



Program Phases in Mental Health Courts

A Mental Health Court Learning Site Webinar

Eric Olson, District 7 Mental Health Court Coordinator, Bonneville, ID

Norma Jaeger, Former Director of Problem-solving Courts and Community Sentences Alternatives, Idaho Supreme Court's

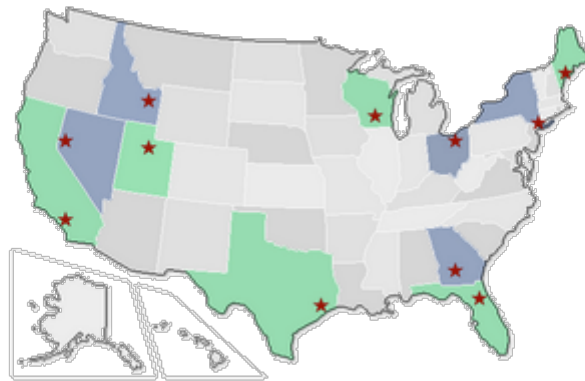
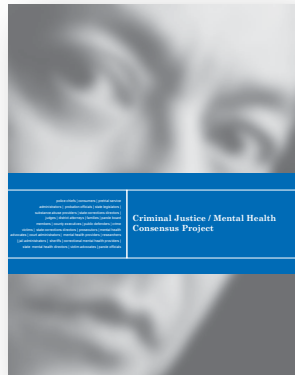
Wednesday, September 14, 2016

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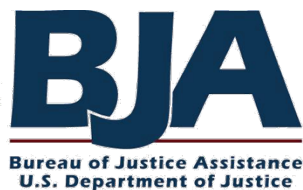
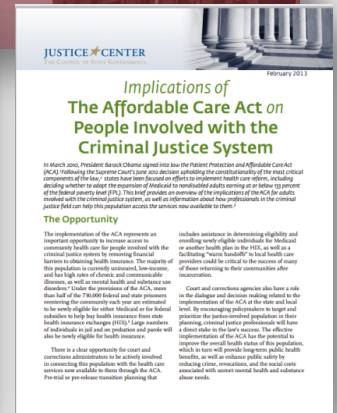
Behavioral Health at the CSG Justice Center



Criminal Justice/Mental Health Learning Sites Program

Developing a Mental Health Court: An Interdisciplinary Curriculum

learning.csgjusticecenter.org



Developing a Mental Health Court: An Interdisciplinary Curriculum

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Developing a Mental Health Court is a **free multimedia curriculum** for individuals and teams seeking to start, maintain, or just learn about mental health courts or other criminal justice/mental health collaborations.



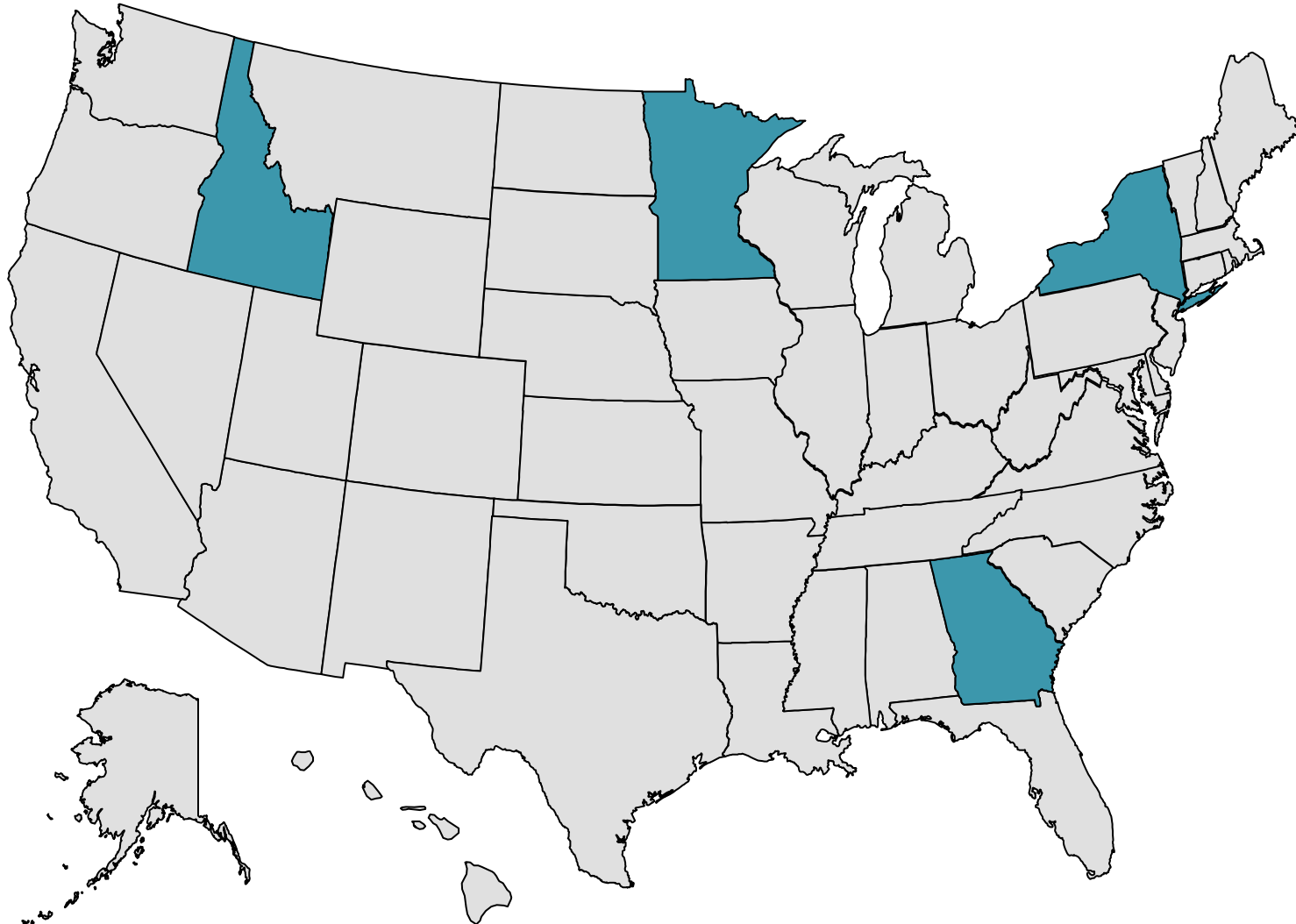
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Criminal Justice/Mental Health Learning Sites



<https://csgjusticecenter.org/mental-health/learning-sites/>

Criminal Justice/Mental Health Learning Sites

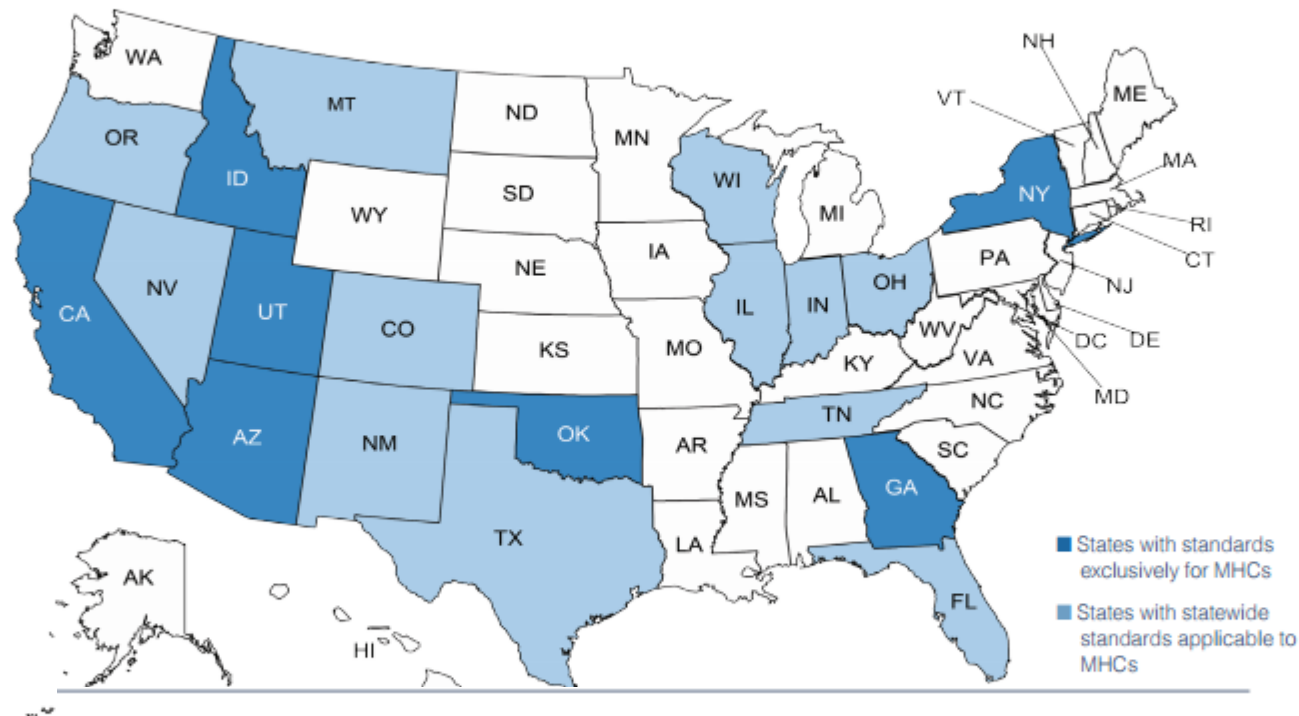
BONNEVILLE COUNTY, IDAHO MENTAL HEALTH COURT

Approximately 45 participants per year
Established in 2002



State Standards: Building Better Mental Health Courts

FIGURE 1. STATEWIDE EFFORTS GOVERNING MENTAL HEALTH COURTS



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<https://csjusticecenter.org/courts/posts/state-standards-building-better-mental-health-courts/>

Welcome and Introductions

- Norma Jaeger, *former Director of Problem-Solving Courts and Community Sentences Alternatives, Idaho Supreme Court*
- Eric Olson, *District 7 Mental Health Court Coordinator, Bonneville, Idaho*
- Sarah Wurzburg, *Grantee Technical Assistance Manager, CSG Justice Center*

Developing Phases in a Mental Health Court

Theoretical Foundations

Phases and Focus

Application

Questions & Answers

Theoretical Foundations

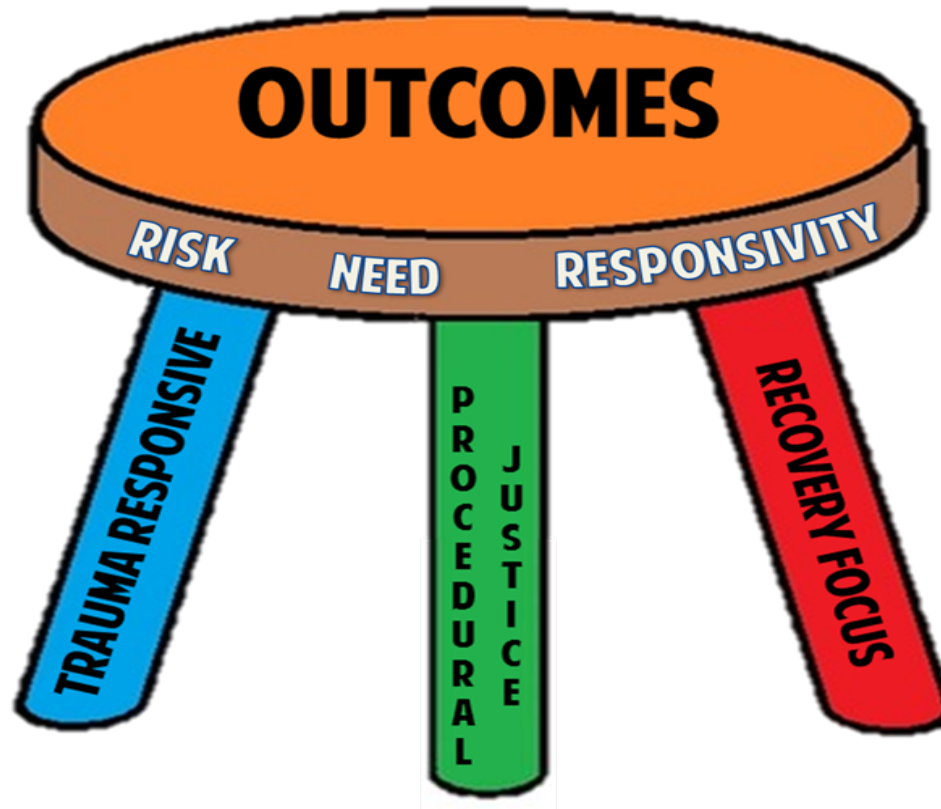
Risk-Need-Responsivity

Trauma Responsive Approaches

Procedural Justice/Fairness

Recovery Orientation

The Three-Legged Stool of Positive Outcomes



Three Legs of the Stool Commonalities

Recovery Principles

- Self-Direction
- Individualized
- Person Centered
- **Empowerment**
- Holistic
- Non-linear
- Strengths-based
- **Peer Support**
- **Respect**
- Responsibility
- Hope

Trauma-Responsive Principles

- Safety
- **Trustworthiness**
- **Transparency**
- **Peer Support**
- Collaboration and Mutuality
- **Empowerment, Voice & Choice**
- Culture, History and Gender Issues

Procedural Justice Principles

- **Voice**
- **Neutrality / Transparency**
- **Respect (for person & for rights)**
- **Trust (caring, helpfulness, fairness)**

Developing Phases in a Mental Health Court: Today's Webinar

Theoretical Foundations

Phases and Focus

Application

Questions & Answers

Phases and Focus

Phase I

Orientation

Understanding / Engagement

Transition

Phases and Focus

Phase II

Treatment

Tools / Skills / Support

Transition

Phases and Focus

Phase III

Community Transition

**Strengthen Connection to Community
Resources / Relationships**

Transition

Phases and Focus

Phase IV

Maintenance

Maintain Recovery Practices

Graduation / Completion

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Questions & Answers

Target Population

- Client Profile

- * Client must meet F/ACT (Forensic/ Assertive Community Treatment Team criteria (Schizophrenia, Schizoaffective Disorder, Bipolar I/II, MDD)

- * Have a medium to high LSI (Level of Service Inventory) Score

- * Have a history of frequent psychiatric hospitalizations or incarcerations

- * Most have a co-occurring Substance use disorder Issue, not required

- * Most have history of Trauma

Post-plea; Post-adjudication; Both Misd/Felony cases

Central 8 - Dynamic Risk Factors

Dynamic Risk Factor
History of antisocial behavior
Antisocial personality pattern
Antisocial cognition
Antisocial associates
Family and/or marital discord
Poor school and/or work performance
Few leisure or recreation activities
Substance use disorder

Addressing Criminogenic Risk Factors as Part of Sentencing and Supervision

Individual Risk Factors for Criminal Recidivism

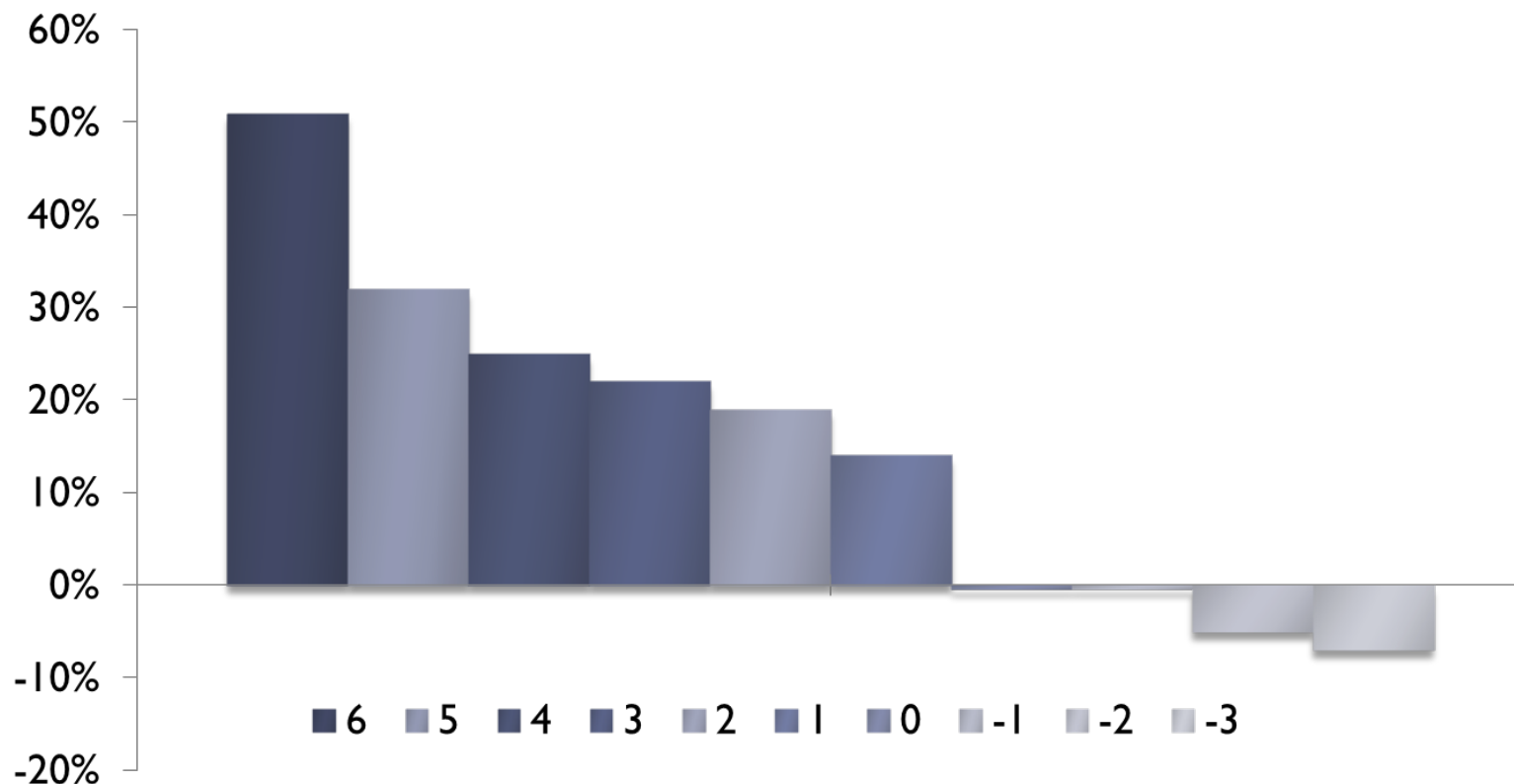
Risk Factor	Need
History of antisocial behavior	Build alternative behaviors
Antisocial personality pattern	Problem solving skills, anger management
Antisocial cognition	Develop less risky thinking
Antisocial attitudes	Reduce association with criminal others
Family and/or marital discord	Reduce conflict, build positive relationships
Poor school and/or work performance	Enhance performance, rewards
Few leisure or recreation activities	Enhance outside involvement
Substance use disorder	Reduce use through integrated treatment

Source: Andrews (2006)

Recidivism Reductions as a Function of Targeting Multiple Criminogenic vs. Non-Criminogenic Needs*

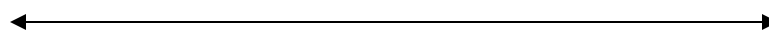
**Better
outcomes**

(Andrews, Dowden, & Gendreau, 1999; Dowden, 1998)



**Poorer
outcomes**

More
criminogenic
than non-
criminogenic
needs



More non-
criminogenic
than
criminogenic
needs

- **INDIVIDUALIZE!!!!**
 - RNR is filtered throughout the process at each phase.
 - Make sure Expectations and Responses are appropriate for each phase and their level of engagement.... It should vary...
 - Don't become rigid or "one size fits all" because you have some phase guidelines...

Applying the Mental Health Court Phases:

Bonneville County Mental Health Court Practices

Phase I

Be Intentional about what you Target

Establish and Reward Honesty and Trust

Don't "Fix" everything in phase 1.

Recovery and Hope

- Recovery Focused – Strength focused
- WELCOMING
- EMPATHIC
- HOPEFUL

Phase I: Getting started

- Review MH Assessment
- INCLUDE STRENGTHS
- Review Risk Assessment Areas: LSI-R and implement Central 8 with a Plan:
- SA: Abuse vs Dependence
- MI: Roll with some things: early misses, etc.

Responsivity Issues

- MEDS
- MONEY
- HOUSING

Phase I Requirements

Phase I - 12 weeks (Minimum) - Orientation and Engagement Phase

1. Report to probation officer in person at least once a week or as directed by the probation officer.
2. Engage in Treatment with the Assertive Community Treatment (ACT) team and determine a treatment plan. Remain or become compliant with mental health treatment directives. This will include daily medication monitoring throughout phase I.
3. Attend daily treatment groups as directed by the MH Court: Integrated Tx (Substance Abuse/Dual Diagnosis), Moral Reconciliation Therapy, Symptom Management groups as well as Dialectic Behavioral Therapy groups and/or any other treatments that may be essential to your individual recovery. You are expected to attend and participate in your treatment groups. Competencies in these groups must be met in order to complete Phase 1.
4. Submit to random oral, urinalysis or BAC tests as directed by probation officer or treatment provider.
5. Attend Mental Health Court at least once per week.
6. Pay a \$35.00 Mental Health Court fee per month, or an adjusted rate if approved.
7. You must complete Phase I competency checklist requirements to move to the next phase! (See end of the handbook for a copy.)
8. You must meet with the team and review your progress and checklist prior to moving to phase 2.

Phase I Competency Checklist

1-____ - I have verified that I am current on my Mental Health Court fees of \$____ per month. (Please clarify with your treatment provider and probation officer if you have any question about this amount. You need to be paying it monthly, as you begin the program. Thanks.)

2-____ - I have verified that I am current on my MHCT fees. I pay \$____ on my fines each month and \$____ on my restitution. (Please clarify this amount also with your Probation officer, you need to be on a payment plan from the first month you begin the program. Thanks.)

3-____ - I will meet with my probation officer weekly, on the day required

4-____ - I will be home to meet with the ACT team for my morning medication and treatment meetings. I will take medications in front of ACT team members.

5-____ - I will be in my home by 8pm every evening. I will not have guests at my home, only folks approved (by my PO) to live with me will be in my home after 8pm. I will welcome treatment team members and probation officers into my home when they come to visit.

6-____ - I will learn about my Mental Health and Substance Use Diagnosis and be able to describe the symptoms of my illness, list all of my medications, what symptoms they treat, and any side effects I may be experiencing and/or potential side effects.

7-____ - I will attend all treatment groups required of me, MRT, DBT, Overcoming Addictions, WRAP group and any others that I or the team feel would be beneficial to me. Please write briefly (on the back of this sheet) about what you have learned in each group to this point. (We realize you may not be in all groups at this time).

Phase I Competency Checklist (Continued)

8-____ - I will develop coping skills to deal with triggers and substance use risks that I will implement to attain and maintain sobriety. I will be able to describe and demonstrate these skills when asked by the end of phase I.

9-____ - I will identify 5 of my strengths that I will share with team members and others and use to promote my own Recovery!

10-____ - I will work to establish stable housing during this phase.

11-____ - I will work with the ACT team to secure financial stability. I will do a budget of all my income with the ACT Team and work to establish independence in this area.

12-____ - I will take my medications as prescribed by doctor. I will coordinate with the ACT team before I take any other medications and I will learn skills to discuss my symptoms and medications with my doctor, nurses, and team members to establish independence and work towards Recovery.

13-____ - Any other treatment or personal goals needed to achieve in phase I will be placed here!

14-____ - I will have a Team meeting with Treatment, Probation, and any other supports I have to review my progress and identify any issues that need to be addressed moving forward into Phase 2 of the program. Team will also review with me my High Risk Areas for Recidivism per my LSI and Treatment Plan and as a group we will make sure we have treatment in place to help me reduce my risk for recidivism...

Phase I

- PHASE UP MEETINGS
- Focus on recovery – build trust
- Invite and encourage supporters to attend
- Review LSI and Central 8 areas

Applying the Mental Health Court Phases: Bonneville County Mental Health Court Practices

Phase II

Intensive Treatment

Individualized Skill Building

Target Their Specific Needs/Risks

Phase II Requirements

Phase II - 14 weeks (Minimum) - Intensive Treatment Phase

1. Report to probation officer in person at least three (3) times per month or as directed by the probation officer.
2. Remain compliant with ALL mental health treatment directives. This includes strict compliance with medication recommendations.
3. Attend all treatment groups as required.
4. Submit to random oral, urinalysis or BAC as directed by the probation officer or treatment provider.
5. Attend Mental Health Court at least three (3) times per month; you may miss the 2nd week of the month if you desire, but must attend all other weeks.
6. Because the goal of the program is to help assist you in long-term Recovery. You need to develop a Support Person that will be available for you beyond your participation in the MHCT. You need to figure out who this person(s) can be for you and begin strengthening that support system for you.
7. Pay \$35.00 Mental Health Court fee per month, or an adjusted rate if approved.
8. You must complete the phase 2 competency checklist requirements to move to the next phase. (See end of the handbook for a copy.)
9. You must meet with the team and review your progress and checklist prior to moving to phase 3.

Phase II Competency Checklist

1-____ - I have verified that I am current on my Mental Health Court fees of \$____ per month.

(Please clarify with your treatment provider and probation officer if you have any question about this amount. You need to be paying it monthly, as you begin the program. Thanks)

2-____ - I have verified that I am current on my MHCT fees. I pay \$____ on my fines each month and \$____ on my restitution.

(Please clarify this amount also with your Probation officer, you need to be on a payment plan from the first month you begin the program. Thanks)

3-____ - I will meet with my probation officer weekly, on the day required

4-____ - I will be home to meet with the ACT team for my morning medication and treatment meetings. I will take medications in front of ACT team members, until treatment and I can agree to another arrangement that is acceptable to each of us and an increase in my independence and Recovery.

5-____ - I will be in my home by 9pm every evening. I will not have guests at my home, only folks approved (by my PO) to live with me will be in my home after 9pm. I will welcome treatment team members and probation officers into my home when they come to visit.

Phase II Competency Checklist (Continued)

6-____ - I will learn about my Mental Health and Substance Use Diagnosis and be able to describe the symptoms of my illness, list all of my medications, what symptoms they treat, and any side effects I may be experiencing and/or potential side effects.

7-____ - I will describe what I am learning in my treatment groups; MRT, DBT, Overcoming Addictions, WRAP, or any others in at least half a page for each group I am attending...

8-____ - I will contact and build a relationship with a support person to assist me in my Recovery.

9-____ - I will develop coping skills to deal with triggers and substance use risks that I will implement to remain clean and sober. I will implement and review with treatment staff what skills I have learned in my treatment to help me with my Recovery...

10-____ - I am using my strengths to assist me in Recovery, let me tell you how I am doing so.....

11-____ - I will describe my housing situation, is it stable, is it long-term, is it what I want? Is it affordable? Describe...

12-____ - I am working to establish financial security and stability, here is a review of my budget.... My satisfaction level with my income and budget at this time is.... Describe....

13-____ - Describe the importance of medications in your Recovery.....

Phase II Competency Checklist (Continued)

14- ____ - Describe important relationships in your life and what issues there are that apply to your recovery, positive or negative.....

15- ____ - Describe your relationships with your family and how they impact your Recovery....

16- ____ - Any other treatment or personal goals needed to achieve in phase 2 will be placed here!

17- ____ - I will have a Team meeting with Treatment, Probation, and any other supports I have to review my progress and identify any issues that need to be addressed moving forward into Phase 3 of the program. Team will also review with me my High Risk Areas for Recidivism per my LSI and Treatment Plan and as a group we will make sure we have treatment in place to help me reduce my risk for recidivism...

Applying the Mental Health Court Phases:

Bonneville County Mental Health Court Practices

Phase III

Community Transition

Really Focus on Individual Supports/
Recovery

WRAP-Is there anything they need that
we've missed?

Phase III Requirements

Phase III - 12 weeks (Minimum) - Transition/Community Engagement Phase

1. Report to probation officer in person at least twice (2) per month or as directed by the probation officer.
2. Remain compliant with ALL mental health treatment directives.
3. Attend integrated treatment groups and other Dual Diagnosis treatment as required. You should be wrapping up certain treatment groups during this phase, including MRT.
4. Submit to random oral, urinalysis or BAC tests as directed by the probation officer or treatment provider.
5. Attend Mental Health Court at least twice (2) per month. You are allowed to miss the 2nd and 4th weeks of the month if you would like.
6. Pay a \$35.00 Mental Health Court fee per month, or an adjusted rate if approved.
7. You must complete the phase 3 competency checklist requirements to move to the phase. (See end of handbook for a copy.)
8. You must do a pre-exit support interview with the Treatment team to move to the next phase.

Phase III Competency Checklist

- 1- ____ - I have verified that I am current on my Mental Health Court fees of \$ ____ per month.
(Please clarify with your treatment provider and probation officer if you have any question about this amount.
You need to be paying it monthly, as you begin the program. Thanks)
- 2- ____ - I have verified that I am current on my MHCT fees. I pay \$ ____ on my fines each month and \$ ____ on my restitution.
(Please clarify this amount also with your Probation officer, you need to be on a payment plan from the first month you begin the program. Thanks)
- 3- ____ - I will meet with my probation officer twice per month, on the day required
- 4- ____ - I will take my medications as prescribed and as agreed upon with the ACT Team. This should be in the most independent and Recovery-focused way possible; how do I problem solve medication issues when I have them?
- 5- ____ - I will be in my home by 10pm every evening. I will not have guests at my home, only folks approved (by my PO) to live with me will be in my home after 10pm. My curfew will be midnight on the weekends, weekends are considered to be Friday and Saturday night. I will welcome treatment team members and probation officers into my home when they come to visit.
- 6- ____ - I will describe my Mental Health and Substance Use Diagnosis and be able to describe the symptoms of my illness, list all of my medications, what symptoms they treat, and any side effects I may be experiencing and/or potential side effects.

Phase III Competency Checklist (Continued)

7- ____ - I will describe what I am learning in my treatment groups; MRT, DBT, Overcoming Addictions, WRAP, or any others in at least half a page for each group I am attending...

8- ____ - I will contact my support person weekly assist me in my Recovery.

9- ____ - I continue using coping skills to deal with triggers and substance use risks that I will implement to remain clean and sober. I will implement and review with treatment staff what I have learned in my Treatment classes.

10- ____ - I am using my strengths to assist me in Recovery, let me tell you how I am doing so.....

11- ____ - I will describe my housing situation, is it stable, is it long-term, is it what I want? Is it affordable? Describe...

12- ____ - I am working to establish financial security and stability, here is a review of my budget.... My satisfaction level with my income and budget at this time is.... Describe....

13- ____ - Describe the importance of medications in your Recovery.....

14- ____ - Describe important relationships in your life and what issues there are that apply to your recovery, positive or negative.....

15- ____ - Describe your relationships with your family and how they impact your Recovery....

Phase III Competency Checklist (Continued)

16- ____ - I will develop healthy pleasures during this phase, the healthy pleasures I have developed are.....

17- ____ - Any other treatment or personal goals needed to achieve in phase 3 will be placed here!

18- ____ - I will have a Team meeting with Treatment, Probation, and any other supports I have to review my progress and identify any issues that need to be addressed moving forward into Phase 4 of the program. Team will also review with me my High Risk Areas for Recidivism per my LSI and Treatment Plan and as a group we will make sure we have treatment in place to help me reduce my risk for recidivism...

Applying the Mental Health Court Phases: Bonneville County Mental Health Court Practices

Phase IV A

Maintenance

Aftercare in place!

Let them “show their stuff”

Phase IV A Requirements

Phase IV- A - Maintenance: (3-6 weeks min)

1. Must have developed and be applying your approved Continued Care/WRAP plan that you are working to maintain long-term stability.
2. Report to probation officer in person once a month.
3. Attend treatment as instructed by the treatment provider.
4. Submit to oral, random urinalysis and/or BAC tests as requested by the probation officer.
5. Attend Mental Health Court once a month on the 1st week of the month.
6. Pay a \$35.00 Mental Health Court fee per month and be current with other fees and fines. (Other fees and fines may include, but are not limited to, court fines, treatment fees, and drug testing fees.)
7. Must have some support system in place that is adequate and approved for your specific needs; i.e.; /DRA/church group, specific hobbies or sporting activities, etc.
8. Complete a Final Exit Interview with the Team to share what you learned in the program, your plan for long-term Recovery, and to give feedback to the Court on what worked well for you as well as things that we could do better.

Phase IV A Competency Checklist

1- ____ - I have verified that I am current on my Mental Health Court fees of \$____ per month.

(Please clarify with your treatment provider and probation officer if you have any question about this amount. You need to be paying it monthly, as you begin the program. Thanks)

2- ____ - I have verified that I am current on my MHCT fees. I pay \$____ on my fines each month and \$____ on my restitution.

(Please clarify this amount also with your Probation officer, you need to be on a payment plan from the first month you begin the program. Thanks)

3- ____ - I need to have an approved plan (by my PO and Team) for paying off my fines/restitution before I graduate from the MH court program. (you need to have an approved plan to graduate, not necessarily have them entirely paid off, though that would be desirable)

4 ____ - I will meet with my probation officer once per month, on the day required

5- ____ - I will do a pre-exit interview at the beginning of this phase that will involve my MH Court team as well as family and support persons to finalize needs and concerns for Continued Care following the MH CT program.

6- ____ - I have no curfew or call-ins on phase 4, but will demonstrate the skills I have learned in the previous 3 phases to have a stable lifestyle and environment.

7- ____ - I will develop a Continued Care plan (based upon my treatment and WRAP plan) that is very detailed so I remain stable and continue to utilize the skills and supports I've developed. My Continued Care plan is attached.....

Phase IV A Competency Checklist

8- ____ - I will continue to contact my support person weekly assist me in my Recovery.

9- ____ - My long term housing situation is.....

10- ____ - My long-term financial stability is

11- ____ - My family supports are.....

12- ____ - My support persons are.....

13- ____ - I will have an exit interview with the Judge and MH Court team. During this meeting the team will review my Continued Care plan, LSI risk levels and how it applies to recidivism, feedback to improve the program, etc...

Developing Phases in a Mental Health Court: Today's Webinar

Phase IV B

Continued Care

They can do it!

“No Gutter Balls”

Phase IV B Requirements

Phase IV- B- Continued Care Phase (3-6 weeks minimum)

1. You must continue to apply your Continued Care plan as you have developed it and whatever treatment and supports that entails.
2. You do not need to attend Court; however, you do need to meet with your Probation Officer as required by them.
3. You are subject to Random UA's as determined by PO and staffed with team.
4. Goal of this phase is for you to work your Continued Care Plan and follow through with your Recovery efforts.
5. You need to pay $\frac{1}{2}$ of your previously determined MHCT fee monthly until graduation.

Phase IV B Competency Checklist

- 1- You must continue to apply your Continued Care plan as you have developed it and whatever treatment and supports that entails.
- 2- You do not need to attend Court; however, you do need to meet with your Probation Officer as required by them.
- 3- You are subject to Random UA's as determined by PO and staffed with team.
- 4- Goal of this phase is for you to work your Continued Care Plan and follow through with your Recovery efforts.
- 5- If, after 12 weeks, you have demonstrated you have been able to work your Continued Care Plan, comply with probation requirements, and demonstrate you have the skills to remain in the community, participating the appropriate level of MH treatment, and using the skills to you from re-offending, it will be our pleasure to congratulate you and Graduate you from the MH Court program.

Graduation Requirements

Upon successful completion of the Mental Health Court program you will graduate from the program. In order to graduate from Mental Health Court you must accomplish the following:

1. Successful completion of all court ordered treatment.
2. Demonstrate that you have the skills to manage your mental health symptoms in an effective and appropriate way. You must also have a plan for ongoing treatment that you are following and that will meet your long-term mental health and substance abuse treatment needs.
3. You must be demonstrating skills to remain clean and sober from drugs and alcohol and to deal with any relapses in an appropriate way, should you need to do so.
4. Have learned the skills and gained the stability to ensure your risk for recidivism in the community is much lower than upon entrance into the program.
5. Maintain support persons contact as directed.
6. Completion of all specialized probation terms.
7. Payment of fines, restitution and treatment fees (unless another arrangement has been made).
8. A follow up LSI-R.
9. Utilizing your Continued Care/WRAP plan as a model for your long-term recovery.

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Theoretical Foundations

Phases and Focus

Application

Questions & Answers

Contact Information

- Norma Jaeger, njaeger@idcourts.net
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Thank You

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For more information, contact Olivia Randi, orandi@csg.org.



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Collaborative Approaches to Public Safety