

PHASE ADVANCEMENT CHECKLIST

**FROM SUPPORT PHASE TO FORMER PHASE
IN 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 phase advancement in writing
- Complete all pending consequences (for example: community service, essays) before you are eligible to advance

RECOVERY

- Attend **weekly** drug court hearings (every other week if in inpatient treatment or if the team specifies)
- Submit drug and alcohol tests with no substances detected as requested **and** as indicated by the drug court call-in system (**Reminder:** when in Support Phase you have to call **EVERYDAY** like Phases I or II)
- Participate in a screening with OSAR or the PIR/ FDTC Court Coordinator for further treatment if you have been out of a treatment program for an extended time **or** follow the recommendations of your last treatment provider if currently in treatment or you have recently completed treatment
- Successfully complete recommended drug treatment program
- Attend 60 recovery meetings within 60 days and re-establish a home group or as recommended by treatment provider
- Obtain a court approved sponsor or accountability partner, have weekly contact, and demonstrate progress on recovery program work
- Submit a relapse prevention plan with phase advancement request

SELF SUFFICIENCY

- Take personal steps to continue job search, if applicable.
- Take personal steps to obtain or maintain safe and stable housing, if applicable.
- Take personal steps to continue education/literacy, if applicable.

HEALTHY FAMILY LIFE

- Attend and engage in appropriate visitation with your child(ren), as applicable
- Actively engage in parenting classes and/or parenting training, as applicable
- Actively engage in peer recovery coaching, as applicable
- Participate in individual therapy, as applicable

REQUEST FOR ADVANCEMENT FROM SUPPORT PHASE TO FORMER PHASE IN THE 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) advance me from Support Phase to Phase _____ (the prior phase that I was working in before being placed in Support Phase). 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:

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 and next steps for Phase _____ (Phase Requesting) are:

Parenting In Recovery/ Travis County Family Drug Treatment Court

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7.) Plan to Work with Sponsor/ Accountability Partner:

My sponsor/ accountability partner and I plan to have face to face contact at least

_____ every _____.

My sponsor/ accountability partner and I plan to have phone contact at least

_____ every _____.

My sponsor/ accountability partner would like for me to do the following in
order to work with him/her:

There are some barriers to my work with this sponsor/ accountability partner
and these are: (examples: transportation problems, changing phone numbers,
location of sponsor's home, trips out of town): _____

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My sponsor/ accountability partner and I have created the following plan to prevent these barriers from interfering in our work together: _____

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

9.) I have attached a relapse prevention plan.

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 _____

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

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