

Phases of the Douglas County Behavioral Health Court

The Douglas County Behavioral Health Court is a four phase program. Each phase is organized around a central purpose (i.e. Stability, Maintenance, Wellness, and Healthy Choices/Lifestyles). Each phase involves activities and expectations to help participants progress in that area. Progress is evaluated regularly by the BHC Team. Participants are typically in the BHC Program for at least one year.

At the beginning of the program, more treatment opportunities and accountability reviews are expected. As participants progress through each phase they assume more self-determination and accept more responsibilities. A key component of each phase is honesty. Participants are expected to be truthful with the Behavioral Health Court Team throughout the process.

A request to advance to the next phase is made by completing an application for advancement. Once an application is received, the BHC team will review the application and decide if the participant has met the requirements for advancement. If not, the applicant may not request an advance for another 4 weeks.

Phase 1 - Stability (2 month minimum): The purpose of this phase is to establish a partnership with participants towards a shared goal of Stability. This phase emphasizes helping participants obtain and sustain housing, create routines to assist in daily activities and begin mental health treatment. If indicated, drug and alcohol treatment may be required.

- Treatment includes regular, frequent individual and group therapy sessions-weekly.
- Weekly BHC appearances
- Weekly reporting to Adult Services Officer
- Random drug urinalysis testing
- Take medications as prescribed, but abstain from drugs and alcohol. Fourteen consecutive days of sobriety and medication compliance is required to be considered for Phase II.
- Sanction free and abstain from drug and alcohol use for 2 consecutive weeks and compliance with all BHC program conditions to be considered for Phase II.

Phase II – Maintenance (2-3 months average time): The purpose of this phase is to maintain stability established in Phase I. Participants are expected to continue to develop strengths and supports. This phase emphasizes continuing mental health and drug and alcohol treatment, maintenance of stable housing, progress towards employment and/or education, continuing compliance with adult services requirements and no new arrests.

- Continued individual and group therapy, as determined by treatment providers
- Bi-weekly BHC appearances
- Bi-weekly reporting to Adult Services Officer
- Random drug urinalysis testing
- Take medications as prescribed, but abstain from drugs and alcohol. Thirty consecutive days of sobriety and medication compliance required to go to Phase III.
- Sanction free for 30 consecutive days and compliance with all BHC program conditions to be considered for Phase III.
- Completed 5 sessions of Decision Points Group when available

Phase III – Wellness (3-4 month average time): The purpose of this phase is to support the participant in moving from maintenance to wellness through a process of defining goals and solidifying wellness practices into one's daily routines. Additionally, during this phase, the participant develops a plan to complete court obligations (payment of restitution, court fees, or community service). Ideas for "service give-back projects" are proposed by the participant for team approval.

- Participants continue with treatment plans as directed, being fully engaged in the process.
- Court appearances every 3 weeks.
- Monthly reporting to Adult Services Officer
- Random drug urinalysis testing
- Take medications as prescribed, but abstain from drugs and alcohol. Sixty consecutive days of sobriety and medication compliance is required to go to Phase IV.
- Sanction free for 30 consecutive days and compliance with all BHC program conditions to be considered for Phase IV.
- Participants are expected to use mental health services and comply with psychiatric recommendations.

Phase IV – Healthy Choices/Lifestyles (1-3 months average): The purpose of Phase IV is for participants to begin giving back as a way of consolidating and deepening the gains they have made. This phase is about healthy choices and living a healthy lifestyle. With input from the BHC Team, participants will complete a service give back project of their choosing. The project is an opportunity for the participants to share their talents and skills in making a service contribution to the community. Completion of Phase IV is contingent upon satisfaction of the service project requirements and maintenance of wellness practices established in Phase III.

- All expectations from Phase III remain in place
- Monthly court appearances

- Monthly reporting to Adult Services Officer
- Take medications as prescribed, but abstain from drugs and alcohol the entire phase. Ninety consecutive days of sobriety and medication compliance required for graduation.
- Sanction free for 30 consecutive days, ninety days of sobriety and in compliance with all BHC program conditions to be considered for graduation.
- All pending restitution, court fees, or community service resolved.
- Completed “Service Give-back project”
- On-going wellness plan developed between participant and their natural/outside supports.
- Relapse prevention plan completed if drug and alcohol treatment was indicated while in the program.
- When Behavioral Health Court Alumni group is active, must attend at least one meeting prior to graduation.
- No hospitalizations or increased services in the last 90 days.

Graduation:

The participant graduates from Behavioral Health Court and the criminal case is dismissed. The BHC team and any family members are invited to attend the ceremony to honor the hard work and success of the graduate.