

# Conviction Alternative Program Phase Checklist

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## Pre-CAP

- Review expectations of court
- Meet with attorney to understand expectations
- Complete CAP Intake
- Complete PTRRA Intake
- Sign Participation Agreement
- Complete clinical assessment [receive diagnosis and prognosis, which is shared with CAP team]

## Phase 1: Early Recovery

- 45 consecutive days clean and sober
- Seek employment or vocational training [unless in inpatient or intensive drug treatment program which prohibits outside employment]
- Identify and attend self-help meetings (e.g., NA/AA)
- Writing Assignment: How have drugs affected your life and what goals do you have in CAP?

## Phase 2: Understanding and Taking Responsibility

- 60 consecutive days clean and sober
- Employed or enrolled in education or vocational training [or plan for income stability]
- 2-3 self-help meetings per week
- Plan to achieve stable living arrangement
- Writing Assignment: How has my drug use affected the significant others in my life and community?

## Phase 3: Healthy Decision Making

- 90 consecutive days clean and sober
- Employed unless in training program [or implement plan to achieve income stability]
- 2-3 self-help meetings per week (choose a sponsor or mentor)
- Implement plan to achieve stable living arrangement
- Develop support network
- Identify prosocial activities
- Writing Assignment: What tools/skills have you developed to maintain your sobriety and how do you plan to use these tools to strengthen your recovery?

## Phase 4: Relapse Prevention Planning

- 90 consecutive days clean and sober
- Employment [or other income stability] or volunteer work
- 2-3 self-help meetings per week
- Stable living arrangement
- Identify and engage in prosocial activities
- Writing Assignment: Develop comprehensive relapse prevention plan

## Graduation

- Exit Interview