

## **Welcome to the Wood Pilot Project**

The Wood Pilot Project (Project) is a problem-solving court like “drug court” named after the Idaho State Representative JoAn Wood. JoAn Wood initiated the movement to start the Project in order to give convicted offenders who would otherwise be sentenced to prison, the opportunity to receive treatment near their families in their local communities.

The Wood Pilot Project (Project) is an intensely structured program that promotes recovery and self sufficiency. This program is phase based, requiring the participant to successfully complete 4 phases of the program. All phases are completed by developing competencies that promote recovery and self-sufficiency.

The Project integrates treatment for mental health, substance use and criminogenic risks; using manualized, evidence based models to treat individual needs. There is an emphasis on employment, education, productive activities and developing strong relationships with people and organizations that support recovery.

Intense supervision is a part of the Project and requires daily call-ins and frequent and random substance use testing which is directly observed by program staff.

The participant is required to attend all assigned treatment activities, comply with supervision, and attend status hearings on a regular basis with the presiding Judge. Participants will also pay a monthly Problem Solving Court fee in addition to their court fines and cost of supervision.

The Project is designed to provide treatment and other necessary services to the participant whether they are incarcerated or living independently in the community with their families or other supportive individuals.

**Status Hearings-** Status hearings are each Tuesday of the month at the Bonneville County Court House at 4:00 pm. These Hearings are mandatory and may reduce in frequency as the participant advances in the Project.

- 1<sup>st</sup> Tuesday – Phase 1 and 2 required attendance
- 2<sup>nd</sup> Tuesday – Phase 1 and 3 – required attendance
- 3<sup>rd</sup> Tuesday – Phase 1 and 2 – required attendance
- 4<sup>th</sup> Tuesday – Phase 1, 2, 3 and 4 – required attendance
- 5<sup>th</sup> Tuesday – Months that have 5 Tuesdays will be decided on a case by case scenario.

**Probation Officer-** Probation supervision for Felony level participants will be provided by Idaho Department of Corrections. Probation Supervision for misdemeanor level participants will be provided by Bonneville County Probation.

**Wood Pilot Project Judge-** Judge Dane H. Watkins is the judge overseeing the Wood Pilot Project.

**Peer Mentor** – A Wood Court Participant currently in the last phase of the Program or a Successful Graduate of the Wood Court. Peer Mentors will be utilized in groups as well as in 1x1 situations. The purpose of this relationship is to help new participants develop friendships with supportive others and give them a go-to-person who knows the program and who can help lessen the feelings of being overwhelmed while starting such a rigorous routine.

**Community Partners-** The Project will continuously develop partnerships with agencies and services in the community to help provide all the opportunities necessary to facilitate the Participant's ability to obtain a lifestyle free from substance abuse and criminal behaviors.

**Program Fees-** All Wood Pilot Project Participants are required to pay a program fee of \$65.00 per month in addition to the Cost of Supervision fee. Full payment of fees must be satisfied prior to advancing in phase unless waived by the Wood Pilot Project Team.

Participants will pay \$65 Project fee to the Project (make money order payable to Bonneville County Wood Pilot Project) and \$60 Cost of Supervision fee to IDOC.

**Family-** The family unit should be a significant support in the participant's recovery throughout the Project. The needs of family members will be identified and addressed and cooperation from family members is expected.

Family members or significant others will be expected to attend the recommended Family education and counseling and groups.

**Employment-** Low wages are very common among many of those involved in the criminal justice system. Often times criminal and substance use behaviors may be driven by an individual's inability to meet their basic needs through legitimate activities. The Project intends on identifying those participant's who lack the skills or education necessary to make a "Living Wage". Throughout the Project you will be given assignments and opportunities to develop the skills necessary to earn a "Living Wage" adequate enough to meet the needs of you and your family.

**Education-** Participants, who do not have a GED, HSE or High School diploma, will complete a GED pretest and will be expected to complete their GED while in the Project. Throughout the Project you may receive additional testing and referrals to help move you to a higher educational level. There are many opportunities in the community to further your education, whether it is a single class or work shop; or a degree through a local university.

**Treatment-** D7 Treatment will be providing substance use and mental health treatment to the Project participants.

All Project participants will receive:

- Substance Use Treatment
- Mental Health Screenings and treatment if necessary
- Educational / Literacy Level Assessments and educational enhancement opportunities when necessary
- Vocational Skills assessments and job skill development opportunities
- Family based education and therapy
- Access to community volunteers and other community resources

**Recovery and Pro-social Activities-** The purpose of recovery activities is to educate and train each participant on how to abstain and then maintain sobriety from drugs and alcohol.

The purpose of pro-social activities is to facilitate the participant's involvement in activities not involving substance use or criminal behaviors in the community that will help introduce them with other people with whom they have something in common. These activities may provide opportunities to give back to the community as well as develop a sense of belonging with the community. (See [Attachment A](#))

### **Wood Pilot Project Progressive Phases**

All Wood Pilot Project participants will agree to phase specific contracts that will be designed for the individual participant in each phase.

### **Common expectations of each phase (I-IV)**

- Understand and comply with conditions of probation and project supervision.
- Demonstrate willingness to participant in assigned treatment activities.
- Establish and strive to maintain therapeutic relationships with service providers.
- Identify and utilize strengths that will help the participant maintain a productive life abstinent from substance use and criminal behaviors.
- Develop and utilize relapse prevention skills.

- Develop and utilize cognitive restructuring skills.
- Recruit and utilize a Natural Helper / Sponsor / Mentor.
- Comply with prescribed psychiatric medications and participate in symptom management activities to manage mental health disorders if necessary.
- Provide substance use testing samples as directed by the Project.

## **Stages of Change throughout the 4 phases of the Pilot Project**

The following Stages of Change will be assessed by the Project Team in observance of the participant's behaviors and attitudes throughout each phase.

**Stages of Change** is a **model of change** that explains or predicts a person's success or failure in achieving a proposed behavior change. The idea behind the model is that behavior change does not happen in one step. Rather, people tend to progress through different stages on their way to successful change.

### **The stages of change are:**

- **Pre-contemplation** -Not yet acknowledging that there is a problem behavior that needs to be changed.
- **Contemplation** -Acknowledging that there is a problem but not yet ready or sure of wanting to make a change.
- **Preparation/Determination** -Getting ready to change.
- **Action/Willpower** -Changing behavior.
- **Maintenance** -Maintaining the behavior change.
- **Relapse** -Returning to older behaviors and abandoning the new changes.

### **Phase I (Orientation and Engagement)**

Move out of the Pre-Contemplation Stage of Change. Pre-contemplation is the stage at which there is no intention to change behavior in the foreseeable future. Many individuals in this stage are unaware or under aware of their problems.

### **Phase II (Intensive Treatment)**

Move from the Contemplation stage of change into at least the Preparation stage of change. Contemplation is the stage in which people are aware that a problem exists and are seriously thinking about overcoming it but have not yet made a commitment to take action. Preparation is a stage that combines intention and behavioral criteria.

### **Phase III (Transition / Community Engagement)**

Move into the Action Stage of Change. Action is the stage in which individuals modify their behavior, experiences, or environment in order to overcome their problems. Action involves the most overt behavioral changes and requires considerable commitment of time and energy.

### **Phase IV (Maintenance / Aftercare)**

Move into the Maintenance Stage of Change. Maintenance is the stage in which people work to prevent relapse and consolidate the gains attained during action.

## Expectations of Phases 1-4

Phase I	Phase II	Phase III	Phase IV
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### Substance Use Treatment

<b>Moral Reconation Therapy</b>	Steps 1-12			
<b>Dialectical Behavior Therapy</b>	DBT Skills	DBT Skills		
<b>Wellness Recovery Action Plan</b>	Complete in-custody, present in family meeting			Review
<b>Relationship Group</b>	Identify SLICK behaviors	Replace SLICK behaviors with healthy patterns	Establish a new legacy	
<b>Trauma Recovery Empowerment Model</b>		Empowerment	Trauma Specific Interventions	Trauma Specific Interventions
<b>Attend Recovery Based or Pro-social Activity</b>	7 x week	5 x week	4 x week	3 x week
<b>Attend Individual Session with Primary Counselor</b>	4 x Month	3 x Month	2 x Month	1 x Month

### Education / Employment

<b>GED</b>	<u>Complete GED Pretest</u> If it was not done prior to entering the program.	Study for and completed GED tests.	Study for and complete final GED tests.	Pursue Higher Education or Training
<b>Education</b>	Establish goals for education	Meet with IDVR and/or school counselor.	Continue to be actively engaged in educational development.	Complete educational goals that are within the time frames of the program.
<b>Employment</b>	Obtain employment or be engaged in job skill development interventions.	Maintain full time employment if capable.	Maintain full time employment if capable.	Maintain full time employment for at least 6 months.

### Sponsor/ Mentor / Recovery Coach

<b>Sponsor / Mentor / Recovery Coach</b>	Recruit and begin work.	Maintain weekly contact and mentorship.	Maintain weekly contact and mentorship.	Maintain weekly contact and mentorship.
<b>Court / Status Hearings</b>	4 x month	3 x month	2 x month	1 x month

## **In- Custody Intervention**

All participants will begin the Wood Project while in-custody at the Bonneville County Jail. In-Custody Interventions are broken into 3 categories as defined below:

1. **Maximum Security Jail** – Once accepted and ordered into the Project by the Wood Court Judge the Participant will be moved as soon as possible to Work Release on lockdown.
2. **Work Release Lockdown** – Once moved to Work Release the new Participant will receive an orientation to the Project and given an orientation packet to read and complete. Substance use treatment services and several other activities that support recovery will begin at this time. See Attachment B for Checklist to be taken off Lockdown.
3. **Work Release** – Participant will continue with their in-custody treatment schedule and the following:
  - EMPLOYMENT** - The participant will be expected to obtain employment within two weeks of starting regular Work Release. If this does not occur in a timely manner the new participant is likely to be moved to Work Detail until further notice. If Work Detail must be used as an intervention, the participant will only be permitted to miss a day of Work Detail for a scheduled Mental Health appointment.
  - FAMILY MEETING** – A Community Support/Family meeting will be scheduled about 7 weeks after a participant’s date of entry. This meeting is an opportunity for the Team and the Community Support to meet, answer questions, set phase 1 goals and become familiar with the participants completed WRAP plan.
  - TRANSITION TO COMMUNITY** – Please see Attachment B for the checklist to be eligible to transition to the community.

## **Courtroom Rules**

The Wood Pilot Project approach involves a Judge, Prosecutor, Public Defender, Wood Pilot Project Coordinator, Probation Officer, Treatment Provider, and Court Personnel. The following rules and regulations for courtroom conduct must be followed in all Wood Pilot Project Hearings.

1. Punctuality is a must. Each defendant will be on time for all court appearances.
2. Do not speak when the Judge is speaking.
3. Each defendant will stand when addressing the Court or when addressed by the Court.
4. No defendant shall approach the bench unless permission is obtained or if the Court invites the defendant to do so.
5. No defendant shall sit on counsel table in the courtroom or lean on the bench.
6. Bare feet, hats, sunglasses, shorts, abbreviated shirts and blouses are prohibited in the courtroom.
7. It is forbidden to be under the influence of any intoxicating beverage and/or illicit drug.
8. All weapons are banned from the courtroom.
9. All cell phones or pagers must be turned off.
10. Courtroom attire requirements:
  - a. Males: Clean slacks, khakis or dark jeans without holes, with a collared shirt (tucked in) and tie.
  - b. Females: Clean slacks, khakis, dark jeans, or skirt/dress that reaches in length no shorter than 4 inches above your knee. Blouses/tops need to modestly cover your chest, shoulders and midriff.

## **Rewards and Sanctions**

Rewards and Sanctions will be utilized to shape behaviors through behavior modification. Rewards and Punishments are part of most successful drug rehabilitation programs. There are immediate and direct consequences for all conduct. Sanctions follow violations and are applied as close to the time of failure as possible by the Wood Pilot Project Team. Incentives and sanctions are applied at the participant's next scheduled status hearing. Serious violations of rules (e.g. dirty UA, new crime), may have immediate consequences prior to the next scheduled status hearing.

## **Wood Pilot Project Goals**

- Reduce participant contacts with the criminal justice system;
- Reduce costs associated with criminal case processing and re-arrest;
- Reduce jail/prison overcrowding;
- Introduce participants to an ongoing treatment process focused on recovery designed to achieve total abstinence from alcohol, abuse of prescription medication, and illicit/illegal drugs;
- Promote self-sufficiency and empower substance abusers to become productive and responsible members of society;
- Improve the overall mental health of each participant;
- Improve the ability of the participant's family members to resist substance use and criminal behaviors by identifying their needs and offering assistance in addressing those needs.
- Develop a sustainable support system.

## **Confidentiality**

- a. Participants must sign an appropriate consent for disclosure of information upon application and acceptance into the Wood Pilot Project.
- b. Care will be taken to prevent the unauthorized disclosure of information regarding Wood Pilot Project participants.
  1. Treatment reports, drug testing results, and other information regarding a participant disseminated to the Wood Pilot Project team must not be placed in a court file that is open to examination from members of the public.
  2. Information regarding a participant must not be placed in another participant's file / chart.
- c. Members of the Wood Pilot Project Team will receive education on the HIPPA and CFR-42 rules / laws regarding confidentiality.
- d. All Wood Pilot Project Team members will be specifically identified on Multi-Party consent to release information form in order to participate in a MDT staffing.

## Phase based Probation Supervision for the Wood Pilot Project

### Wood Pilot Project Probation Officer Supervision Standards

The following table will be used as a framework for minimum Wood Pilot Project Supervision by the Probation Officer(s).

Minimum Standards	Frequency During Phase			
	Phase I	Phase II	Phase III	Phase IV
1. See participant in person at least: (office, home, work, collateral)	4X's a month	3X's a month	2X's a month	1X a month
2. Monitor that participant attends alcohol/drug counseling and/or 12-step meetings including approved support groups at least:	7 days a week	5 days a week	4 days a week	3 days a week
3. Ensure participant submits to random drug tests a minimum of:	2 x a week	2 x a week	2 x a week	2 x a week
4. Require participant to attend Status Hearings: (or as directed by the Project team)	4 x a month	3 x a month	2 x a month	1 x a month
5. Verify that participant has a Natural Helper, Sponsor or Mentor	Weekly contact	Weekly contact		
6. Require participant to pay a minimum \$65 Project fee in addition to their \$60 Cost of Supervision fee per month and be current with other fees and fines.	Monthly payment	Monthly payment	Monthly payment	Monthly payment
7. Monitor that participant calls-in for Substance Use testing instructions:	Daily	Daily	Daily	Daily
8. Monitor that participant maintains employment or participates in continuing education (or other approved activity) as directed.	Monthly	Monthly	Monthly	Monthly



# Attachment A

## Recovery Based and Pro-Social Activities

Throughout participation in the Wood Pilot Project participants will be strongly encouraged to participate in recovery based and pro-social activities.

The purpose of the recovery activities is to educate and train each participant on how to abstain and then maintain sobriety from drugs and alcohol.

### Recovery Based Activities may include:

- All treatment offered and assigned by the Wood Pilot Project.
- 12 step support groups in the community.
  - By phase II all participants must choose a Home Group that they attend on a regular (weekly) basis.
- Faith affiliated addiction recovery services.
- Other approved recovery based activities.

The purpose of the pro-social activities is to facilitate the participant's involvement in activities not involving substance use or criminal behaviors in the community that will help introduce them with other people with whom they have something in common. These activities may provide opportunities to give back to the community as well as develop a sense of belonging with the community.

### Pro-Social Activities may include:

- Faith Based services.
- Community Interest programs.
- Special Interest Activities approved by the Project team.
- Volunteer Services that benefit the community.
- Other approved pro-social activities.

### Phase based attendance

Participants in the following phases must attend the specified number of recovery activities. At least one of the recovery activities must be a 12-step AA or NA meeting.

In the case a participant has more than one recovery activity per day it only counts as one day out of the total requirement for the week.

<b>Phase I</b> 7 Days a Week	<b>Phase II</b> 5 Days a Week	<b>Phase III</b> 4 Days a Week	<b>Phase IV</b> 3 Days a Week
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In the event a participant is unable to attend a recovery activity for the day, that participant must contact their Probation Officer or Treatment Counselor and inform them of their inability to attend. The PO or Counselor may give them an alternative assignment in lieu of the recovery activity. If this occurs the participant must provide evidence of completing the alternative assignment to the PO or Counselor on the next Business day.

**Extracurricular Pro-Social Activities outside of Treatment, 12 step meetings and Problem Solving Court Sponsored Activities (such as softball) will be reserved for participants in phase two or above.(Unless prior approval from the PO is granted)**