

Parenting in Recovery/ Travis County Family Drug Treatment Court

PHASE ADVANCEMENT CHECKLIST

FROM HAPPY, JOYOUS, AND FREE PHASE (4) TO
COMMENCE FROM PIR/ FDTC PROGRAM

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 commencement in writing
- Complete all pending consequences (for example: community service, essays) before you are eligible to advance

RECOVERY

- Attend **monthly** drug court hearings (Note: Must attend at *least* one hearing while in Phase IV prior to drug court commencement/ graduation.)
- Submit drug and alcohol tests with no substances detected as requested **and** as indicated by the drug court call-in system
- Document attendance to at least three recovery meetings per week or as court ordered
- Maintain a court approved sponsor or accountability partner and continue to meet with him/her regularly
- Continue to participate in a service project that began in Phase III and was approved by the team and write about your experience – participants must speak about their service project during at least one Court hearing prior to commencement.
- Complete at least 4 leadership track suggestions for Phase IV and write about your experience (attached). **One of these activities must be taking a new participant to 4 meetings.**

PLAN FOR TAKING CARE OF MYSELF

- Maintain stable employment or income
- Maintain permanent, stable housing
- Submit projected monthly budget showing self-sufficiency (attached)
- Actively participate in planning your commencement celebration
- Maintain a psychiatrist and health insurance for continued health care and medications, if applicable

HEALTHY FAMILY LIFE

- Make a verbal or written report to the court addressing your long-term support network (attached)
- Follow previous health care plan and submit long-term health care plan for yourself and your children after drug court commencement(attached)
- Follow plan for long-term child care and submit plan for continuing child care after drug court commencement (attached)
- Follow through with transportation plan that you developed and submit long-term transportation plan following drug court commencement (attached)

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**REQUEST FOR COMMENCEMENT
FROM FAMILY DRUG TREATMENT
COURT PROGRAM**

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) grant my request to successfully commence from the program. I have worked very hard on my recovery, personal goals, and parenting skills. I 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:

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:

6.) My goals for myself and my children once this case is closed are:

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7.) I have attached a projected monthly **budget** showing self-sufficiency.

8.) **Long-Term Healthcare Plan:**

I have the following health care insurance for myself: _____

I have the following health care insurance for my children: _____

My primary care physician is _____.

My children's primary care physician(s) are _____.

I have the following plans to continue to meet my own and my children's health care needs: _____

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9.) Long-Term 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: _____

10.) Long-Term Child Care Plan:

My children currently use the following resource(s) for child care (list daycare,
family, friends, etc...) _____

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When I have successfully completed the Parenting in Recovery/ Family Drug Treatment Court program it is my plan to use the following resource(s) for child care (list daycare, family, friends, etc...)_____

In order to complete this plan, I have completed the following steps:

11.) The following individuals are part of my positive support system. I will call these persons when I need assistance and comfort in the future:

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12.) Service project for the PIR/ FDTC program:

While in Phase IV, I continued to work on the following service project: _____

The following is the work that I have done on this service project: _____

I believe that my service project has benefitted other participants or future participants in the following ways: _____

13.) Leadership Track Experiences:

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

1.) _____

My thoughts on this experience: _____

2.) _____

My thoughts on this experience: _____

3.) _____

My thoughts on this experience: _____

These leadership track experiences were or were not helpful to me in my

recovery because: _____

As part of Phase IV, I took a new participant to 4 recovery meetings on these

dates: _____, _____, _____, _____.

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After taking a new participant to 4 recovery meetings, my advice to new

participants in the PIR/FDTC program is: _____

Following my commencement from the PIR/ FDTC program, I plan to engage in

service work or projects in the following ways (if any): _____

14.) 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		OTHER EXPENSES TOTAL	
Auto insurance			
Auto repairs & maintenance		NECESSARY EXPENSES TOTAL	
Clothing for self		Add: OTHER EXPENSES TOTAL	
Clothing for children		ALL EXPENSES TOTAL	
Laundry & dry cleaning			
Medical & dental costs		TOTAL MONTHLY INCOME FROM ALL SOURCES	
Insurance: Rental, medical			
Haircuts & styling, nail care		Subtract: ALL EXPENSES TOTAL	
Other			
Other		EXTRA \$ or SHORT \$	
NECESSARY EXPENSES TOTAL			

NOTES: _____

Parenting in Recovery/ Family Drug Treatment Court Leadership Track Suggestions for Phase III and IV

To advance from Phase III, participants must complete at least **three** of these suggestions and to advance from Phase IV, participants must complete at least **four**. In order to receive training to become a peer recovery coach, participants in Phase III must complete an additional three 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.)

- Provide a speaker for the docket or AWAKE meeting – someone from home group or sponsor
- Volunteer for a recovery convention/ conference (examples: working at registration, clean up, set up, chairing a committee, putting out flyers)
- Get a service position within home group or sober house (examples: secretary, web master, public information, hospitals and institutions, etc..)
- Attend Board meeting of Hill Country Intergroup or other recovery group business meeting
- Pick up an ongoing service position for a recovery meeting – opening the door, making coffee, set up, chair
- Arrange with PIR Services Manager to attend an FTM and explain the program to a potential participant
- Attend an FGC with a program participant who does not have family members that are able to attend
- Put in application to attend the Peer Recovery Coaching Institute
- Complete the volunteer hours necessary to become a certified Peer Recovery Coach
- Plan an alumni or PIR program event with the alumni coordinator
- Chair a recovery meeting
- Carry a meeting to a prison or treatment center
- Share story at Austin Recovery alumni group meeting

- Create your own recovery meeting and place on the local area schedule
- Add yourself to a recovery group phone list
- Take a service position with the PIR or Austin Recovery alumni group (secretary, committee chair, etc..)
- Tell other participants during the docket how you overcame a challenge (example: balancing parenting and recovery responsibilities, time management, etc..)

Additional requirement for Phase IV: Participant must take a designated Phase I participant who has recently discharged from treatment to four recovery meetings. *(This counts as one of the four suggested tasks to advance.)*