

Phase Development for Your
Juvenile Healing to
Wellness Court
July 25, 2024



Tribal Youth Resource Center
www.TribalYouth.org

▶ BEFORE WE GET STARTED...

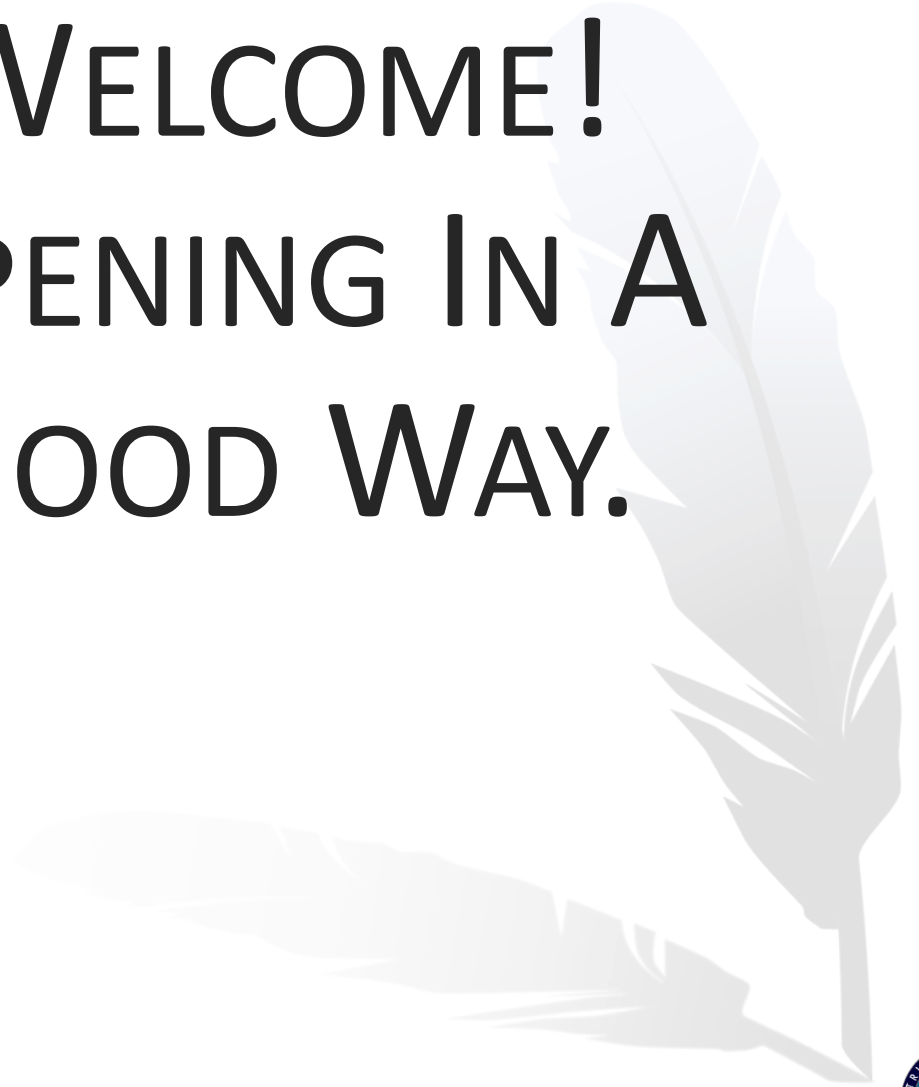
- *This project was supported by Grant #15PJDP-21-GK-04048-MUMU awarded by the Office of Juvenile Justice and Delinquency Prevention, Office of Justice Programs, U.S. Department of Justice. The opinions, findings, and conclusions or recommendations expressed in this publication/program/exhibition are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



**TRIBAL YOUTH
RESOURCE CENTER**

www.TribalYouth.org

**WELCOME!
OPENING IN A
GOOD WAY.**



Vision:

Envisioning a future where Indigenous youth thrive through traditional life ways.

Purpose:

Enhancing the opportunities for Indigenous communities to expand their potential in protecting and nurturing their most sacred asset – the youth.

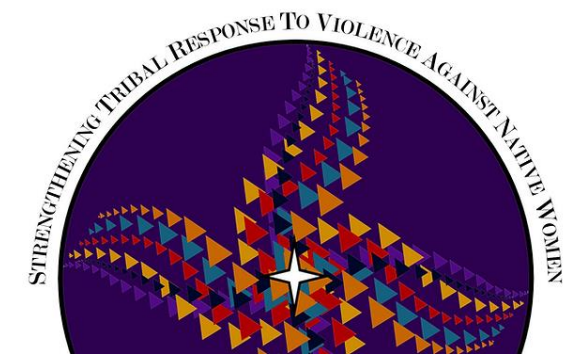




▶ TRIBAL LAW AND POLICY INSTITUTE A Native American operated non-profit:

Dedicated to providing free publication resources, comprehensive training, and technical assistance for Native nations and tribal justice systems in pursuit of our vision to empower Native communities to create and control their own institutions for the benefit of all community members, now, and for future generations.

www.Home.TLPI.org



Tribal Healing to Wellness Court



**Capacity Building
CENTER FOR TRIBES**



Walking on Common Ground





PRESENTERS



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▶ LEARNING OBJECTIVES:

Attendees will learn about:

1. How adolescent development impacts behavior and phase progression in a Juvenile Healing to Wellness (JHW) Court;
2. The JHW “Court phases,” in general;
3. The “Old School” approach to the Juvenile Drug Court Phases (almost exclusively treatment focused);
4. The National Council of Juvenile and Family Court Judges (NCJFCJ) Approach; and
5. That to think about in designing the phases of your JHW Court.

▶ Polling Questions

- Anonymous
- Tells Us What You Know!



Adolescent Brain Development and the Juvenile Healing to Wellness (JHW) Court Phases



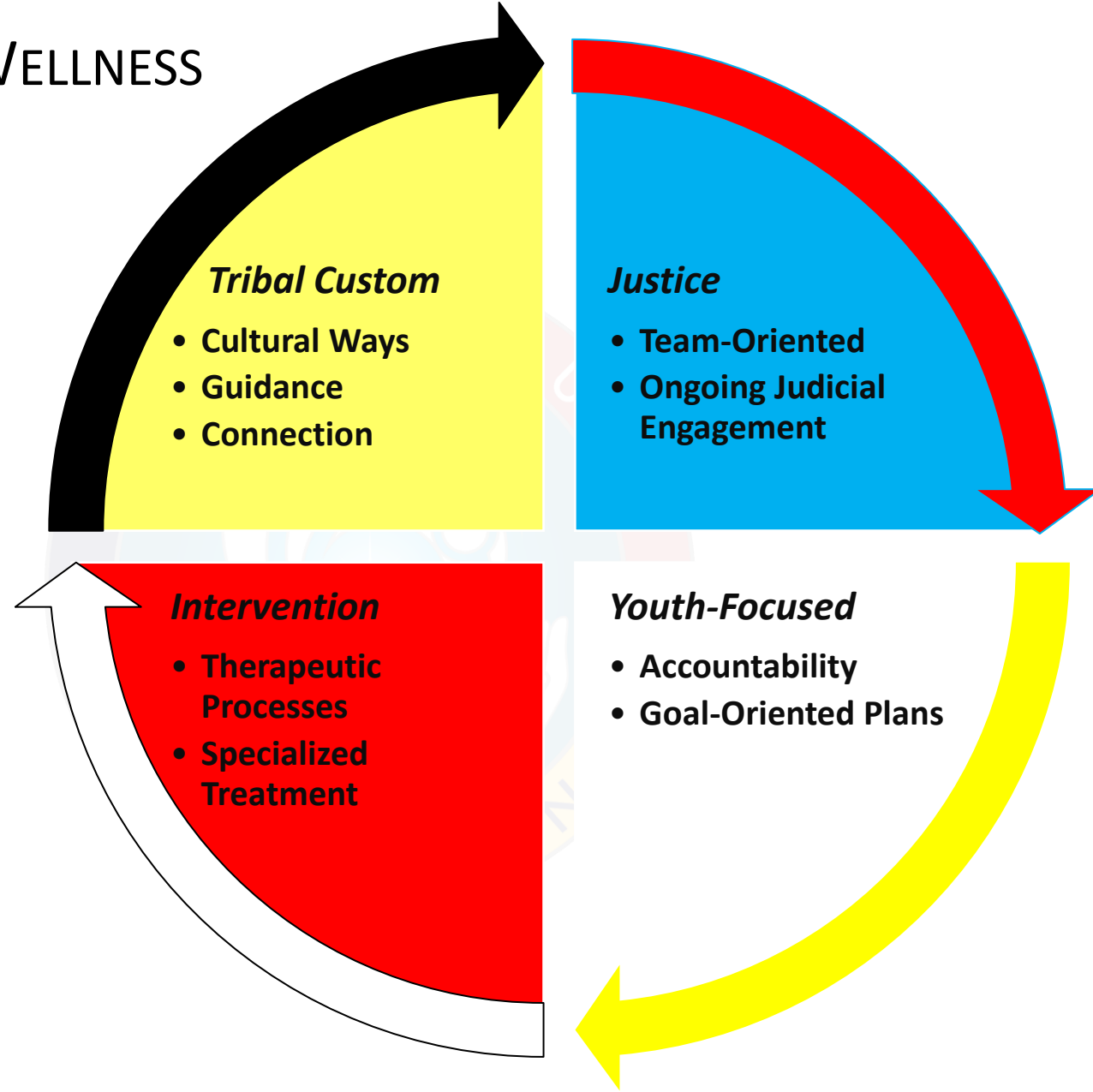
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JUVENILE HEALING TO WELLNESS (JHW) COURT GOALS

JHW Courts provide services and supports that are:

- Comprehensive
- Developmentally-appropriate
- Community-based
- Culturally appropriate



▶ WHO ARE OUR YOUTH?

Tribal Key Component 3

Eligible court-involved **substance-abusing ... juveniles** ... are identified early through legal and clinical screening for eligibility and are promptly placed into the Tribal Healing to Wellness Court.

JDTC Guideline 2.1

Eligibility criteria should include the following:

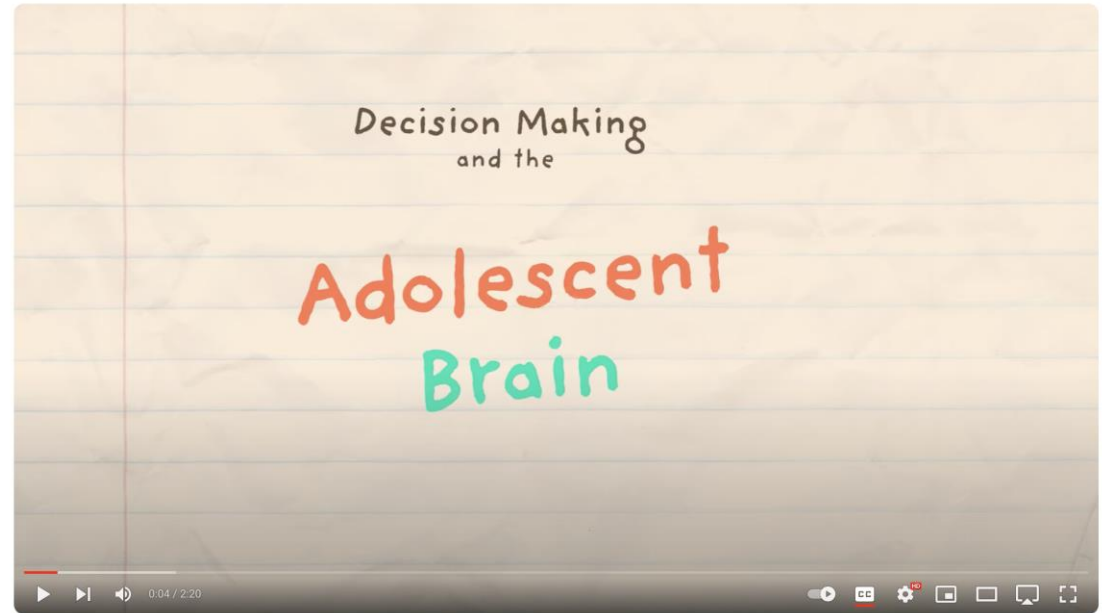
- Youth with a **substance use disorder**
- Youth who are 14 years old or older
- Youth who have a moderate-to-high risk of reoffending



FACTORS THAT IMPACT PHASE PROGRESSION

- Adolescent development (healthy and disrupted)
- Types of substances used; length and level of substances used
- Co-occurring disorders
- Trauma
- Level of jurisdiction over youth
- Family, peer, community and other social support engagement
- Cultural and Spiritual Connectedness
- Incentives and Opportunities
- Goal setting
- Hope for the future

▶ Decision Making and the Adolescent Brain



Decision making and the adolescent brain

<https://www.youtube.com/watch?v=kvk4sqNP4M>



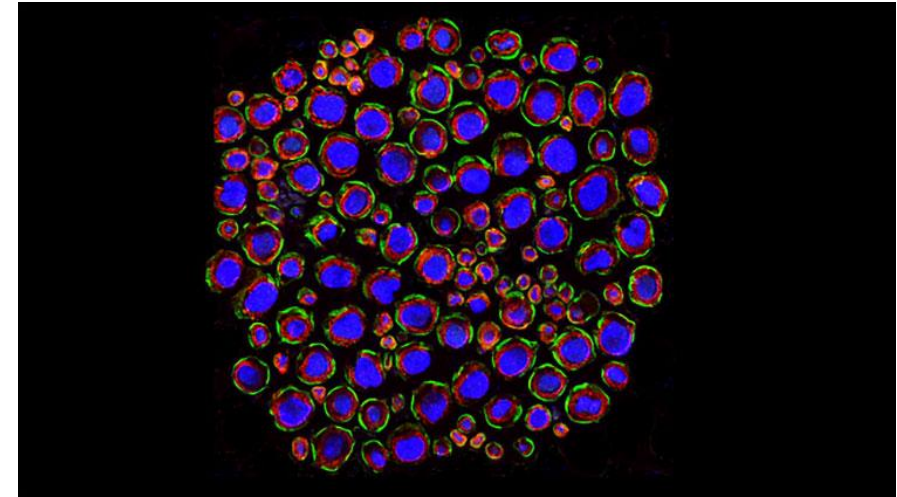
THE ADOLESCENT BRAIN, AND ALCOHOL AND OTHER DRUG USE

Myelination

- occurs in adolescence as the brain is still in development
- is a fatty substance that covers and protects brain cells (neurons)
- serves as an insulator and helps the brain to deliver messages from neuron to neuron
- think of how electricity flows through telephone wires

“Since teen brains are ‘in progress’ in this way, teen brain cells send ‘louder’ messages to one another than do adult brain cells, in much the same way that an identical song is broadcast much less attractively through a cheap speaker than it is through a highly-sophisticated sound system. Through these more intense, less refined brain messages back and forth, teens actually experience more intense sensations of pleasure from enjoyable activities than do adults. They also experience negative emotions—like anxiety, stress, and depression—more ‘loudly.’ This means that teens may crave the alleviation of negative emotions more urgently than adults, because these emotions are truly felt more deeply. It also means that when teens engage in risky behaviors like alcohol and other drug use, the reward pathway of the teen brain is highly sensitive to substances’ effects.”

-Drugs, Alcohol and the Teenage Brain | Hazelden Betty Ford



In this image of a cross-section of a mouse nerve, myelin, labelled in red, can be seen surrounding the individual nerve cells in blue.

Sherman et al. The Journal of Neuroscience, 2012.

Brainfacts.org

“Hormones and the Brain: The End of Adolescence”

Matthew Davis, January 14, 2016

<https://www.brainfacts.org/thinking-sensing-and-behaving/childhood-and-adolescence/2016/hormones-and-the-brain-the-end-of-adolescence-011416>

▶ ADOLESCENT LIFE AND ALCOHOL AND OTHER DRUG USE: 6 KEY AREAS

Behavior

- Change in peer group, decline in academic performance, changes in eating or sleeping habits, missing class, changes in appearances and grooming habits.

Physical Well-Being

- Substances affect the body and begin to alter and destroy the body's organs over time.
- When the body gets to the state of needing alcohol to function "normally," the individual has reached dependency.
- It can happen quickly.

Feelings

- Substance use can increase the intensity of feelings and emotions which, in turn, affects their choices.

Tribal Healing to Wellness Courts: Treatment Guidelines, 2nd Edition (2017), available at:

<https://wellnesscourts.org/hwc-publication-series/>



NeuroscienceNews.com
“Cannabis and Alcohol Co-use Impacts
Adolescent Brain and Behavior”
November 30, 2023

<https://neurosciencenews.com/aud-cud-neurodevelopment-25291/>

ADOLESCENT LIFE AND ALCOHOL AND OTHER DRUG USE: 6 KEY AREAS CONT.

Thinking

- Substance use negatively affects cognitive processes and can result in considerable bad decision making that leads to health, family/social, and legal consequences.

Social Environment

- Youth who use substances invariably choose to be with peers or other people who also use substances.
- These associations take them away from positive healthy supports.

Spiritual Sense

- People with addiction often think only of themselves and their own feelings and become very self-centered and uncaring of others.
- Their spirituality is relinquished.

Tribal Healing to Wellness Courts: Treatment Guidelines, 2nd Edition (2017), available at:

<https://wellnesscourts.org/hwc-publication-series/>



PsyPost

“Cannabis use linked to reduced neurocognitive performance in adolescents”
Eric W. Dolan, February 6, 2024

<https://www.psypost.org/cannabis-use-linked-to-reduced-neurocognitive-performance-in-adolescents/>

▶ THE ADOLESCENT BRAIN: TRAUMA AND CHRONIC STRESS

Trauma alters the adolescent developing brain.

Exposure to prolonged stress diverts resources from the thinking part of the brain to its survival centers.

This deficient executive "thinking brain" causes dysregulated emotions and risky behaviors.

This presents as:

- Irritability
- Impulsivity
- Poor focusing
- Academic challenges

What we can do:

- Create a safety plan
- Practice active listening
- Hold Space
- Create a safe, warm environment
- Train your staff in trauma-informed care

National Native Children's Trauma Center (NNCTC): <https://www.nnctc.org>



"ADD-itude"

"How Trauma and Chronic Stress Affect Developing Brains"

Cheryl Chase, Ph.D., October 19, 2022

Trauma alters the developing brain, triggering behavioral and mental health issues.

<https://www.additudemag.com/how-does-trauma-affect-the-brain-chronic-stress-adhd/>

SUPPORTING HEALTHY BRAINS AND POSITIVE YOUTH DEVELOPMENT

Decrease Risk Factors:

- Prior suicide attempt(s)
- Alcohol and drug use
- Mood and anxiety disorders
- Access to lethal means

Increase Protective Factors:

- Cultural connectedness
- Connectedness to family, community, and social institutions
- Problem-solving skills
- Contacts with caregivers

Suicide Prevention Resource Center

Risk and Protective Factors: American Indian and Alaska Native Populations

https://sprc.org/wp-content/uploads/2023/01/Risk-and-Protective-Factors-AI_AN.pdf



Child Trends

“Current Policy Landscape Prevents Subsistence Protections and Practices Necessary for Alaska Native Children and Families’ Well-being”
Heather Sauyaq Jean Gordon, September 5, 2023

<https://www.childtrends.org/publications/current-policy-landscape-prevents-subsistence-protections-and-practices-necessary-for-alaska-native-children-and-families-well-being>

TREATMENT IS ALSO A PRIMARY FACTOR IN PHASE PROGRESSION

“The process of treatment will guide the overall case plan, therefore, to determine the length of the program, [the team] should consult with the treatment provider about how much treatment will be needed to have an impact with the target population.”

-Betty Gurnell, Meg Holmberg, and Susan Yeres, Starting a Juvenile Drug Court: A Planning Guide, National Council of Juvenile and Family Court Judges, (2014)

The treatment plan will guide the holistic healing to wellness (case management) plan.

The Phases, in General, in a Juvenile Healing to Wellness (JHW) Court (and the “Old School” Approach)



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▶ Polling Questions

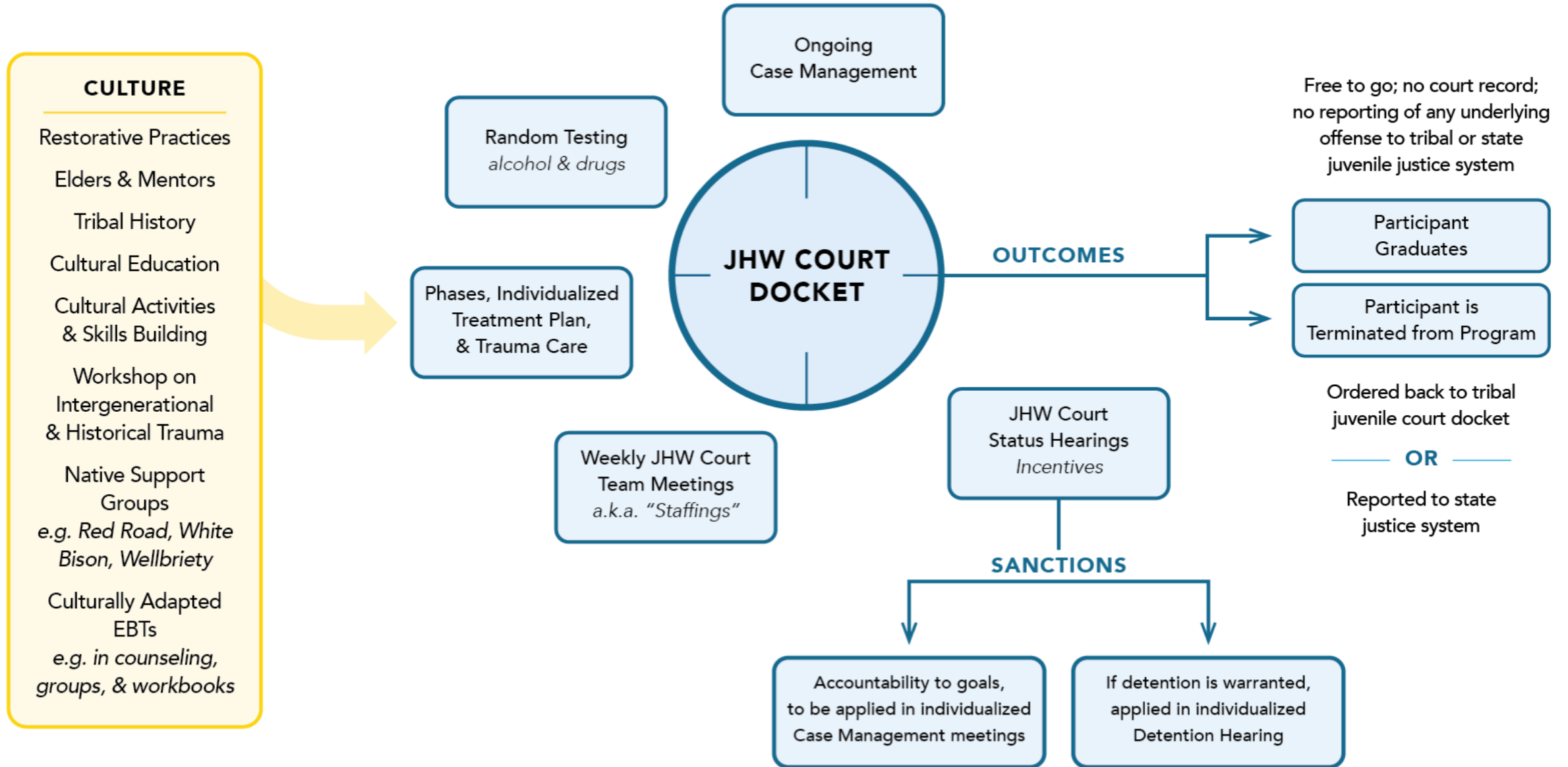
- Anonymous
- Tells Us What You Know!



FIGURE 8

JUVENILE HEALING TO WELLNESS (JHW) COURT DOCKET

As Part of Tribal Court System





EXAMPLE OF (“OLD SCHOOL”) JUVENILE DRUG COURT PHASES

- Treatment focused
- Single Track
- Up to 36 weeks (9 months)
- Phases: learning, accepting, cooperating and being accountable, and succeeding

[Tribal Healing to Wellness Courts: Treatment Guidelines, 2nd Edition \(2017\)](#)

Phase I Introduction & Information	Phase II Personal Responsibility	Phase III Cooperating & Accountability	Phase IV Completion – Continuing Growth
<p>Learning about:</p> <ul style="list-style-type: none"> •Why you are in the program •Mental, emotional, physical, and spiritual effects of using drugs and alcohol •What to expect •The choices you make and their consequences 	<p>Accepting that:</p> <ul style="list-style-type: none"> •You have a problem with drugs and/or alcohol •This problem has hurt you, your family, and your community •You can make changes for the better which will improve your life and the lives of those around you •You can heal 	<p>Be willing to:</p> <ul style="list-style-type: none"> •Cooperate and follow the treatment program, attaining goals, and achieving success •Encourage others to do the same, be a role model •Make better choices •Live in balance, a good life, free of alcohol and other drugs •Develop a plan to confront relapse 	<p>Succeeding in:</p> <ul style="list-style-type: none"> •Working through the other phases •Having a positive life without drugs and alcohol •Learning new things about yourself





EXAMPLE OF (“OLD SCHOOL”) JUVENILE DRUG COURT PHASES (CONT.)

- Treatment focused (but it gives you an idea of what full-resourced treatment components look like)
- Cultural elements missing
- Lacks significant pro-social activities
- Other Juvenile Drug Court phase progression requirements missing, e.g., testing
- Uses mainstream support groups for adults, e.g., AA, NA, AL-ANON

Phase I	Phase II	Phase III	Phase IV
Screening Assessment Intake/Orientation			
Individual Counseling/Family Counseling (alternate every two weeks)	Individual Counseling/Family Counseling (alternate every two weeks)	Individual Counseling/Family Counseling (alternate every two weeks)	Individual Counseling/Family Counseling (alternate every two weeks)
Group Counseling (weekly): Process; Recovery; Cognitive Behavioral	Group Counseling (weekly): Process; Recovery; Cognitive Behavioral	Group Counseling (weekly): Process; Recovery; Cognitive Behavioral	Group Counseling (weekly): Process; Recovery; Cognitive Behavioral
Multifamily Group (every two weeks)	Multifamily Group (every two weeks)	Multifamily Group (every two weeks)	Multifamily Group (every two weeks)
Relapse Prevention	Relapse Prevention	Initial Relapse Prevention Plan	Relapse Prevention Plan
Adventure Program	Adventure Program	Adventure Program	Adventure Program
		AA, NA, AL-ANON	AA, NA, AL-ANON
			Develop and Implement Aftercare Plan

[Tribal Healing to Wellness Courts: Treatment Guidelines, 2nd Edition \(2017\)](#)



Designing the Program Phases



Taken and modified from:

Starting a Juvenile Drug Court: [A Planning Guide \(2014\)](#),
[National Council of Juvenile and Family Court Judges](#)
[\(NCJFCJ\)](#)



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▶ PHASE DEVELOPMENT CONSIDERATIONS

- How long should your program be?
 - Consult Treatment Provider
 - how much treatment is needed to impact your JHW Court target population
 - types of substances used and level of use
 - Jurisdictional 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



▶ Phases under the NCJFCJ Approach

How Youth Progress through the Juvenile Drug Court (JDC)

1. Getting Ready

- Readiness, stabilization, preparation and orientation

2. Getting Involved

- Engagement and performing

3. Making Changes

- Reflection, enrichment, development, and sustaining change

4. Transitioning

- Return to the community, aftercare, and continuing care



Phase 1

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 Ready (Readiness, Stabilization, Preparation, Orientation)</p>	<p>Expect the following behavior changes:</p> <ul style="list-style-type: none">• compliance with rules• showing up at school, treatment, and hearings• compliance with frequent alcohol and drug testing• observing curfews <p>For some youth, catching up on sleep, proper hygiene, and medical care are also essential for getting ready</p>	<ul style="list-style-type: none">• 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)
Getting Involved (Engagement, performing)	<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 & improve (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



SAMPLE PHASE ONE (1)

Participant is expected and encouraged to do the following:

- Attend school or educational program daily or as instructed by an educational plan (the plan must be submitted to JHW Court team)
- Comply with treatment recommendations
- Attend JHW Court status hearing one time per week
- Comply with random drug and alcohol testing at a minimum of two times per week
- Comply with scheduled check-ins with JHW Court Coordinator/Case Manager
- Comply with Tribal and JHW Court curfew time of 8 p.m.

▶ *SAMPLE PHASE TWO (2)*

Participant is expected and encouraged to the following:

- Attend school or an educational program daily or as instructed by an educational plan
- Submit weekly grade check
- Continue to engage in treatment and follow treatment recommendations
- Attend JHW Court status hearing one time per week
- Comply with random drug or alcohol testing at a minimum of two times per week
- Comply with scheduled check-ins with JHW Court Coordinator/Case Manager
- Comply with Tribal and JHW Court curfew as determined by the JHW Court team
- Participate in one community activity (and provide documentation)

▶ *SAMPLE* PHASE THREE (3)

Participant is expected and encouraged to the following:

- Attend school or an educational program daily or as instructed by an educational plan
- Submit weekly grade check
- Continue to engage in treatment and follow treatment recommendations
- Attend JHW Court status hearing one time every month
- Comply with random drug or alcohol testing at a minimum of two times per week
- Comply with scheduled check-ins with JHW Court Coordinator/Case Manager
- Comply with Tribal and JHW Court curfew as determined by the JHW Court team
- Participate in two community activities (and provide documentation)



SAMPLE PHASE FOUR (4)

Participant is expected and encouraged to the following:

- Attend school or an educational program daily or as instructed by an educational plan
- Submit weekly grade check
- Continue to engage in treatment and follow treatment recommendations
- Attend JHW Court review one time every month
- Comply with random drug or alcohol testing at a minimum of 2 times per week
- Comply with scheduled check-ins with JHW Court Coordinator/Case Manager
- Comply with Tribal and JHW Court curfew as determined by the JHW Court team
- Participate in three community activities. Providing documentation
- Develop plan for “Life after JHW Court” with Parents, Juvenile Participant and JHW Court Coordinator/Case Manager



▶ What are the “benchmarks” that we can observe, monitor, and identify where a young person is making progress or needing more time to accomplish something?

When we develop phases, we often have “core elements:”

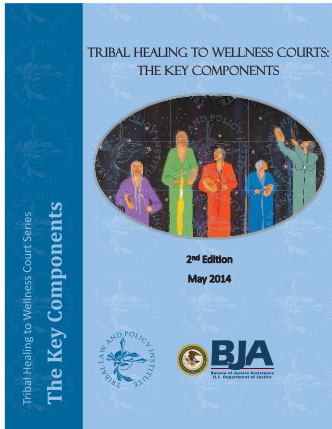
- Length of sobriety
- Compliance with rules or expectations of program and community
- Participation in treatment services
- Improvement in family relations
- Participation in pro-social activities



QUESTIONS?

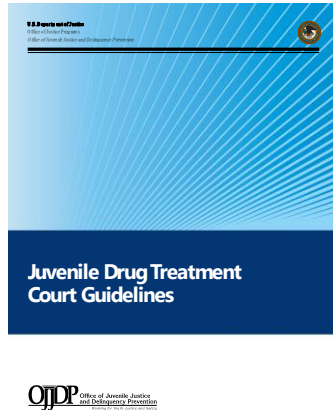


JHWC KEY COMPONENTS, GUIDELINES, & RESOURCES



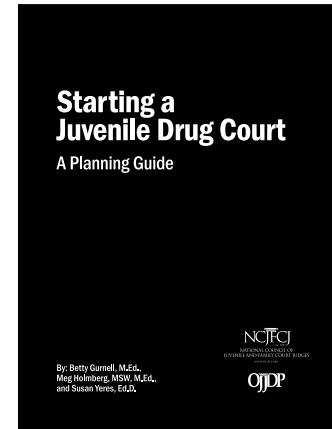
The Tribal Healing to Wellness Court Key Components

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



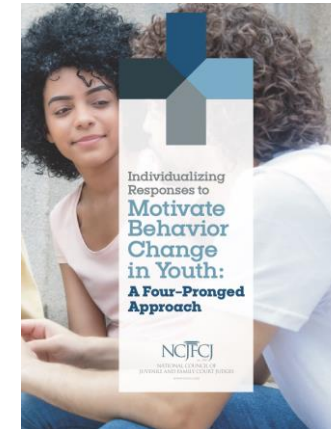
The Juvenile Drug Treatment Court Guidelines

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



Starting a Juvenile Drug Court: A Planning Guide Available at:

<https://www.ncjfcj.org/publications/starting-a-juvenile-drug-court-a-planning-guide/>



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/>



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**THANK YOU!
CLOSING IN A
GOOD WAY.**





CONTACT US!



Tribal Youth Resource Center

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