

Parenting in Recovery/ Travis County Family Drug Treatment Court

**PHASE ADVANCEMENT CHECKLIST**

**FROM FAMILY FOCUS PHASE (2) TO PHASE (3)**

**EXPECTATIONS:**

- Follow all court orders and attend all drug court and CPS hearings
- Attend all appointments; not showing up for appointments and not calling ahead to make alternate plans can delay phase advancement
- Request phase advancement in writing
- Complete all pending consequences (for example: community service, essays) before you are eligible to advance

**RECOVERY**

- Attend drug court hearings **every other week**
- Submit drug and alcohol tests with no substances detected as requested **and** as indicated by the drug court call-in system
- Successfully engage in any recommended drug treatment and successfully complete intensive outpatient treatment (if recommended)
- Attend and document attendance to at least three recovery meetings per week or as court ordered, and continued to attend meetings with a home group or as recommended by treatment provider
- Maintain a court approved sponsor or accountability partner and continue to meet with him/her regularly
- Review written relapse prevention plan and Rule 11 agreement that you wrote while in phase I
- Complete at least 2 leadership track suggestions for Phase II and write about your experience (attached)

**PLAN FOR TAKING CARE OF MYSELF**

- Take personal steps to continue job search, if applicable
- If obtaining income through employment is the goal to achieve self-sufficiency, complete a profile with Work in Texas at Workforce Solutions.
- If obtaining income through employment is the goal to achieve self-sufficiency, complete a resume and provide it to your case manager in order to get a business suit from Dress For Success (for women only)
- Take personal steps to obtain or maintain safe and stable housing, if applicable
- Take personal steps to continue education/literacy, if applicable
- Submit a detailed budget to the team to include monthly expenses and income (attached)
- Submit a plan for health care for yourself and your children (attached)
- Submit a plan for ongoing transportation (attached)
- Create a financial goal for financial education coaching sessions with Foundation Communities (PIR case managers have a suggested list, if needed)– participants must attend a total of 5 of these sessions by the end of phase III

**HEALTHY FAMILY LIFE**

- Attend and engage in appropriate visitation with your child(ren), as applicable.
- Participate in individual therapy, as applicable
- Actively engage in parenting classes and/or parenting training, as applicable
- Actively engage in peer recovery coaching, as applicable
- Submit a completed Healthy Relationships plan (attached)
- Participate in a consultation with Planned Parenthood or PCP regarding family planning
- Make appointments & follow through with all evaluations recommended in children’s treatment plan(s)
- Ensure that children attend scheduled services as applicable
- Submit a written schedule of child(ren)’s daily activities including regular food choices (attached)

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**REQUEST FOR ADVANCEMENT TO  
PHASE 3**

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

Children's Names: \_\_\_\_\_

Sobriety Date: \_\_\_\_\_ Sponsor's Name (can use first only): \_\_\_\_\_

I am requesting that the Parenting In Recovery/ Travis County Family Drug Treatment Court (PIR/ FDTC) advance me from Phase II to Phase III. I have worked very hard during the last Phase and have the following accomplishments to be proud of:

1.) I have done the following work on my plan of service/ treatment plan and have accomplished the following:

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2.) I have attended recovery meetings \_\_\_\_\_ times per week.

3.) I am still working on my recovery and have gotten to step \_\_\_\_\_.

4.) I have done the following things to improve my life for myself and my children:

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5.) I am very proud of myself for:

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6.) My goals and next steps for Phase III are:

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7.) I have attached a detailed **budget** to include my monthly expenses and income.

8.) I have attached a **relapse prevention plan**.

9.) I have created the following financial goal for myself (as a starting place for my financial coaching): *Note: PIR case managers have a list of goal suggestions*

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10.) I have attached a **daily schedule** for my children.

11.) **Healthcare Plan:**

I have the following health care insurance for myself: \_\_\_\_\_

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I have the following health care insurance for my children: \_\_\_\_\_

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My primary care physician is \_\_\_\_\_.

My children's primary care physician(s) are \_\_\_\_\_

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I have the following plans to continue to meet my own and my children's health

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care needs: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**12.) Transportation Plan:**

My current mode of transportation is: \_\_\_\_\_.

For the future, I would like my method of transportation to be \_\_\_\_\_

\_\_\_\_\_.

In order to accomplish this goal (if applicable), I need to: \_\_\_\_\_

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

**13.) Healthy Relationships Plan:**

I am currently involved in a romantic relationship with \_\_\_\_\_

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This relationship is healthy for myself and my children because \_\_\_\_\_

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In looking at my past relationships, I notice the following patterns: \_\_\_\_\_

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In the future, the type of partner that I would like to have by my side and assisting me in parenting my children has the following qualities:

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When my children are adults, I would like them to meet and become involved with a partner that \_\_\_\_\_

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**14.) Leadership Track Experiences:**

As part of Phase II, I participated in the following leadership track suggestions:

1.) \_\_\_\_\_

My thoughts on this experience: \_\_\_\_\_

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2.) \_\_\_\_\_

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My thoughts on this experience: \_\_\_\_\_

\_\_\_\_\_

These leadership track experiences were or were not helpful to me in my  
recovery because: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

During phase III, I plan to do the following to be of service and to become closer  
my recovery group(s): \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

15.) Additional information that I would like to relay to the PIR/ FDTC team:

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_



## BASIC MONTHLY SPENDING PLAN for FDTC PARTICIPANTS

NECESSARY EXPENSES		OTHER EXPENSES	
Rent		Donations (church, 12-Step)	
Electricity, trash, waste		Savings account	
Natural gas		Cable TV & internet	
Water		Eating out	
Telephone		Entertainment	
Food (including snacks, etc.)		Cigarettes	
Car payment		Gifts	
Gasoline		<b>OTHER EXPENSES TOTAL</b>	
Auto insurance			
Auto repairs & maintenance	→	<b>NECESSARY EXPENSES TOTAL</b>	
Clothing for self		<b><u>Add:</u> OTHER EXPENSES TOTAL</b>	
Clothing for children		<b>ALL EXPENSES TOTAL</b>	
Laundry & dry cleaning			
Medical & dental costs		<b>TOTAL <u>MONTHLY</u> INCOME</b>	
Insurance: Rental, medical		<b>FROM <u>ALL</u> SOURCES</b>	
Haircuts & styling, nail care		<b><u>Subtract:</u> ALL EXPENSES TOTAL</b>	
Other			
Other		<b>EXTRA \$ or SHORT \$</b>	
<b>NECESSARY EXPENSES TOTAL</b>			

**NOTES:** \_\_\_\_\_

\_\_\_\_\_

# Developing a Relapse Prevention Plan

(Taken from Terence T. Gorski's "How to Develop a RP Plan")

People who relapse aren't suddenly taken drunk. Most experience progressive warning signs that reactivate denial and cause so much pain that self-medication with alcohol or drugs seem like a good idea. This is not a conscious process. These warning signs develop automatically and unconsciously. Since most recovering people have never been taught how to identify and manage relapse warning signs, they don't notice them until the pain becomes too severe to ignore.

## **Relapse Education** (Four major messages)

- 1.) Relapse is a normal and natural part of recovery from chemical dependence. There is nothing to be ashamed or embarrassed about.
- 2.) People are not suddenly taken drunk. There are progressive patterns of warning signs that set them up to use again.
- 3.) Once identified, recovering people can learn to manage the relapse warning signs while sober.
- 4.) There is hope....learning how to recognize and manage warning signs so a return to chemical use becomes unnecessary.

## **Warning Signs Identification**

Identify the problems that caused relapse.

Goal: Review phases and warning signs of relapse then develop an initial warning sign list by selecting five of the warning signs that you can identify with.

1.)

2.)

3.)

4.)

5.)

**Identified warning signs:**

1.) The need to drink or use in order to \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

2.) The need to drink or use in order to \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

3.) The need to drink or use in order to \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**Now, identify the irrational thoughts, unmanageable feelings and self defeating behavior that accompanied each.**

1.) I know I am in trouble with my recovery when \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

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2.) I know I am in trouble with my recovery when \_\_\_\_\_

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3.) I know I am in trouble with my recovery when \_\_\_\_\_

# Daily Schedule

Please describe your child(ren)'s daily routines below. Try to think of what a typical day looks like. You may also want to mention what you do on the weekends. Please include whether or not you are satisfied with a routine or if there is something you would like to change about it.

Describe your morning routine. When does each member of the family typically wake up, and how do your child(ren) participate in getting ready for the day?

Describe breakfast. What are some of your child(ren)'s favorite foods. When and where do they eat?

If your child(ren) attend daycare on the weekdays, how do they get there, and what is the trip like? How is drop off?

How does your child participate in running errands in the community? What do they do while you are doing housework?

Describe lunchtime. What are some of your child(ren)'s favorite foods. When and where do they eat?

## Daily Schedule

What does playtime look like for your child(ren)? What are some of their favorite activities to do on their own? What activities do they like to do with you? Do they have any playmates?

Describe naptime if your child(ren) still nap. When, where and for how long do they sleep? How do they fall asleep?

How do you feel about your child(ren)'s daycare? What do your Child(ren)'s teachers say about them?

Describe dinner. What are some of your child(ren)'s favorite foods. When and where do they eat? Do you eat with them? What is it like in your home getting ready for dinner?

Describe your child(ren)'s bedtime routine.

What is your favorite thing to do with your child(ren)?

What is the most difficult time of day, routine or activity with your child(ren)?

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**Leadership Track Suggestions for Phase II**

To advance from Phase II, participants must complete at least **two** of these suggestions. In order to receive training to become a peer recovery coach, participants must complete four suggestions. (The team is open to other suggestions but the Court must approve these **in advance**. Please tell your attorney and the Judge if you have other ideas to meet this criteria.)

- Clean up the Courtroom after a docket
- Take a peer with you to a recovery meeting that they have not been to before
- Give a peer a ride to a recovery meeting
- Introduce yourself to potential participants who are observing the docket and tell them about your experience with the PIR program
- Assist in planning an alumni event with the alumni coordinator
- Chair a recovery meeting
- Attend a recovery group's sober outing or social activity (examples: dance, boating, BBQ, celebration)
- Carry a meeting to a prison or treatment center
- Visit with another PIR participant when they are in the hospital or sitting in the hospital with a sick child
- Attend a recovery conference or convention
- Share something that you have learned in recovery that will benefit others – share with the group when at the bench
- Volunteer for Austin Citywide AA group (held on the 3<sup>rd</sup> Saturday of each month)
- Make coffee for a meeting
- Act as door greeter for a meeting
- Obtain a recovery group phone list and call at least 4 people on that phone list within one week