

**UNITED STATES DISTRICT COURT
NORTHERN DISTRICT OF CALIFORNIA
CAP COURT PHASE SYSTEM**

Prior to beginning the Conviction Alternatives Program (CAP), every participant who is referred will be screened to determine eligibility/suitability.

Pre-enrollment stabilization period: (Before beginning CAP)

- Assessment by PO within 30 days, including home visit to ensure sufficient stability;
- Completion of the PTRA (Pretrial Risk Assessment), calculation of R.P.I. (Risk Prediction Index), or completion of a similar risk assessment tool
- Be referred to treatment services as deemed necessary/court ordered;
- Submit to drug testing as directed;
- Begin self-help group attendance (AA, NA, 12 Step, etc.) as directed and submit verification forms;
- Complete CAP intake interview;
- Attend CAP courtroom sessions;
- Sign participant agreement.

The Conviction Alternatives Program should be able to be completed in twelve (12) months consisting of four phases of three months each. The parties agree that the assignments and expectations of each phase must be concrete, clear and applicable to all participants. Each phase must have a specified purpose with distinct, achievable goals that are consistent with the stages of recovery. The phases will encourage participants to develop an understanding of addiction and recognize patterns of use, factors that influence use, and the impact of use on self, family and community. The participant will be challenged to accept responsibility for the impact of their addiction behavior on others, and will be provided access to the tools necessary to facilitate and maintain sobriety. Throughout participation in CAP Court, the participant will work toward the development of a community-based sober support network. Finally, the participant will prepare and present a comprehensive relapse prevention plan before graduation from CAP.

It is recognized that different levels of treatment will be needed for each participant, and therefore, each phase does not identify a specific level of treatment. Rather, there will be a requirement noted in each phase that the participant participate in treatment as directed.

The phases are as follows:

Phase One: Early Recovery;

Phase Two: Understanding and Taking Responsibility;

Phase Three: Healthy Decision Making; and

Phase Four: Relapse Prevention Planning.

PHASE ONE: EARLY RECOVERY

Goals:

Participant will abstain from drug and alcohol use, engage in treatment and stabilize in the appropriate level of treatment services. During this phase, the participant develops an understanding of addiction, patterns of use and factors that influence use. Participant develops early recovery tools and a foundation of support for recovery.

Expectations:

- Participate in substance abuse treatment as directed, and attend all sessions;
- Complete a mental health screening, if deemed necessary, and participate in all mental health treatment as directed, including medication maintenance as deemed appropriate by the treatment provider;
- Attend self-help meetings, (AA/NA/12 Step, etc.) as directed;
- Submit verification of self-help attendance;
- Obtain a self-help sponsor, as directed;
- Begin a life skills, employment or education program as directed;
- Participate in a biweekly CAP cognitive-behavioral group;
- If employed, maintain employment;
- Comply with all supervision conditions;
- Complete other goals as directed.

Meetings/testing:

- Meetings with the pretrial services officer as directed;
- Biweekly court appearances;
- Submit to drug testing via the Code-a-Phone system (call in daily), or as directed.

Written/Oral Assignment:

How has drug and/or alcohol use affected my life and what goals do I have for participation in the CAP program?

Minimum Requirements to Move to Phase II:

- At least 45 consecutive days clean and sober;
- Crime free;
- No unexcused court sessions.

PHASE TWO: UNDERSTANDING AND TAKING RESPONSIBILITY

Goals:

Demonstrate a commitment to a life without substances. Begin to identify and understand adverse consequences of drug/alcohol use, and take responsibility for same. Become involved in a life skills, educational or employment program, or secure employment.

Expectations:

- Participate in substance abuse treatment/mental health treatment as directed, and attend all sessions, including medication maintenance as deemed appropriate by the treatment provider;;
- Attend 2-3 self-help meetings per week, or as directed. Provide verification of attendance;
- Continue to participate in a life skills, employment or education program as directed;
- Participate in a biweekly CAP cognitive-behavioral group;
- If employed, maintain employment;
- Comply with all supervision conditions;
- Complete other goals, as directed.

Meetings/testing:

- Meetings with the pretrial services officer as directed;
- Biweekly court appearances;
- Submit to drug testing via the Code-a-Phone system (call in daily), or as directed.

Written/Oral Assignment:

How has my drug use affected the significant others in my life or the community?

Minimum Requirements to Move to Phase III:

- At least 60 consecutive days clean and sober;
- Crime free;
- Stable living arrangement;
- Employed, or positive response to vocational/educational goals;
- No unexcused court sessions.

PHASE THREE: HEALTHY DECISION MAKING

Goals:

Develop a sober support network to rely upon in making life decisions and dealing with life stress. Complete life skills, employment or educational program. Secure employment.

Expectations:

- Participate in substance abuse treatment/mental health treatment as directed, and attend all sessions, including medication maintenance as deemed appropriate by the treatment provider;;
- Continue to attend 2-3 self-help meetings per week, or as directed. Provide verification of attendance;
- Continue to participate in a life skills, employment or education program as directed;
- Continue to participate in a biweekly CAP cognitive-behavioral group (if required);
- If employed, maintain employment;
- Comply with all supervision conditions;
- Complete other goals, as directed.

Meetings/testing:

- Meetings with the pretrial services officer as directed;
- Monthly court appearances;
- Submit to drug testing via the Code-a-Phone system (call in daily), or as directed.

Written/Oral Assignment:

In collaboration with treatment providers and sober support system, complete a writing assignment addressing the following topic:

What tools and skills have I developed to maintain my sobriety and how do I plan to use those tools to strengthen my recovery during supervision and beyond?

Minimum Requirements to Move to Phase IV:

- At least 90 consecutive days clean and sober;
- Crime free;
- Stable living arrangement;
- Must be employed unless excused for acceptable reasons (e.g. school, training);
- No unexcused court sessions.

PHASE FOUR: RELAPSE PREVENTION PLANNING

Goals:

Develop a comprehensive relapse prevention plan and shore-up long-term recovery needs.

Expectations:

- Participate in substance abuse treatment/mental health treatment as deemed necessary and attend all sessions, including medication maintenance as deemed appropriate by the treatment provider;;
- Attend 2-3 self-help meetings per week, or as directed. Provide verification of attendance;
- Continue to participate in a biweekly CAP cognitive-behavioral group (if required);
- Continue to participate in a life skills, employment or education program as directed;
- If employed, maintain employment;
- Comply with all supervision conditions;
- Complete an approved, written relapse prevention plan;
- Complete a CAP exit interview.

Meetings/testing:

- Meetings with the pretrial services officer as directed;
- Monthly court appearances;
- Submit to drug testing via the Code-a-Phone system (call in daily), or as directed.

Written Assignment:

In collaboration with treatment providers complete and submit an approved comprehensive relapse prevention plan.

Minimum Requirements for Graduation:

- At least 8 months consecutive clean time;
- Crime free;
- Stable living arrangement;
- Must be employed unless excused for acceptable reasons (e.g. school, training);
- No unexcused court sessions.