

PENOBSCOT NATION DRUG COURT FOUR DIRECTIONS/PHASES OF TREATMENT & WELLNESS

Phase IV- North: Completion/Continuing Growth and Wellness/Life

- > Working through the other phases;
- > Leading a constructive life without alcohol and other drugs;
- > Learning new things about yourself;
- > Having a plan to continue your wellness; and,
- > Making a difference for yourself, your family, your community and, the Penobscot Nation.



Nation

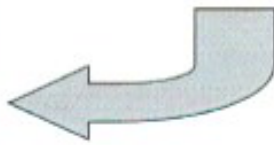


Individual

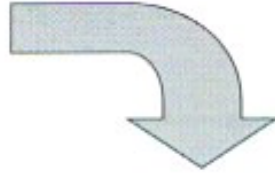
Phase III- West: Cooperation/ Accountability/ Integrity

- > Cooperate and follow the treatment program;
- > Encourage others to do the same/be a role model;
- > Make better choices;
- > Live a good life, free of alcohol and other drugs; and,
- > Develop a plan to resist relapse.

Community



Family



Phase I- East: Introduction/New Beginnings

- > Why you are in the program;
- > The mental, emotional, physical, and spiritual effect of using alcohol and/or drugs;
- > What to expect from the program; and,
- > What the program will expect from you.

Phase II- South: Personal Responsibility

- > You have a problem with alcohol and/or other drugs;
- > This problem has hurt you, your family, your community and the Nation; and,
- > You can make changes for the better which will improve your life and lives of those around you.

PENOBSCOT NATION WELLNESS COURT: FOUR PHASES OF TREATMENT & WELLNESS

	Phase I - East: Introduction/Education	Phase II - South: Personal Responsibility	Phase III - West: Cooperation/Accountability	Phase IV - North: Completion/Continuing Growth & Wellness
Goals of Phase	<p style="text-align: center;">Detoxification & Beginning Treatment</p> <p>Display understanding of:</p> <ul style="list-style-type: none"> • Why you are in the program; • The mental, emotional, physical and spiritual effect of using alcohol and/or drugs; • What to expect from the program; and, • What the program expects from you. 	<p>Stabilization & Treatment</p> <p>Accept personal responsibility for the fact that:</p> <ul style="list-style-type: none"> • You have a problem with alcohol and/or other drugs; • This problem has hurt you, your family, your community and your Nation; and, • You can make changes for the better which will improve your life and the lives of those around you. 	<p>Maintenance & Treatment</p> <p>Show willingness to:</p> <ul style="list-style-type: none"> • Cooperate and follow the treatment plan; • Encourage others to do the same; • Be a role model for others involved in Drug Court; • Make better choices; • Live a good life, free of alcohol and other drugs; and, • Develop a plan to resist relapse. 	<p style="text-align: center;">Aftercare</p> <p>Show ability to:</p> <ul style="list-style-type: none"> • Successfully work through the other phases; • Lead a constructive life without alcohol and other drugs; • Learn new things about yourself; wellness; and, • Make a difference for yourself, your family, your community and the Penobscot Nation.
General Objectives of Phase	<ul style="list-style-type: none"> • Development of treatment plan; • Clean tests; • Meet attendance requirements; • Payment of any/all court costs and/or fines; and, • Team recommendation. 	<ul style="list-style-type: none"> • Clean tests; • Meet attendance requirements; • Payment of any/all court costs and/or fines; and, • Team recommendation. 	<ul style="list-style-type: none"> • Clean tests; • Meet attendance requirements; • Payment of any/all court costs and/or fines; and, • Team recommendation. 	<ul style="list-style-type: none"> • Clean tests; • Completion of treatment plan; • Payment of any/all court costs and/or fines; and, • Develop & Implement Aftercare Plan.
Specific Requirements for Phase Graduation	<ul style="list-style-type: none"> • Development of treatment plan; • Clean tests; • Meet attendance requirements; • Payment of any/all court costs and/or fines; and, • Team recommendation. 	<ul style="list-style-type: none"> • Clean tests; • Meet attendance requirements; • Payment of any/all court costs and/or fines; and, • Team recommendation. 	<ul style="list-style-type: none"> • Clean tests; • Meet attendance requirements; • Payment of any/all court costs and/or fines; and, • Team recommendation. 	<ul style="list-style-type: none"> • Clean tests; • Completion of treatment plan; • Payment of any/all court costs and/or fines; and, • Develop & Implement Aftercare Plan.
Individual Counseling	As Needed	As Needed	As Needed	As Needed
Group Counseling	<p>3-4 x/week</p> <ul style="list-style-type: none"> • Educational • Cognitive Behavioral • Other Methodologies 	<p>1 x/week</p> <ul style="list-style-type: none"> • Educational • Other Methodologies 	<p>1 x/week</p> <ul style="list-style-type: none"> • Educational • Other Methodologies 	<p>1 x/week</p> <ul style="list-style-type: none"> • Maintenance • Other Methodologies
Alcohol / Drug Testing	Minimum of 3x/week	Minimum of 2x/week	Minimum of 2x/month	Minimum of 2x/month
Case Management & Supervision	Yes	Yes	Yes	Yes
Status Hearings	2x/month	2x/month	1x/month	1x/month