase consisting of 3 months. It is agreed that the assignments and expectations of each phase should be concrete, clear and applicable to all participants. Each phase should have a specified purpose with distinct, achievable goals that are consistent with the stages of recovery. The phases will encourage participants to develop an understanding of addiction and recognize patterns of use, factors that influence use, and the impact of use on self, family and community. The participant will be challenged to accept responsibility for the impact of their addiction behavior on others, and will be provided access to the tools necessary to facilitate and maintain sobriety. Throughout participation in STEP, the participant will work toward the development of a community-based sober support network. Finally, the participant will prepare a comprehensive relapse prevention plan prior to graduation from STEP.

It is recognized that different levels of treatment will be needed for each participant, and therefore, each phase does not identify a specific level of treatment. Rather, it is suggested that there be a requirement noted in each phase that the participant be actively participating in treatment as directed.

PHASE I: EARLY RECOVERY

Participant will engage in treatment and stabilize in the appropriate level of treatment services. During this phase, the participant develops an understanding of addiction, patterns of use and of factors that influence use and the importance of honesty with him/herself and the STEP Team. Participant develops early recovery tools and a foundation of support for recovery.

Expectations:

- Actively participate in substance abuse treatment as deemed necessary and attend all sessions;
- Complete a mental health screening, if deemed necessary, and participate in all mental health treatment as deemed necessary;
- Attend self-help meetings, 90 meetings in 90 days if unemployed, or as directed;
- Submit verification of self-help attendance;
- Obtain a self-help group sponsor;
- If unemployed obtain an employment and education assessment as directed;
- Complete application for entitlement benefits (GAU, etc.) if eligible;
- Comply with all supervision conditions; and
- Complete one written assignment.

Meetings/testing:

- 1-2 contacts with Probation/Court per week, or as directed;
- Two STEP Court appearances per month; and
- 2 - 3 random UAs per week, or as deemed necessary; random tests for alcohol use.

Written Assignment:

- 1) How has drug and/or alcohol use affected my life and what goals do I have for participation in the STEP program?
- 2) Complete anonymous participant survey

Behavior being shaped during Phase I:

- Short Term Behaviors
 - 1) Honesty
 - 2) Timely compliance with program requirements
- Long Term Behaviors
 - 1) Abstinence (at least for some participants)
 - 2) Provide for identified immediate needs such as needs for employment, housing, health, etc. in legal and safe manner
 - 3) Establish stable housing

Consequences for failing to fulfill one or more Short Term behaviors:

See graduated consequences

Rewards:

- **Compliance with Some Short Term Behaviors** - Verbal commendation
- **Compliance with All Short Term Behaviors** - Verbal commendation; Food
- **Phase I Completion** - Standing ovation; \$5 gift certificate

PHASE II: UNDERSTANDING AND TAKING RESPONSIBILITY

Participant will demonstrate a commitment to living substance free. During this phase the participant will begin to identify and understand adverse consequences of drug/alcohol use, and take responsibility for same. The participant will become involved in an educational or employment program or secure employment.

Expectations:

- Actively participate in substance abuse treatment as deemed necessary and attend all sessions;
- Attend 2-3 self-help meetings per week, or as directed. Provide verification of attendance;
- Continue employment or participate in an employment or education program as directed;
- Comply with all supervision conditions; and
- Complete one written assignment.

Meetings/testing:

- 1-2 contacts with Probation/Court per week, or as directed;
- One STEP Court appearances per month; and
- 2 random UAs per week, or as deemed necessary; random tests for alcohol use.

Written Assignment:

- 1) How has my drug use affected the significant others in my life or the community?
- 2) Complete anonymous participant survey

Behavior being shaped during Phase II:

- Short Term Behaviors
 - 1) Honesty
 - 2) Timely compliance with program requirements
 - 3) Abstinence
 - 4) Provide for identified immediate needs such as needs for employment, housing, health, etc. in legal and safe manner
 - 5) Establish stable housing
- Long Term Behavior
 - 1) Establish sober support network including a community sponsor

Consequences for failing to fulfill one or more Short Term behaviors:

See graduated consequences

Rewards:

- **Compliance with Some Short Term Behaviors** - Verbal commendation
- **Compliance with All Short Term Behaviors** - Verbal commendation; Food
- **Phase II Completion** - Standing ovation, \$10 movie ticket

PHASE III: HEALTHY DECISION MAKING

The participant will develop a sober support network to rely upon in making life decisions and dealing with life stress.

Expectations:

- Actively participate in substance abuse treatment as deemed necessary and attend all sessions;
- Attend 2-3 self-help meetings per week, or as directed. Provide verification of attendance;
- Complete an employment and educational assessment related to future goals;
- Maintain employment or participate in educational program;
- Comply with all supervision conditions;
- Present a written plan for meeting financial obligations; and
- Complete one written assignment.

Meetings/testing:

- Every other week contacts with Probation Office, or as deemed necessary;
- One STEP court appearance per month; and
- 4 random UAs per month, or as deemed necessary; random tests for alcohol use.

Written Assignment:

1) In collaboration with treatment providers and sober support system, complete a writing assignment addressing the following topic:

What tools and skills have I developed to maintain my sobriety and how do I plan to use those tools to strengthen my recovery during supervision and beyond?

2) Complete anonymous participant survey

Behavior being shaped in Phase III:

- Short Term Behaviors
 - 1) Honesty
 - 2) Timely compliance with program requirements
 - 3) Abstinence
 - 4) Provide for identified immediate needs such as needs for employment, housing, health, etc. in legal and safe manner
 - 5) Maintain safe housing

6) Establish sober support network including a community sponsor

- Long Term Behavior
 - 1) Develop comprehensive relapse prevention plan
 - 2) Develop goals for furthering education and employment opportunities
 - 3) Provide for needs for socialization and recreation in legal and safe manner

Consequences for failing to fulfill one or more Short Term behaviors:

See graduated consequences

Rewards:

- **Compliance with Some Short Term Behaviors** - Verbal commendation
- **Compliance with All Short Term Behaviors** - Verbal commendation: Food
- **Phase III Completion** - Standing ovation; Fish-bowl chance at larger donated prize - but prize for every drawing

PHASE IV: RELAPSE PREVENTION PLANNING

The participant will develop a comprehensive relapse prevention plan.

Expectations:

- Actively participate in substance abuse treatment as deemed necessary and attend all sessions;
- Attend 2-3 self-help meetings per week, or as directed. Provide verification of attendance;
- Maintain employment and/or educational program;
- Comply with all supervision conditions;
- Make regular payments in compliance with the plan to meet financial obligations;
- Complete an approved, written relapse prevention plan; and
- Complete anonymous participant survey.

Meetings/testing:

- Once per month contact with Probation Officer, or as deemed necessary;
- One STEP court appearance per month; and
- 2-4 random UAs per month, or as deemed necessary; random tests for alcohol use.

Written Assignment:

- 1) In collaboration with treatment providers complete and submit an approved comprehensive Relapse Prevention Plan
- 2) Complete anonymous participant survey

Behavior being shaped in Phase IV:

- Short Term Behaviors

- 1) Honesty
- 2) Timely compliance with program requirements
- 3) Abstinence
- 4) Provide for identified immediate needs such as needs for employment, housing, health, etc. in legal and safe manner
- 5) Maintain stable housing
- 6) Maintain sober support network including a community sponsor
- 7) Develop comprehensive relapse prevention plan
- 8) Develop goals for furthering education and employment opportunities
- 9) Provide for needs for socialization and recreation in legal and safe manner

Consequences for failing to fulfill one or more Short Term behaviors:

See graduated consequences

Rewards:

- **Compliance with Some Short Term Behaviors** - Verbal commendation
- **Compliance with All Short Term Behaviors** - Verbal commendation; Food
- **Rewards for Phase IV Completion - Graduation*:**
 - 1) Medallion
 - 2) Award folder with congratulatory letters
 - 3) Federal Bar Association gift card
 - 4) Graduation Certificate
 - 5) Order granting one (1) year supervision reduction (if applicable)
 - 6) Treatment completion certificate(s)
 - 7) Standing Ovation

*** Graduation Requirements**

- Minimum of 12 months in STEP
- Completion of MRT
- Completion of Phase Four
- Six calendar months clean and sober with no un-excused UA or other testing
- Stable employment or educational program for 3 months
- Stable housing
- Payment of all fees incurred during STEP