

**UNITED STATES PROBATION DEPARTMENT  
DISTRICT OF MASSACHUSETTS  
COURT ASSISTED RECOVERY EFFORT (C.A.R.E.) PHASE SYSTEM**

Prior to beginning C.A.R.E., every participant who is referred needs to be screened to determine C.A.R.E. eligibility. This will ensure that the prospective participant is sufficiently stable to engage in outpatient recovery prior to beginning C.A.R.E.. An offender who is actively using opiates, refusing to participate in drug testing or testing positive, would likely need a greater level of intervention/support to develop stability before entering into the program - - such as inpatient treatment. The Court and the Probation Office should consider the following factors before enrollment of a participant in C.A.R.E.:

**Pre-enrollment stabilization period:** (Prior to beginning C.A.R.E.)

- Assessment by PO, including home visit to ensure sufficient stability;
- Completion of a substance abuse evaluation (TCUDS, II);
- Be referred to treatment services as deemed necessary/court ordered;
- Submit to random UA's, enrollment in color-code as deemed necessary;
- Begin self-help group attendance (AA, NA, 12 Step, etc.) and submit verification forms;
- Complete C.A.R.E. intake application and interview;
- Attend C.A.R.E. courtroom sessions;
- Sign participant agreement and attend a C.A.R.E. orientation;
- Begin the program.

It was decided that the C.A.R.E. program should be able to be completed in a period of twelve (12) months over four (4) phases, each phase consisting of 3 months. It is felt that the assignments and expectations of each phase should be concrete, clear and applicable to all participants. Each phase should have a specified purpose with distinct, achievable goals that are consistent with the stages of recovery. The phases will encourage participants to develop an understanding of addiction and recognize patterns of use, factors that influence use, and the impact of use on self, family and community. The participant will be challenged to accept responsibility for the impact of their addiction behavior on others, and will be provided access to the tools necessary to facilitate and maintain sobriety. Throughout participation in C.A.R.E., the participant will work toward the development of a community-based sober support network. Finally, the participant will prepare a comprehensive relapse prevention plan prior to graduation from C.A.R.E..

It is recognized that each participant may be in need of different levels of treatment. Due to that understanding, each phase does not identify a specific level of treatment for each participant. Rather, it is suggested that there be a requirement noted in each phase that the participant participate in treatment as directed.

Phases suggested are:

- Phase One: Early Recovery;
- Phase Two: Understanding and Taking Responsibility;
- Phase Three: Healthy Decision Making; and
- Phase Four: Relapse Prevention Planning.

## **PHASE 1: EARLY RECOVERY**

### **Goal:**

Participant will abstain from drug and alcohol use, engage in treatment and stabilize in the appropriate level of treatment services as deemed warranted. During this phase, the participant develops an understanding of addiction, patterns of use and of factors that influence use. Participant develops early recovery tools and a foundation of support for recovery.

### **Expectations:**

- Participate in substance abuse treatment as deemed necessary and attend all sessions;
- Complete a mental health screening, if deemed necessary, and participate in all mental health treatment as deemed necessary;
- Attend self-help meetings, (AA/NA/12 Step, etc.) 90 meetings in 90 days, or as directed;
- Submit verification of self-help attendance;
- Obtain a self-help group sponsor;
- Begin a life skills, employment or education program as directed;
- Complete application for entitlement benefits (Mass Health, etc.) if eligible;
- Comply with all supervision conditions;
- Complete one written assignment.

### **Meetings/testing:**

- 3 meetings with Probation/Court per week, broken down as follows;
  - Monday, Wednesday, Friday reporting schedule;
  - Monday meeting with PO, UA obtained;
  - Weekly Wednesday C.A.R.E. Court appearance, UA option;
  - Friday Probation Office day-reporting, UA obtained;
- As noted above, 2-3 UAs per week, or as deemed necessary;

### **Writing/Oral Assignment:**

**How has drug and/or alcohol use affected my life and what goals do I have for participation in the C.A.R.E. program?**

## **PHASE TWO: UNDERSTANDING AND TAKING RESPONSIBILITY**

### **Goal:**

Demonstrate a commitment to living substance free. Begin to identify and understand adverse consequences of drug/alcohol use, and take responsibility for same. Become involved in a life skills, educational or employment program, or secure a job.

### **Expectations:**

- Participate in substance abuse treatment as deemed necessary and attend all sessions;
- Attend 2-3 self-help meetings per week, or as directed. Provide verification of attendance;
- Continue to participate in a life skills, employment or education program as directed;
- Comply with all supervision conditions;
- Complete one written assignment.

### **Meetings/testing:**

- 2 meetings per week with Probation Office which may include field visits;
- Every other week C.A.R.E. Court appearance;
- Monday, Wednesday reporting schedule;
  - Ex: - Monday meeting with PO, UA obtained;
  - Every other Wednesday C.A.R.E. Court appearance, UA option;
  - Office/field contact, UA option.
- 2 UAs per week, or as deemed necessary.

### **Writing/Oral Assignment:**

**How has my drug use affected the significant others in my life or the community?**

## **PHASE THREE: HEALTHY DECISION MAKING**

### **Goal:**

Develop a sober support network to rely upon in making life decisions and dealing with life stress. Complete life skills, employment or educational program. Secure employment.

### **Expectations:**

- Participate in substance abuse treatment as deemed necessary and attend all sessions;
- Attend 2-3 self-help meetings per week, or as directed. Provide verification of attendance;
- Complete a life skills, employment or education program;
- Secure employment;
- Comply with all supervision conditions;
- Complete one written assignment.

### **Meetings/testing:**

- Every other week in-office meetings with Probation Office, or as deemed necessary;
- Weekly meeting with Probation Office if unemployed;
- C.A.R.E. Court appearance every three weeks;
- Enrollment in color-code program (need creation of new color with weekly reporting);

### **Writing/Oral Assignment:**

In collaboration with treatment providers and sober support system, complete a writing assignment addressing the following topic:

**What tools and skills have I developed to maintain my sobriety and how do I plan to use those tools to strengthen my recovery during supervision and beyond?**

## **PHASE FOUR: RELAPSE PREVENTION PLANNING**

### **Goal:**

Develop a comprehensive relapse prevention plan and shore-up long-term recovery needs.

### **Expectations:**

- Participate in substance abuse treatment as deemed necessary and attend all sessions;
- Attend 2-3 self-help meetings per week, or as directed. Provide verification of attendance;
- Maintain employment;
- Comply with all supervision conditions;
- Complete an approved, written relapse prevention plan;
- Complete a C.A.R.E. exit interview.

### **Meetings/testing:**

- Once per month in-office meeting with Probation Office, or as deemed necessary;
- Once per month C.A.R.E. Court appearance;
- UA collection per color-code program, (reduction from Phase Three assigned color).

### **Writing Assignment:**

In collaboration with treatment providers complete and submit an approved comprehensive relapse prevention plan.

### **Relapse Prevention Plan**

**Non-compliant acts resulting in level reduction (including but not limited to):**

- Unexcused absences from C.A.R.E. Court sessions;
- Unexcused absences from PO/office meetings or any scheduled treatment session;
- Positive alcohol/drug screens;
- Missed alcohol/drug screens;
- Attempt or submission of adulterated urinalysis;
- Refusal to submit urinalysis/stalls;
- Refusal or failure to comply with referral for increased/intensified treatment;
- Failure to maintain employment, (participant responsibility);
- Failure to participate in life skills, employment or education program as directed;
- Disruptive or disrespectful behavior;
- Failure to comply with self-help group attendance;
- Failure to complete written assignments;
- Failure to complete a sanction;
- New arrest;
- Failure to comply with court-ordered financial obligations if deemed able;
- Other violation of supervision condition or Court order.

**Sanctions (including but not limited to):**

- Increased reporting;
- Writing assignments;
- Increased C.A.R.E. Court attendance;
- Increase frequency of meetings with Probation;
- Reduction in phase;
- Increased frequency of UA collection;
- Use of alternative drug testing procedure;
- Curfew;
- Electronic monitoring;
- CCC placement;
- Incarceration of varying length.

**Rewards:**

- One (1) year supervision reduction;
- Graduation certificate presented upon program completion;
- Other rewards to be determined by the Court.