



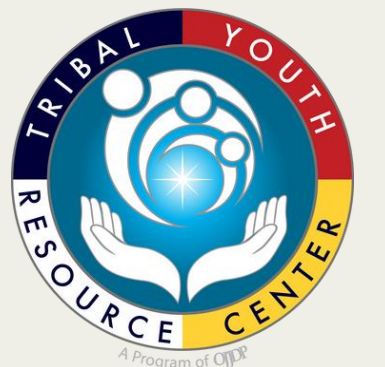
2025 Youth Healing to Wellness Court Strategic Planning

Seattle, Washington

Day 3
Thursday, July 3, 2025

Tribal
Youth
Resource
Center

www.TribalYouth.org

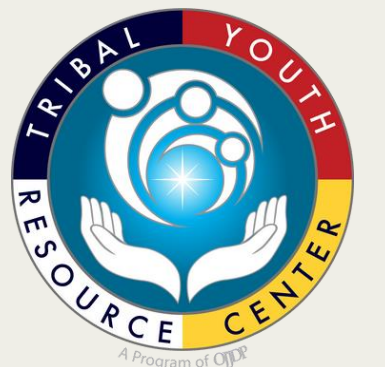


Session Six:

Incentives & Sanctions



Building Out a Protocol and Process



Nomination Forms

Observed Positive behavior

Nomination Card	
Date:	
YHWC Team Member Name:	
Person's Name:	
Positive Behavior:	



Exercise 12:

Motivation

1. What are some things that motivate YOU to change your behavior (to stop or start doing something, e.g., exercise)?
2. What have you seen people do to motivate OTHERS to change their behavior?

15 minutes



Incentives Protocol and Process Considerations

Key Component #6 – Incentives and Sanctions:

Progressive rewards (or incentives) and consequences (or sanctions) are used to encourage participant compliance with the Tribal Healing to Wellness Court requirements.

Juvenile Drug Treatment Court Best Practice

Implement contingency management, case management, and community supervision strategies effectively.

1. For each participant, the application of incentives should be the equivalent to or exceed the sanctions that are applied
2. Incentives should be favored over sanctions
3. Participants should feel the assignment of incentives and sanctions is fair
4. Financial fees and detention should be considered only after other graduated sanctions have been attempted
5. Detention should be used as a sanction infrequently and only for short periods of time when the youth is a danger to themselves, or the community, or may abscond (leave from jurisdiction)
6. Ongoing monitoring and case management of youth should focus less on the detection of violation of requirements than on addressing their needs in a holistic manner, including a strong focus on behavioral health treatment and family intervention
7. Participants failure to appear for an alcohol/drug test and otherwise tampering with the test results should be addressed with immediate, graduated sanction
8. The team should determine a youth's needs (what do they need help with) and be prepared to respond to the youth's return to substance use in ways that consider the identified needs



TRIBAL TAILORING

Restorative Practices

Elders & Mentors

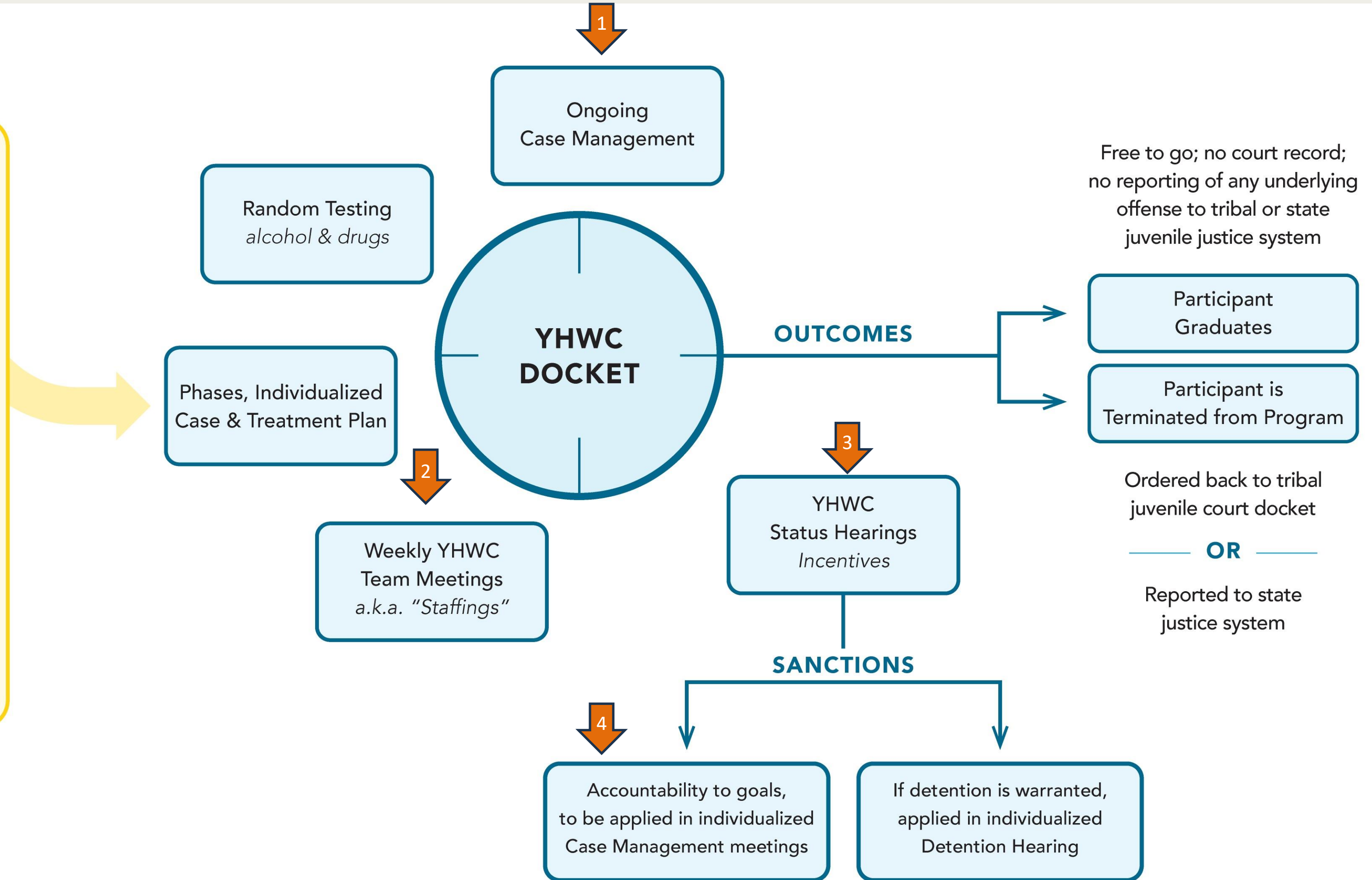
Tribal History

Tribal Education

Tribal Activities
& Skills Building

Support Groups
e.g. *Red Road, White
Bison, Wellbriety*

Tribally Adapted
EBTs
e.g. *in counseling,
groups, & workbooks*



Create a Micro-Economy (“a comprehensive award system”)

YHWC teams can often rely heavily on **monitoring program compliance** and providing youth responses **based on simply following the rules.**

However, in order to have lasting impact, **a greater focus should be placed on goal attainment and competency development.**

A micro-economy is one way a YHWC team can promote compliance without making it the sole focus.



Create a Micro-Economy (“a comprehensive award system”)

To create a [micro-economy](#) that serves as a comprehensive awards system, teams need to make the following decisions:

- Determine the type of incentive/reward that will be used (points, tickets, tokens, coins, vouchers, fake currency, etc.)
- Determine the behaviors that will be incentivized
- Assign values to the desired behaviors
- Develop a reward menu
- Assign values to the list of rewards
- Create a written policy for how the incentive program will operate (including goals and benchmarks, implementation, tracking and process)



Three Types of Incentive Systems

1. Program-Wide Drawings (YHWC team members nominate youth with positive behaviors weekly for prizes)
2. Points-Based Reward System (Youth earn and spend points on prizes; requires a checkbook or balance sheet to keep track)
3. A "Rocket Docket" (privileges to go first or faster in court)



Program-Wide Drawings (the easiest approach)

How to Enter Youth into the Drawing

1. Seek out positive behavior in youth, some examples include:
 - Helping a YHWC team member or another youth
 - Being on time
 - Being respectful (e.g., holding the door open for an elder)
 - Being loving (e.g., hugging a family member)
 - Receiving a good report from a service provider
2. Any YHWC team member can nominate youth to have their name placed into the weekly drawing.
3. YHWC team members should try to catch youth doing something right as often as possible.
4. Use pre-designed nomination cards to detail the positive behavior observed (see next slide).
5. Cards need to be completely filled out and submitted to the coordinator one full day prior to the court hearing.



Program-Wide Drawings (the easiest approach) (cont.)

Weekly Drawing Rules	<ol style="list-style-type: none">1. The coordinator is responsible for facilitating the drawing at the beginning of court.2. There will be a total of three chances to win each week:<ul style="list-style-type: none">• Small-Prize Drawing• Medium-Size Drawing• Large-Prize Drawing3. Regardless of other behavioral issues, if a youth's name is drawn, he or she is eligible for the prize.
Storage of Cards	<ul style="list-style-type: none">• Cards are kept in a large container in the coordinator's office and brought to the courtroom on days that court is held.• If drawn, cards should be kept in the youth's individual file and given back to the youth upon graduation.• The coordinator should retrieve cards not drawn, one week prior to graduation, to add to the individual file.



Program-Wide Drawings (the easiest approach) (cont.)

How to Enter Youth into the Drawing	4. Use pre-designed nomination cards to detail the positive behavior observed (see below).
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Nomination Cards	
Date:	
YHWC Team Member Name:	
Youth Name:	
Positive Behavior:	



Program-Wide Drawings (the easiest approach) (cont.)

Small Prizes

Express line in court; Leave court early.

Credit for 1 hour of service learning.

\$5 Gift card

3 Extra points

Medium Prizes

Credit for 3 hours of service learning.

Extended curfew for 1 hour on 1 day.

\$10 Gift card

5 Extra points

Large Prizes

Credit for 5 hours of service learning.

Extended curfew for 2 hours on 1 day.

\$15 Gift card

10 Extra Points



Exercise #13:

Motivating Prizes

Brainstorm a list of small, medium, and large prizes that will motivate youth

Then, do a reality check on whether youth would value the prizes identified

15 minutes



Example: Weekly Tracking of Individual Progress (or not)

Week 1	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Actual	Needed	Overall	Comments
Treatment		1		1				3	3	100%	Josh was randomly selected to submit a drug test screen on Sunday, Tuesday, and Wednesday.
School		1	1		1	1		4	5	80%	
Call-to-Test		1	1		1		1	4	7	57%	
DT Shows			1					1	3	33%	
DT Results	*M		**P	M							

*M = Missed

**P = Positive

***N = Negative



Example: Weekly Staffing Report

Overarching Goals	Current Objectives	Progress*	Compliance	This Week	Overall
Reduce Substance Use	Attend treatment sessions at X three times per week from week two of Phase Two until advancement into Phase Three	2	Treatment Attendance	2 absences	78%
			School Attendance	1 absence	87%
Increase School Connectedness	Finishing an English credit recovery class by completing 15 computer lessons in the course between September 1 st and November 30 th .	2	Call-to-Test	None missed	76%
Pro-Social	To maximize opportunities to participate in pro-social leisure activities: by participating in after school club one day per week from September 1 st and November 30 th .	1	Alcohol/Drug Test Shows	None missed	50%
Values, Beliefs, and Attitudes	To improve the youth’s capacity for empathy, remorse, or sympathy toward victims: by participating in victim empathy class, on September 30 th .	0	Alcohol/Drug Test Results	1 positive	25%

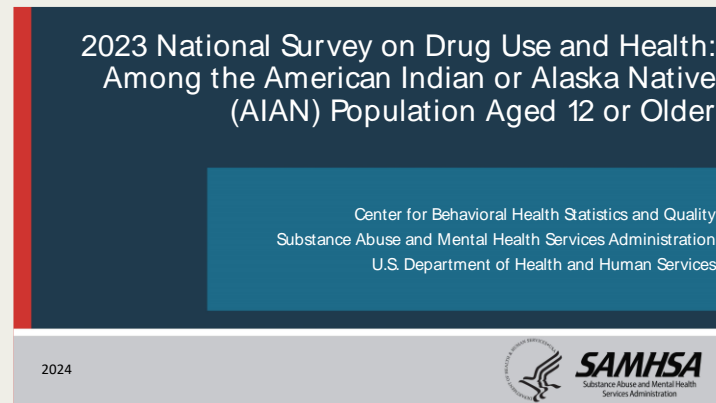


Prize Drawing

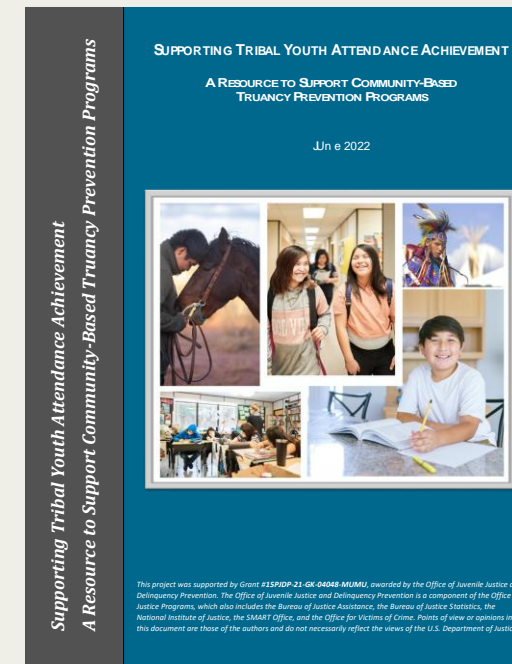
Large Prize
Medium Prize
Small Prize



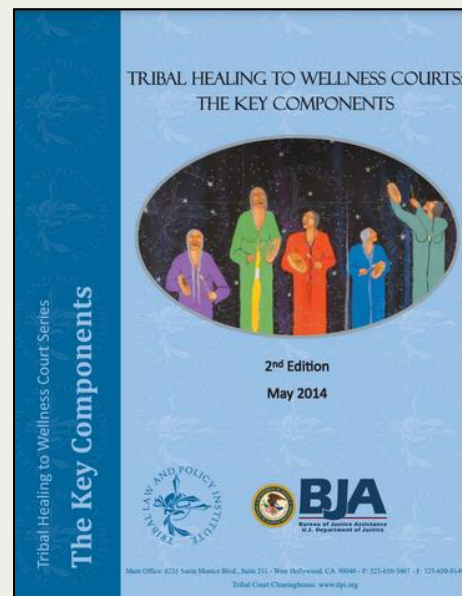
YHWC Resources



2023 National Survey on Drug Use and Health: Among the American Indian or Alaska Native (AIAN) Population Aged 12 or Older



Supporting Tribal Youth Attendance Achievement - A Resource to Support Community-Based Truancy Prevention Programs (2022)



The Tribal Healing to Wellness Court Key Components (2014)



Attendance Playbook, Smart Strategies for Reducing Student Absenteeism Post-Pandemic (2023)



The National Tribal Health Agenda (2016)

