



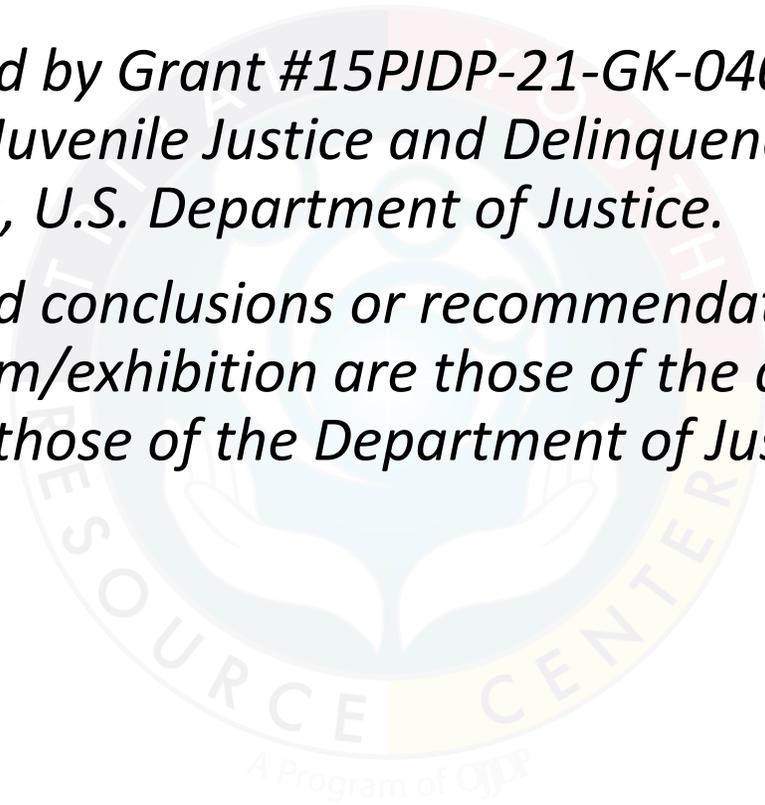
Topic 6 – Designing the JHWC Phases & Integrating Culture



Tribal Youth Resource Center
www.TribalYouth.org

▶ BEFORE WE GET STARTED...

- *This project was supported by Grant #15PJDP-21-GK-04048-MUMU awarded by the Office of Juvenile Justice and Delinquency Prevention, Office of Justice Programs, U.S. Department of Justice.*
- *The opinions, findings, and conclusions or recommendations expressed in this publication/program/exhibition are those of the author(s) and do not necessarily reflect those of the Department of Justice.*



▶ LEARNING OBJECTIVES

1. How to transform our youth and their conduct by using Juvenile Healing to Wellness (JHW) Court "phases" (using a combination of therapeutic justice process, treatment services, case management, and other things, including Culture)
2. How to design your JHW Court Phases
3. How to design how youth move through the phases toward graduation

▶ Breakout Exercise

Instructions:

1. Rooms will be randomly assigned
2. There will be a facilitator to guide conversations
3. Turn on your camera if you can
4. Take space, make space – everyone having the opportunity to share
5. Every idea is valuable- no wrong thoughts

We need everyone's wisdom for the greatest results

▶ Breakout Exercise- Designing the JHW Phases, including Culture

Brainstorm answers to the following questions:

“Before”

- What issues do our youth present with upon arrival into the Juvenile Healing to Wellness (JHW) Court?

“After”

- What are the attributes of JHW Court graduate?

▶ A JUVENILE
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COURT IS ...

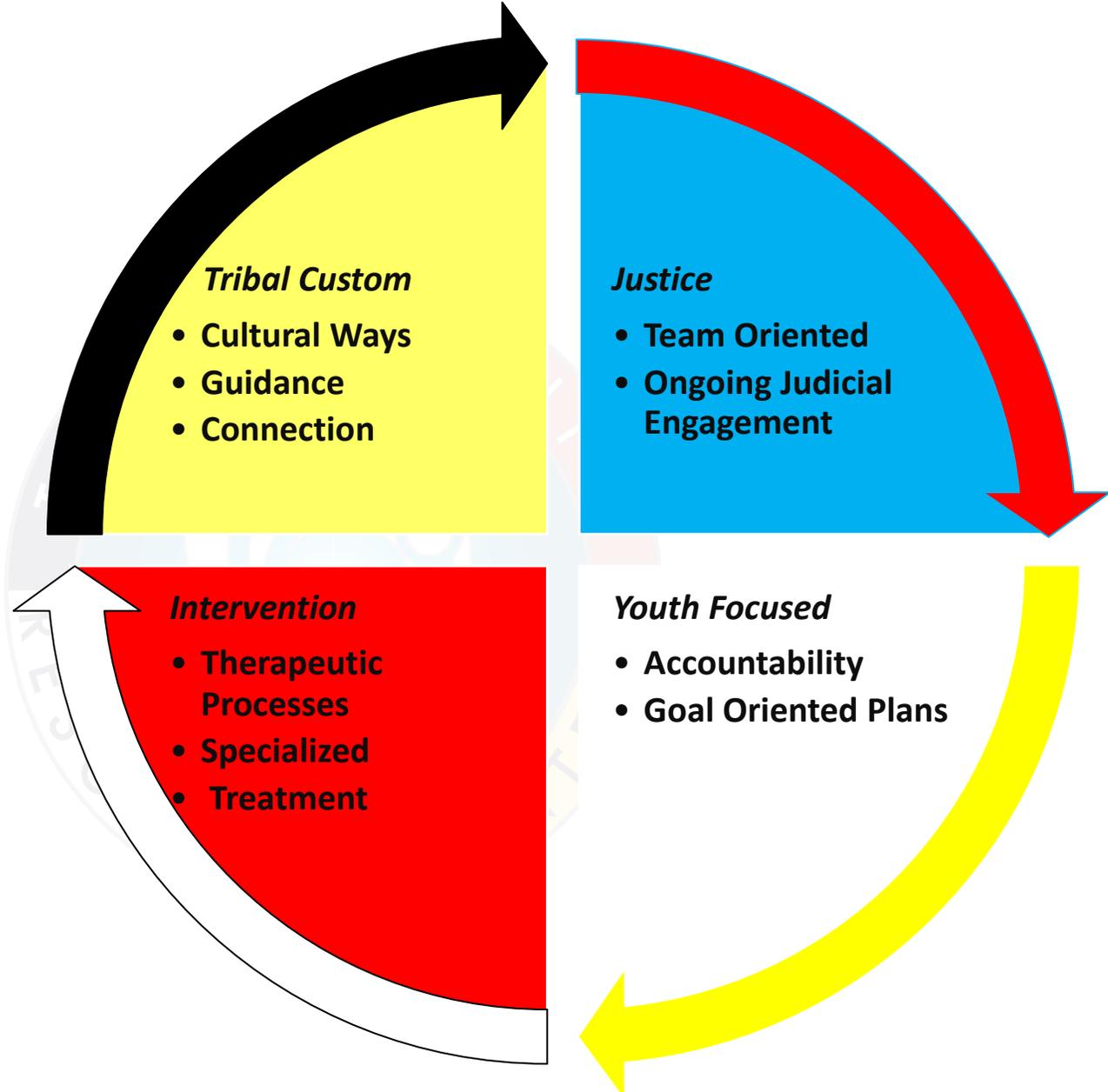
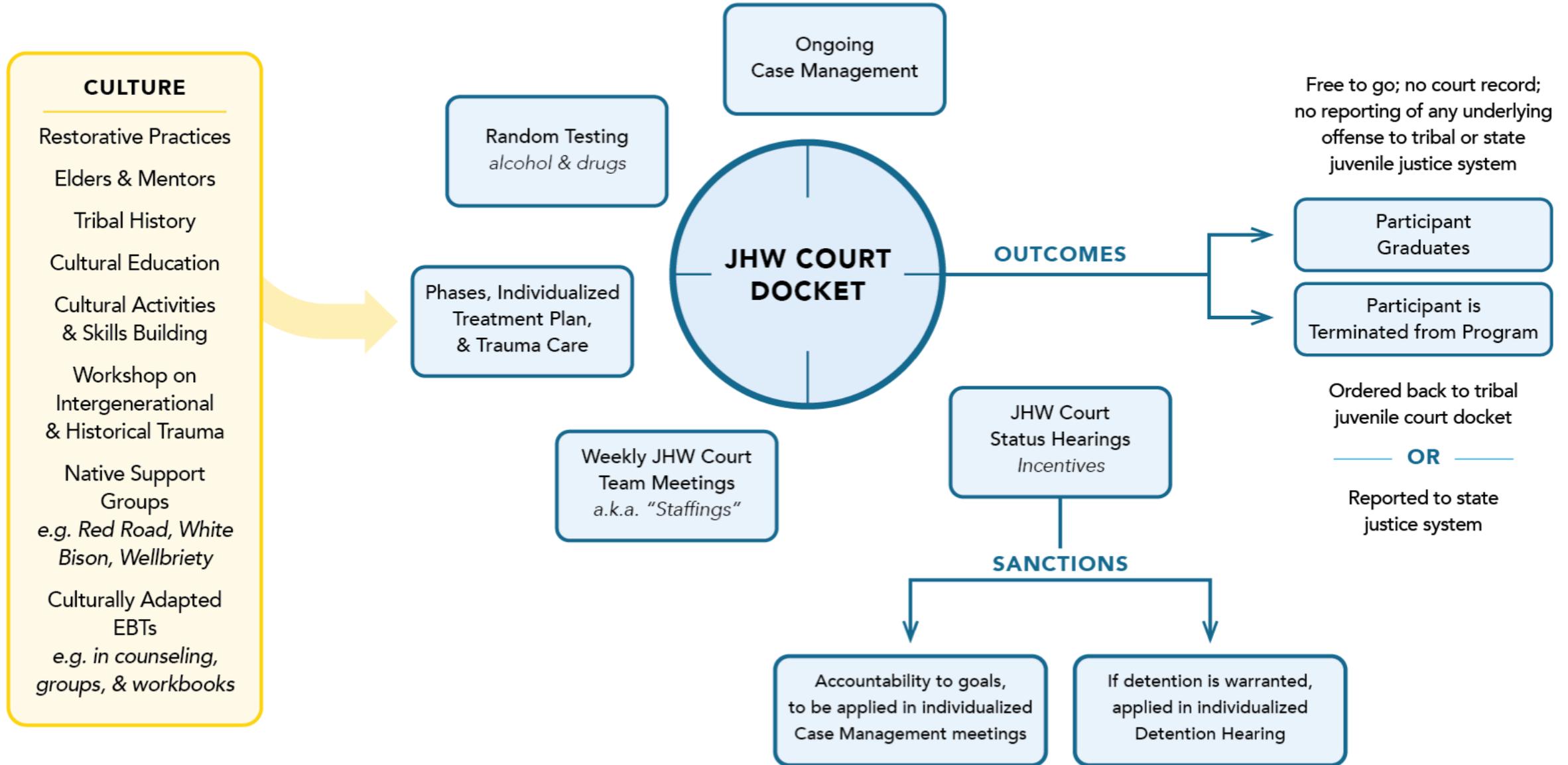


FIGURE 8

JUVENILE HEALING TO WELLNESS (JHW) COURT DOCKET

As Part of Tribal Court System



▶ PHASE DEVELOPMENT CONSIDERATIONS

- How long should your program be?
 - Consult treatment provider
 - how much treatment is needed to impact JHWC target population
 - types of substances used and level of use
 - Jurisdiction limitations
- Setting realistic expectations
 - CRITICAL to take into account what can be realistically expected of youth at any point in this process

▶ PHASE DEVELOPMENT CONSIDERATIONS (CONT.)

- Moving a youth from one phase to the next
 - As participants progress through the program, youth and families need to know what is expected of them
- Issues that affect phase movement
 - Movement in the phase structure should always be forward
 - If a youth is struggling:
 - add supports
 - increase requirements
 - consider additional restrictions
 - hold youth at current phase status (as they show progress, return to the program expectations and move forward with phase progression when ready)
 - Moving a youth backwards demonstrates that all the skills, improvement in behaviors and achievements have been undone



How youth progress through the Juvenile Healing to Wellness Court

What can you realistically expect?

Recommended Phase Characteristics (frequent alcohol and drug testing throughout)

Phase 1

Getting Ready (Readiness, Stabilization, Preparation, Orientation)

Expect the following behavior changes:

- compliance with rules
- showing up at school, treatment, and hearings
- compliance with frequent alcohol and drug testing
- observing curfews

For some youth, catching up on sleep, proper hygiene, and medical care are also essential for getting ready

- High level of structure, supervision and accountability
- Focus on compliance: showing up for appointments and school, reduction of disciplinary problems
- Frequent alcohol and drug testing
- Getting youth ready to participate, “more sober”
- Learning more about their needs
- Establish a service plan including treatment and education
- Build trust with youth AND families through frequent contact
- Explore what the JHWC can do for the family





Phase 2

| How youth progress through the Juvenile Healing to Wellness Court | What can you realistically expect? | Recommended Phase Characteristics (frequent alcohol and drug testing throughout) |
|---|---|--|
| <p>Getting Involved (Engagement, performing)</p> | <p>Expect participation in treatment and treatment will get more intense</p> <p>Introduce opportunities for skill development (*cultural activities)</p> <p>In school look for youth to complete assignments & improved (somewhat) in performance</p> | <ul style="list-style-type: none"> • Implement behavior contracts • Focus on youth and family participation/engagement (*cultural or community activities) • Begin skill development • Introduce limited number of prosocial activities • Treatment becomes more intensive • School/Education-expect completed assignments & improved grades • Begin community service or restitution • Introduce journaling |





Phase 3

| How youth progress through the Juvenile Healing to Wellness Court | What can you realistically expect? | Recommended Phase Characteristics (frequent alcohol and drug testing throughout) |
|---|--|--|
| <p>Making Changes (Reflection, Enrichment, Development, Sustaining Change)</p> | <p>Youth will be able to take advantage of expanded development activities (employment, job training), enriched community connections through (participation in clubs, sports, youth groups, *cultural activities), volunteerism.</p> <p>By this time youth may have completed their treatment services.</p> <p>Work with treatment provider to determine if there are other services that youth may need. Remember, a youth does not need to remain in “treatment” for the entire length of JHWC.</p> | <ul style="list-style-type: none"> • Expand development activities • Enrich community connections • Decrease court appearances • Shift accountability to the family • Expect completion of community service hours or restitution • Give specific journaling assignments |





Phase 4

| How youth progress through the Juvenile Healing to Wellness Court | What can you realistically expect? | Recommended Phase Characteristics (frequent alcohol and drug testing throughout) |
|--|--|--|
| <p>Transitioning (Return to the community, continuing care)</p> | <p>Youth transitions back to the natural supports established during program.</p> <p>Family takes over and the young person has sustained engagement in school and/or work.</p> <p>Limited contact with the court.</p> | <ul style="list-style-type: none">• Limited contact with the court• Participation in a support group• Engagement in school and or work full time• Giving back• Youth taking on new roles• Parents taking in new roles |



EXAMPLE: X JUVENILE HEALING TO WELLNESS COURT – PHASE 1

Phase I: Stabilization (approximately 8-12 weeks)

- Youth will:
 - participate in all court hearings
 - provide a monthly progress report from school, GED classes, or educational institute
 - meet with JHWC Coordinator and/or Special Projects Officer
 - actively participate in the primary treatment plan, and continue all counseling services recommended
 - attend the support group
 - create a family tree, create a genogram, and ecomap of their surrounding people
- Youth and family will:
 - identify a mentor or peer support person for Youth (if one is not identified, Youth will inform the JHWC Coordinator and one will be identified for Youth)
- Youth will:
 - abide by the curfew established in their treatment plan
 - submit to random and scheduled drug and/or alcohol testing
 - engage in community services and complete required hours

EXAMPLE: X JUVENILE HEALING TO WELLNESS COURT – PHASE 2

Phase II: Intensive Treatment (approximately 8-12 weeks)

- Youth will:
 - attend all court hearings
 - provide a monthly progress report from school, GED classes, or educational institute
 - meet with the JHWC Coordinator and Special Projects Officer
 - have contact with mentor/peer support on a weekly basis
 - actively participate in primary treatment with a behavioral health agency and continuing care
 - attend cultural activity 2-4 times per month contingent treatment plan
 - actively comply with the fitness plan
 - continue to be abstinent from all substances and alcohol
 - comply with random drug testing
 - complete required community service hours
- Youth and family will:
 - answer a strength-based questionnaire

EXAMPLE: X JUVENILE HEALING TO WELLNESS COURT – PHASE 3

Phase III: Maintenance (approximately 8-12 weeks)

- Youth will:
 - attend all court hearings
 - provide a monthly progress report from school, GED classes, or educational institute
 - comply with the Fitness Plan
 - meet with the JHWC Coordinator or Special Projects Officer
 - make contact with mentor/peer support person two times per month unless otherwise specified on the treatment plan
 - comply and actively participate in primary treatment with behavioral health agency and continuing care
 - attend cultural and/or group activity 2-4 times per month contingent on treatment plan
 - maintain abstinence from all substances and alcohol
 - comply with random drug testing
 - complete community service hours
- Youth, family, and JHWC staff will:
 - begin working on the aftercare plan

EXAMPLE: X JUVENILE HEALING TO WELLNESS COURT – PHASE 4

Phase IV: Continuing Care (approximately 8-12 weeks)

- Youth will:
 - attend all court hearings
 - provide a monthly progress report from school, GED classes, or educational institute
 - comply with the Fitness Plan
 - meet with the JHWC Coordinator or Special Projects Officer
 - make contact with a mentor/peer support person a minimum of one time per month
 - attend and actively participate in primary treatment with a behavioral health agency and continuing care
 - attend cultural and/or group activity 2-4 times per month contingent treatment plan
 - maintain abstinence from all substances and alcohol
 - comply with random drug testing complete community service hours
- Youth and family will:
 - complete a strength-based questionnaire
 - participate in an Exit Interview



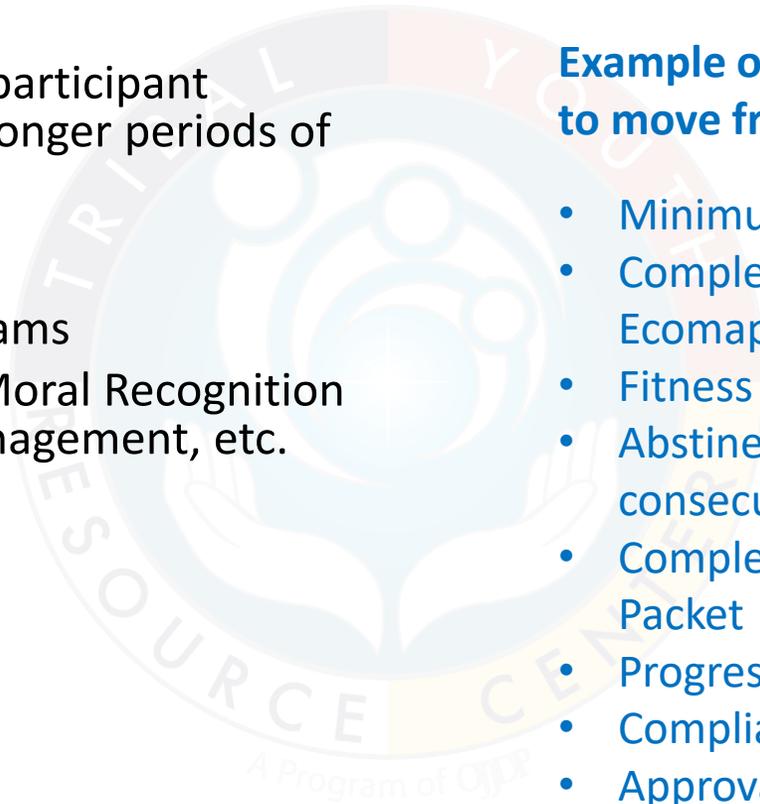
PHASE MOVEMENT CONSIDERATIONS

(each phase should set progressively higher standards of performance for each area listed)

- Sobriety
 - Throughout the program, participant demonstrate increasingly longer periods of abstinence
- Community Service
- Participate in Specialized Programs
 - For example: Adolescent Moral Recognition Therapy (MRT), Anger Management, etc.
- Treatment Progress
- Court Requirements
- Family Relationships
- Aftercare planning
- Special Assignments

Example of Phase Advancement Requirements to move from Phase I to Phase II:

- Minimum of 60 days in this phase
- Completion of Family Tree Genogram, and Ecomap
- Fitness Plan in progress
- Abstinence from drugs and/or alcohol for 30 consecutive days
- Completion and submitted Phase Application Packet
- Progressing in the Treatment plan
- Compliance with all program requirements
- Approval of the JHWC Team

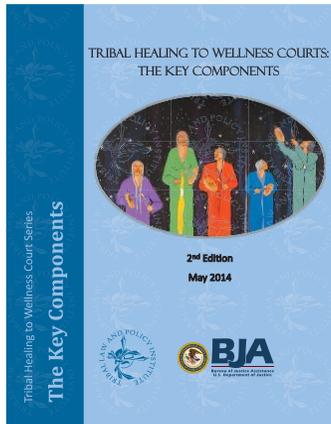


EXAMPLE: X JUVENILE HEALING TO WELLNESS COURT – GRADUATION REQUIREMENTS

Graduation Requirements consists of:

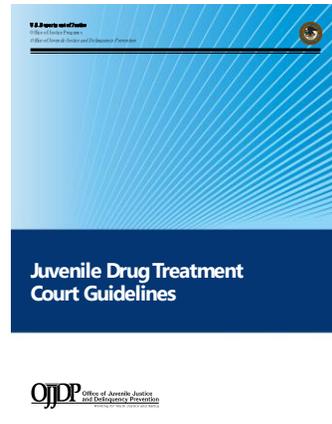
- A. Successful completion of all four phases in addition to the Youth must be attending school with no record of truancy for three months prior to graduation from the program.
- B. If Youth is not enrolled in school, they must be enrolled in an educational program to acquire a High School diploma or GED for a minimum of three months prior to graduation from the JHWC program.
- C. Youth will be required to participate in the development of their aftercare plan with a list of positive support people they can access for help
- D. Youth will be abstinent from all substances and alcohol for a minimum of 3 months. Youth will provide evidence to support sobriety by means of urine analysis testing.
- E. If Youth has been ordered to pay restitution for other pending cases, the Youth will have restitution paid in full or a plan to have paid in full within 6 months of completing the JHWC program.

JHWC KEY COMPONENTS, GUIDELINES, & RESOURCES



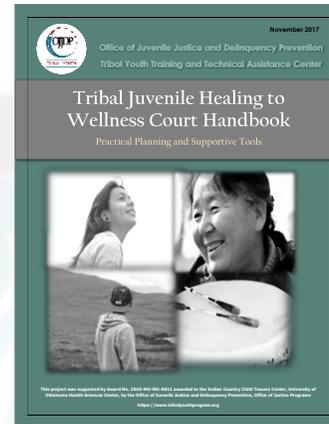
The Tribal Healing to Wellness Court Key Components

Available at:
<https://www.home.tlpi.org/tribal-healing-to-wellness-courts>



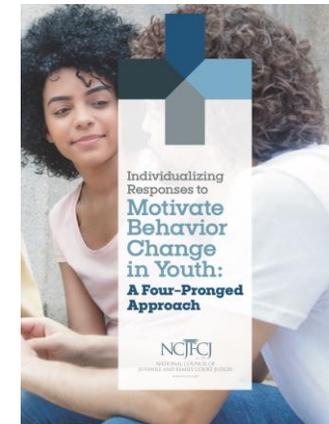
The Juvenile Drug Treatment Court Guidelines

Available at:
<https://ojdp.ojp.gov/programs/juvenile-drug-treatment-court-guidelines>



This is a Tribal JHWC resource which references the Key Components & the Juvenile Guidelines

Available at:
<https://ojdp.ojp.gov/library/publications/tribal-juvenile-healing-wellness-handbook-practical-planning-and-supportive>



This resource includes approaches to motivating behavior change in adolescents in Juvenile Drug Courts (how to apply incentives and sanctions)

Available at:
<https://www.ncjfcj.org/publications/individualizing-responses-to-motivate-behavior-change-in-youth-a-four-pronged-approach/>

► Evaluation Polling Questions- 5 Minutes

- Questions are based on topic content just presented
- Polling provides overall opinion for improvement
- Polling is anonymous

