

Douglas County

BHC-Phases

The Douglas County Behavioral Health Court is a four phase program. Each phase is organized around the 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 expected to be 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 phases, they assume more self-determination and accept more personal responsibilities. A key component of all phases is Honesty; as participants are expected to be Truthful with the Behavioral Health Court Team throughout the process.

Phase I: (*2 months 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/sustain housing, create routines to assist in daily activities and begin mental health treatment. If indicated, substance abuse treatment may also be required.

- Treatment includes regular, frequent individual and group therapy sessions-weekly
- Weekly court appearances
- Weekly reporting to Probation Officer
- Random Drug Urinalysis
- Expected to take psychiatric medications as prescribed but abstain from drugs and alcohol. (30 consecutive days of sobriety and Med. Compliance are required) to be considered for Phase II.
- Must be 30 days sanction-free (compliance with all BHC program conditions).

Phase II: (3 months minimum) The purpose of this phase is to **Maintain** stability established in Phase I. Participants are expected continue to develop strengths and supports. This phase emphasizes continuance in mental health and substance abuse treatment, maintenance of stable housing, progress towards employment or education, continuing compliance with probation requirements and no new arrests.

- Continued individual and group therapy, as determined by treatment
- Bi-Weekly court appearances
- Bi-Weekly reporting to Probation Officer
- 60 days of medication compliance and sobriety (required to go to Phase III).
- Random Drug Urinalysis
- 30 days sanction free.

Phase III: (4 month minimum) 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, participants develop a plan to complete court obligations (payment of restitution, courts fees, or community service). Ideas for "service projects" are proposed by the participant for the team approval.

- Participants continue with treatment plan as directed, being fully engaged in the process.
- Monthly court appearances
- Monthly reporting to Probation Officer
- Random Drug Urinalysis
- 90 days of medication compliance and sobriety
- 30 days sanction free
- Participants are expected to be using mental health services and complying with psychiatric recommendations.

Phase IV: (*3 month minimum*) The purpose of Phase IV is for the 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 and approval from the BHC Team, participants will complete a service project of their choosing. The service 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 Probation Officer
- Medication compliance-entire phase (90 days)
- Sobriety-entire phase (90 days)
- 30 days sanction free
- All pending court matters (restitution, court fees, or community service) resolved.
- Completed "Service Project"
- On-going wellness plan developed between participant and their natural/outside supports.

Graduation:

The participant graduates from the Behavioral Mental Health Court Program. The BHC Team and any family members are invited to attend the ceremony to honor the hard work and success of the graduate.

*Participants must be **30 days Sanction Free** in order to be eligible for consideration of phasing up.