

Contingency Management Plan

9/23/13-10/23/13

Reason: On 9/16 participant admitted to his Parole officer that he has been drinking for the past month on the weekends. Participant estimates that he has been drinking approximately 12 beers per weekend.

Purpose: To help participant improve his mental health and find a purpose in his life and positive things to do besides drinking

Consequence: if participant does not follow this plan he will receive 4 days incarceration as a consequence

PLAN:

1. Participant will begin to work on a **Wellness Recovery Action Plan (WRAP)** plan with his case manager. This plan will assist [program participant's name] to recognize symptoms and triggers of his illness better and develop a toolkit of skills/coping strategies he can use when feeling depressed.
 - a. Participant will have the first 2 pages of this plan started and will **bring them to court on 9/27**
 - b. Participant will work on the plan with Carrie in all of their meetings with a plan to complete the WRAP plan in one month
2. Participant will continue to write letters to [treatment provider] about how he is feeling prior to all of his appointments with her and will bring these letters to his doctor appointment
3. Participant will keep **all** of his appointments. Participant will also attend **all** of his work shifts.
4. Participant will continue going to Circles of Support every Saturday and Strength and Balance Group every other week.
5. Because participant did not find it helpful, he will no longer be required to go to Outreach Center; instead he will be willing to try attending at least two Cognitive Thinking Groups, as soon as his PO is able to refer him to those groups. After 2 groups, the team and participant will determine whether he is to continue these groups.
6. Participant will walk one day a week for at least 30 minutes, with the goal to increase this by the end of the month.
7. Participant will meet with Laura Kellogg on **Monday 9/23** and will review with her his relapses. **Participant will do any homework/requirements suggested by case manager and will bring any completed assignments to court on 9/27**
8. Participant will attend one AA group weekly and will get attendance sheets signed. **Participant will bring all signed attendance sheets to court every week starting on 9/27.**
9. Participant will discuss getting a sponsor with case manager and will follow-up with whatever her recommendation is about that, and report the case manager's recommendation to the court
10. Participant will increase his meetings with case manager to weekly and will follow through on any additional treatment recommendations she may have

***** By Friday 9/27, Participant will have completed the below items. If these items are completed, participant will work his way out of 2 days in jail:**

- 1) Attend one AA group and bring the signed attendance sheet to court on 9/27**
- 2) Bring completed assignments assigned by case manager to court on 9/27 and report case manager's recommendation about a sponsor to the court**
- 3) Bring the first 2 pages of the WRAP PLAN to court on 9/27 and at least have a start on them**
- 4) Attend all scheduled appointments this week**

*****On 10/23, when the plan ends, the team will then assess how participant has followed through with the rest of the plan and determine whether participant has worked his way out of the other 2 jail days.**

This plan will begin on Monday 9/23 and will be in effect for one month.

Participant Name

Date