

Parenting in Recovery/ Travis County Family Drug Treatment Court

PHASE ADVANCEMENT CHECKLIST

FROM BECOMING INDEPENDENT PHASE (3) TO PHASE (4)

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 3 weeks
- Submit drug and alcohol tests with no substances detected and as indicated by the drug court call-in system
- Successfully engage in any recommended drug treatment
- Attend and document attendance to at least three recovery meetings per week or as court ordered, including 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
- Present a written plan to engage in an ongoing service project for the drug court program and have this plan approved by the team. Then implement the plan when in Phase IV.
- Complete at least 3 leadership track suggestions for Phase III and write about your experience (attached)

PLAN FOR TAKING CARE OF MYSELF

- Obtain stable employment or income source and submit pay check stub unless otherwise approved by the Drug Court team
- Submit updated budget, showing current income and long term goals (attached)
- Take personal steps to continue job search, if applicable
- If obtaining income through employment is the goal to achieve self-sufficiency, complete at least 3 workshops/ trainings at Workforce Solutions (unless full employment has already been obtained).
- Take personal steps to obtain or maintain safe and stable housing, if applicable
- Take personal steps to continue education/literacy, if applicable
- Follow through with transportation plan that you developed and submit long-term transportation plan (attached)
- Successfully complete financial education coaching sessions with Foundation Communities or another court approved course –contact Erika Leos with Foundation Communities by calling her at 512-610-4026 or go to the website to schedule an appointment (<http://www.foundcom.org/get-financially-stable/financial-coaching/>) – participants must complete a total of 5 sessions
- Obtain and maintain a psychiatrist and health insurance for continued health care and medications, if applicable

HEALTHY FAMILY LIFE

- Attend and engage in appropriate visitation with your child(ren), as applicable
- Complete parenting classes and/or parenting training sessions, as applicable; show improvement on the AAPI or maintain scores above the 50% mark
- Participate in individual therapy, as applicable
- Actively engage in peer recovery coaching, as applicable
- Follow previous health care plan and submit long-term health care plan for yourself and your children (attached)
- Submit a plan for long-term child care (attached)
- Ensure that children attend scheduled services as applicable
- Complete follow-up assessment with child therapist

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**REQUEST FOR ADVANCEMENT TO  
PHASE 4**

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 III to Phase IV. 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 IV are:

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7.) I have attached an updated **budget** showing my monthly income and long-term goals.

8.) I have enrolled in financial coaching with Foundation Communities or an alternative approved by the Judge and have completed at least 5 sessions.

\_\_\_\_\_ Yes                      \_\_\_\_\_ No

9.) **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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**10.) 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: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**11.) Long-Term Child Care Plan:**

My children currently use the following resource(s) for child care (list daycare,

family, friends, etc...) \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

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

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In order to complete this plan, I must follow through with the following steps:

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

I submitted to the Court a plan to do the following service project: \_\_\_\_\_

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I have been working on this service project for the following amount of time:

\_\_\_\_\_

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: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

While in Phase IV, I plan to continue to work on this service project by doing the

following: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**13.) Leadership Track Experiences:**

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

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

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

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

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

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3.) \_\_\_\_\_

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

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

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

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

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## 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>Add: OTHER EXPENSES TOTAL</b>	
Clothing for children		<b>ALL EXPENSES TOTAL</b>	
Laundry & dry cleaning			
Medical & dental costs		<b>TOTAL MONTHLY INCOME FROM ALL SOURCES</b>	
Insurance: Rental, medical			
Haircuts & styling, nail care		<b>Subtract: ALL EXPENSES TOTAL</b>	
Other			
Other		<b>EXTRA \$ or SHORT \$</b>	
<b>NECESSARY EXPENSES TOTAL</b>			

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

\_\_\_\_\_

**Parenting in Recovery/ Travis County Family Drug Treatment Court  
Proposed Service Project for the Program  
(To be submitted while in Phase III)**

Participant name: \_\_\_\_\_ Date: \_\_\_\_\_

As part of the criteria to advance from Phase III to IV and then to Commence from the PIR program, participants must design a service project for the program. This project allows the participant to create a better program for all of the other participants and to give back some of the knowledge and service that was provided to them. Participants have an opportunity to create their “legacy” and to “make their mark” on the program. They are also in the best position to understand what is most helpful to a recovering individual involved with CPS and the Court system. The drug court team would like to encourage participants to use this project as an opportunity to grow and to improve the program for others.

What is your proposed service project? \_\_\_\_\_

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How will this project help other participants in the program? \_\_\_\_\_

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Give a timeline of the work that you will do on this project from start to finish. What work will be done while in Phase III? What work will be done while in Phase IV? \_\_\_\_\_

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(Please use additional pages as necessary.)

## 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.)*