

Fayette Companies – Peoria, IL

White Oaks NEW LEAF

Phases of Treatment

Revised 11/04

PHASE 1 Engagement/ Beginning Treatment

In this phase, you will:

- Receive a peer sponsor your first day, who will help you with questions.
- Meet the staff you'll be working with.
- Receive a welcome package of stationery and stamps.
- Receive a "recovery dollar" for the first seven days of treatment that can be turned in for a gift certificate on Day 7

You will move to Phase 2 when this list is completed.

- ___ Have completed orientation with support staff.
- ___ Have completed orientation with clinical staff.
- ___ Have completed the survey regarding your first week here (turn it in to Ms. Elaine)
- ___ Have become familiar with the treatment day schedule (copy is in red binder).
- ___ Have been on time for groups and activities.
- ___ Have become familiar with the "red book" (the program's guidelines and expectations).
- ___ Have passed the test on the red book.
- ___ Have used the red book to learn job assignment.
- ___ Have decreased unnecessary outside appointments or distractions.
- ___ Have been reported as willing to work together with the evening and weekend staff.
- ___ Have demonstrated effort at respectful behavior.
- ___ Have made use of peers/ staff to find out information.
- ___ Have taken medicines as prescribed.
- ___ Have followed suggestions by medical staff.
- ___ Have identified five issues to address while in treatment.
- ___ Have demonstrated effort to participate in groups and classes.
- ___ Have demonstrated effort at completing beginning assignments.
- ___ Have shared some of the assignments in groups if asked to.
- ___ Have reported any concerns, problems, and progress to staff.

In the next phase, the following is added:

- Outside recovery support meetings (12 Step, church, etc).
- Outside passes, as approved, for leisure or family visits.
- May be chosen to be a peer sponsor, AA chair for in-house meetings, or to be a group leader.
- A drawing, to receive a reward for moving to the next phase.

PHASE 2 Getting Engaged & Involved in Treatment

In this phase, you are eligible for:

- Outside recovery support meetings (*12 Step, church, etc*).
- Outside passes, as approved, for leisure or family visits.
- May be chosen to be a peer sponsor, AA chair for in-house meetings, or to be a group leader.
- A drawing, to receive a reward for entering Phase 2.

You will move to Phase 3 when this list is completed.

- _____ Have begun to identify short term and long term goals.
- _____ Have demonstrated an effort to learn about issues/problems identified in Phase 1.
- _____ Have completed assignments, and discussed them with case manager.
- _____ Have demonstrated an effort to learn and practice problem-solving skills.
- _____ Have demonstrated behaviors/traits that increase potential success of reaching goals.
- _____ Have shown effort to identify own strengths, resources, and potential support system.
- _____ Have identified high-risk relapse situations for self, and have begun to create plan for reducing or managing situations.
- _____ Have demonstrated being willing to listen if concerns are brought regarding behavior.
- _____ Have demonstrated asking for help if not sure how to resolve a problem.
- _____ Have begun to network when attending outside support groups (obtain other women's phone numbers, get a temporary sponsor, arrange to go to an extra group/meeting).
- _____ Have been reported by staff as being a positive force in the house.
- _____ Have continued to report any concerns, problems, and progress to staff.
- _____ Have written a letter to welcome new peers & put it in the WELCOMING book (optional)

In the next phase, the following is added:

- More outside recovery support meetings (*12 Step, church, etc*).
- More outside passes, as approved, for leisure or family visits.
- May be chosen to be a peer sponsor, AA chair for in-house meetings, or to be a group leader.
- A drawing, to receive a reward for moving to the next phase.
- If you are from Peoria/Tazewell/ Woodford counties, you may be eligible for a Recovery Coach (this may already have been arranged in phase 2 if you met criteria.)

PHASE 3: Cont'd Treatment/ Transitioning to Outpatient

In this phase, you are eligible for:

- More outside recovery support meetings (*12 Step, church, etc*) .
- More outside passes, as approved, for leisure or family visits.
- May be chosen to be a peer sponsor, AA chair for in-house meetings, or to be a group leader.
- A drawing, to receive a reward for entering Phase 3.
- If you are from Peoria/ Tazewell/ Woodford counties, you may be eligible for a Recovery Coach.

You will move on to the outpatient level of treatment as this list is being completed.

- _____ Have continued to demonstrate the items listed in Phase 2.
- _____ Have begun to work on relapse prevention plan and recovery plan. Some possible areas to include:
 - Relapse prevention plan/ assignments.*
 - Early intervention plan (What do you do if a relapse occurs?) (What do you want your support people to do?).*
 - Early intervention plan is to be shared. Identify who you'll be sharing it with (support people, family, sponsor, etc.) How will you share it? (Letter; session, at a visit, etc.)*
 - Short-term recovery plan.*
 - Long-term recovery plan.*
 - Written plan for recovery-based leisure activities.*
 - List of support groups that will be attended.*
 - Daily schedule for outpatient.*
 - Outpatient/ aftercare services are arranged.*
 - Potential recovery support people are identified, and plan for contact with them is written.*
- _____ Have volunteered to help others when you saw the need (such as being a sub for a group leader or an in-house AA chair when needed, etc.)
- _____ Have discussed with case manager the possibility of being a "speaker" for an in-house meeting, as practice.
- _____ Have set out date with staff and make necessary arrangements for housing/ transportation/ etc.
- _____ Have arranged to visit the outpatient setting if local, as part of the transition process.
- _____ Have set a day for peer out.
- _____ Have set specific date/ time that you'll call & check in with staff after you have moved on, to let staff know how you're doing.
- _____ Have left info to be contacted for the New Leaf alumni gatherings (optional).