

## **DISTRICT OF MASSACHUSETTS COURT ASSISTED RECOVERY EFFORT (CARE) PROGRAM**

The Court Assisted Recovery Effort (CARE) is a nationally recognized reentry court program. The participants are serving terms of supervised release or probation, have significant substance use/abuse histories, and have PCRA scores<sup>1</sup> that indicate they are either at moderate or high risk to recidivate.

The program seeks to prevent recidivism, promote public safety, and assist high-risk ex-offenders with the many social, family, and logistical issues they face after spending years in prison. CARE participants are particularly likely to relapse and/or recidivate because of their drug use/abuse issues and high risk status, therefore, the program's emphasis is on stabilizing, treating, coaching and building social supports for the participants so that they can be sober, law-abiding, and employed.

In order to help participants achieve these goals, the CARE program offers incentives, support from a judge, probation officers, attorneys, and treatment providers. The program also imposes sanctions for illicit substance use, violating supervision conditions or the CARE program expectations, or experiencing difficulties while under supervision. The CARE program is a completely voluntary program, and participants can withdraw at any time.

The CARE program is designed to be completed in approximately twelve months over four phases. Each week that a participant is enrolled in the program, they have the ability to earn credit, so long as they are in compliance with their conditions of supervision and the expectations of the program. Phases 1 through Phase 3 are designed to last twelve (12) weeks each. Phase 4 is designed to last sixteen (16) weeks. These time frames can be reduced if a participant earns extra credit for accomplishments (program incentives), or they can be extended due to not earning credit or losing credit for noncompliance (program sanctions).

The assignments and expectations of each phase are concrete and clear. Each phase has a specified purpose with distinct, achievable goals that are consistent with the stages of recovery. The phases encourage participants to develop an understanding of addiction and recognize their patterns of use, triggers, factors that influence use, and the impact of use on self, family and community. The main goal of the program is for participants to achieve extended sobriety. With this goal in mind, the program requires that each participant remain substance free for the final 32 weeks of their time in the program. As a result, anyone that tests positive for drugs or alcohol after they have progressed past Phase 2 Week 8, will be returned to Phase 2 Week 8, without exception. These

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<sup>1</sup>PCRA stands for "Federal Post-Conviction Risk Assessment" tool, which is an evidence-based actuarial tool developed by U.S. Probation to predict recidivism.

concrete guidelines were developed to support consistency with the best practice stages of change model of care. These monitored 32 weeks of sobriety ensure a solid foundation for an individual upon graduation from the program. (Additional details can be found in the Participant Agreement).

Participants are challenged to accept responsibility for the impact of their drug use and addiction behavior on others, and are provided access to recovery resources, the tools necessary to facilitate and maintain their sobriety, as well as other forms of assistance where appropriate to support participants to become productive members of the community. Throughout participation in CARE, participants work toward the development and expansion of a community-based sober support network. Finally, participants are required to complete written presentations at the beginning and end of each phase, prepare a comprehensive relapse prevention plan prior to graduation from the program, and complete an exit questionnaire upon completion, voluntary withdrawal, or termination from the CARE program.

Each person referred to CARE will be screened to determine whether they are eligible. This will ensure that prospective participants are stable enough to engage in outpatient recovery prior to beginning CARE. A person who is actively using substances, refusing to participate in drug treatment and/or testing, or are testing positive, will likely need a greater level of intervention/support to stabilize before starting the program, such as inpatient treatment.

#### **Pre-Screening Process:**

- Assessment by PO, including home visit to ensure sufficient stability
- Assessment of substance use/abuse issues (Texas Christian University Drug Screen - TCUDS, review of BOP treatment involvement/progress)
  - An eligible participant typically has a TCUDS of 5-9
- Completion of PCRA (Risk Level/Supervision Level & Thinking Styles)
  - An eligible participant typically has a Risk/Supervision Level of moderate to high, and displays drugs and alcohol as a dynamic risk factor
  - If a PCRA score is unavailable, eligible participants typically have a Risk Prediction Index (RPI) of 5-9

#### **Orientation Period:**

- Attend/observe CARE court sessions
- Meet with the CARE program's defense attorney to review and sign the participant agreement
- Participate in and successfully complete a comprehensive assessment conducted by an approved vendor (e.g. Suffolk Community Corrections Center (Boston CCC)) to facilitate the development of a treatment plan that addresses the Central Eight criminogenic need areas (i.e.: antisocial behavioral patterns, antisocial personality traits, antisocial cognitions, antisocial companions, drug and alcohol use, dysfunctional family relationships, leisure/recreation, and education/employment).

-Meet with the CARE team to develop an Individualized Action Plan (IAP) to follow for the remainder of the program. Upon the findings of the assessment and treatment plan and as determined by the CARE team, the participant may be referred to an approved vendor for participation in a combination of services which may include, but are not limited to, cognitive behavioral treatment for criminality and substance use disorder, educational support programs, job development programs, and life skills training program. The IAP will outline the participant's personal goals, the program's goals for the participant, and corresponding program incentives to help the participant achieve both their personal and programming goals. The IAP may be subject to change over the course of the CARE program to reflect the participant's achievements and/or setbacks.

Participants need different levels of treatment. Therefore, each phase does not correlate to a specific level of treatment. Rather, the program requires that each participant engage in treatment as directed through ongoing clinical assessment and team review. The four phases of the CARE program are:

Phase One: Early Recovery

Phase Two: Understanding and Taking Responsibility

Phase Three: Healthy Decision Making

Phase Four: Relapse Prevention/Recovery Life Style Planning

## **PHASE 1: EARLY RECOVERY - ASSESSMENT STAGE**

**Goals:** Develop an understanding of addiction, individualized patterns of use, and factors that influence use. Develop early recovery tools and a foundation of support for recovery. Abstain from drug and alcohol use. Engage in individualized substance abuse treatment to assess the participant's treatment readiness and need. If determined necessary, participate in mental health, life skills, employment, or educational assessment to determine needs and the appropriate level of services.

### **Expectations:**

- Meet with the CARE team to develop an Individualized Action Plan (IAP)
- Participate in substance abuse treatment as deemed necessary and attend all sessions
- Participate in mental health treatment as deemed necessary and attend all sessions
- Participate in programming recommended by the assessment as deemed necessary and attend all sessions
- Participate in a life skills, employment or education program as directed, or secure and maintain employment or a volunteer position of at least 20 hours per week

- Attend self-help meetings, (AA/NA/12-Step, Smart Recovery, etc.) at a rate to be determined in consultation with treatment provider(s)
- Submit weekly verification of self-help group attendance
- If uninsured, complete application for entitlement benefits (Mass Health, etc.) if eligible
- Comply fully with all supervision conditions and program requirements
- Complete and present two written assignments

**Court sessions/testing:**

- Appear in court for CARE session on 1<sup>st</sup> and 3<sup>rd</sup> Wednesday of the month (or as instructed)
- Enroll in random urinalysis program, and as deemed necessary

**Written Assignment:**

**Week 1 Assignment:** Describe your history of drug/alcohol use (types of drugs used, treatment attended, overdoses, and arrests) and describe what you find problematic about your drug behavior. Describe how drug and/or alcohol use affected your life and the lives of those that you love. (Possibly add any sobriety time and what was done during this time outside of incarceration) Present three goals for Phase 1.

**Phase 1 Completion Assignment:** Describe your foundation of support, your early recovery tools, and what you have learned about yourself during Phase 1.

**PHASE 2: UNDERSTANDING AND TAKING RESPONSIBILITY- PLANNING STAGE**

**Goals:** Demonstrate a commitment to a recovery lifestyle and living substance free. Begin to identify, understand and accept responsibility for substance use behaviors and adverse consequences. Become involved in a life skills, educational, or employment program, volunteer, or secure a job.

**Expectations:**

- Participate in substance abuse treatment as deemed necessary and attend all sessions
- Participate in mental health treatment if deemed necessary and attend all sessions
- Participate in programming recommended by the assessment as deemed necessary and attend all sessions
- If recommended, attend 2-3 self-help meetings per week, or as directed. Provide weekly verification of attendance
- Identify a primary support person/sponsor

- Continue to participate in a life skills, employment or education program as directed, or secure and maintain employment or volunteer position of at least 20 hours per week
- Comply with all supervision conditions and program requirements
- Complete and present two written assignments

**Court sessions/testing:**

- Appear in court for CARE session on 1st and 3rd Wednesday of the month (or as instructed)
- Continued enrollment in random urinalysis program, as deemed necessary

**Written Assignment:**

**Phase 2 - Week 1 Assignment:** Describe what is motivating you to change and identify things you are going to do in this phase to plan for change. (Personal definition of Change)

**Phase 2 Completion Assignment:** Identify which goals you have accomplished this phase, the changes that you've made, and what you have learned about yourself in Phase 2. (Identify recovery supports that you think you will need to assist in the development of a Recovery Support System as required in Phase 3).

**PHASE 3: HEALTHY DECISION MAKING - TAKING ACTION ON THE PLAN**

**Goals:** Develop a sober support network to rely on 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
- Participate in mental health treatment as deemed necessary and attend all sessions
- Participate in programming recommended by the assessment as deemed necessary and attend all sessions
- If recommended, attend 2-3 self-help meetings per week, or as directed. Provide weekly verification of attendance
- Invite primary support person/sponsor to attend a CARE session
- Complete a life skills, employment or education program
- Secure employment (or 20 hours per week of volunteer work)
- Comply fully with all supervision conditions and program requirements
- Complete and present two written assignments

### **Meetings/testing:**

- Appear in court for CARE session every 1<sup>st</sup> and 3<sup>rd</sup> Wednesday for the first 8 weeks of Phase Three, then every 1<sup>st</sup> Wednesday of the month thereafter
- Continued enrollment in random urinalysis program, and as deemed necessary

### **Writing Assignment:**

**Phase 3 – Week 1 Assignment:** What positive changes have you made to your lifestyle and your support system within the past 6 months? Identify tools, skills and relationships you have developed to maintain your sobriety and how you plan to use those tools to strengthen your recovery during supervision and beyond.

**Phase 3 – Completion Assignment:** Identify your triggers for relapse, the effect a relapse would have on your family, support system, job, etc., and describe what tools you have used to overcome temptation. Identify any challenges or obstacles you have faced during your participation in the first three phases of CARE.

## **PHASE 4: RELAPSE PREVENTION PLANNING – MAINTENANCE**

**Goals:** Develop a comprehensive relapse prevention plan, identify long-term recovery needs, and develop a long-term support system.

### **Expectations:**

- Participate in substance abuse treatment as deemed necessary and attend all sessions
- Participate in mental health treatment as deemed necessary and attend all sessions
- Participate in programming recommended by the assessment as deemed necessary and attend all sessions
- If recommended, attend 2-3 self-help meetings per week, or as directed. Provide weekly verification of attendance
- Maintain employment
- Comply fully with all supervision conditions and program requirements
- Collaborate with treatment providers to complete and submit an approved, written relapse prevention plan
- Complete the CARE exit interview

### **Court session/testing:**

- Appear in court for CARE sessions on the 1<sup>st</sup> Wednesday of each month
- Continue enrollment in random urinalysis program, and as deemed necessary

## **Writing Assignment:**

**Phase 4 - Week 1 Assignment:** Present to the group a list of support people you have developed over the first three phases (and what they did to support your recovery), and bring at least one of those people (not a CARE participant/team member) to the court session along with your sponsor, if their schedules permit.

**CARE Graduation - Relapse Prevention Plan:** In collaboration with treatment providers, complete and submit an approved comprehensive relapse prevention plan for the CARE team to review four weeks before you are scheduled to graduate.

## **Exit Interview:**

Upon successful graduation, termination, or voluntary withdrawal from the CARE program, the participant will be asked to complete an Exit Interview with a member of the CARE team to provide feedback on their experiences while participating in the program.

\*For participants that have successfully graduated from the program, their up to one (1) year off of supervised release will not be filed with the court until their Exit Interview has been completed.

### **Overview of Incentives:**

- One (1) year supervision reduction upon program completion
- Graduation certificate presented upon program completion
- Extra credit for completion of Cognitive Behavioral Treatment (CBT) program
- Extra credit for gaining/sustaining employment
- Extra credit for assisting another CARE participant in obtaining employment
- Extra credit for obtaining GED
- Extra credit for repeated AA/NA/Self Help attendance
- Extra credit for obtaining advanced degree or certificate
- Extra credit for participating in preapproved community service
- Extra credit for participating in restorative justice program
- Other incentives to be determined by the court

### **Acts that will result in sanction (including but not limited to):**

- Unexcused absence from CARE Court session
- Unexcused absence from meeting with PO
- Unexcused absence from any scheduled treatment session
- Positive alcohol/drug screen
- Missed alcohol/drug screen
- Attempt to submit or submission of adulterated or diluted urinalysis
- Refusal to submit urinalysis/delaying submission of urinalysis
- Failure to comply with referral for increased/intensified treatment
- Failure to secure and maintain employment (if participant is responsible for failure)
- Failure to participate in life skills, employment or education program as directed
- Disruptive or disrespectful behavior
- Failure to complete written assignment
- 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

### **Overview of Sanctions (including but not limited to):**

- Verbal Reprimand
- Increased reporting to Probation
- Increased CARE court session attendance, including but not limited to, attending emergency CARE sessions
- Increased frequency of meetings with Probation
- Reduction in phase, no credit earned, loss of weekly credit, and/or placed on pause
- Increased frequency of UA collection or use of an alternative drug testing procedure
- Community Service
- Curfew, home detention, RRC placement, and/or periods of incarceration at varying lengths



## **Guidelines for CARE Incentives and Sanctions**

The following rewards and sanctions are applied to all participants for the accomplishment and conduct listed below. For other types of extraordinary performance, more serious non-compliance, or multiple instances of non-compliance, the CARE team will impose rewards or sanctions that are tailored to the individual circumstances and performance history of the participant. Participants are limited to earning a total of 10 weeks extra credit.

### **Accomplishments**

Presentation of Week 1 Assignment	1 week extra credit
Completion of pre-approved CBT program	2 weeks extra credit
Gaining initial employment	1 week extra credit
Sustaining same employment for 6 months	1 week extra credit
Helping another CARE participant obtain employment	1 week extra credit
Obtaining GED	2 weeks extra credit
Repeated AA/NA/Self Help attendance (# of meetings TBD)	2 weeks extra credit
Obtaining a Sponsor (sponsor must come to session)	1 week extra credit
18 weeks without a missed, diluted, or +UA (only in Phases 1-2)	2 weeks extra credit
Obtaining advanced degree or certificate	2 weeks extra credit
Phase completion	Certificate earned
Successful program completion	Up to 1 year off TSR
Other unspecified accomplishments (determined by the CARE TEAM)	TBD extra credit

### **Reward**

### **Conduct**

Unexcused - missed scheduled home/office visit (first instance)	No credit earned
Unexcused - missed scheduled home/office visit (second instance)	No credit earned & 1 week loss of credit
Unexcused tardiness for court session	No credit earned
Excused - missed court session	No credit earned
Unexcused - missed court session	2 weeks loss of credit
Repeated general non-compliance (e.g. late MSRs/payments)	1 week loss of credit
No employment or community service at Phase 3 week 8	Pause at Phase 3 Week 8
New criminal conduct	Placed on pause DJ informed

### **Sanction**

**Drug Testing Noncompliance**

**Sanction**

Missed drug test (1st)  
Missed drug test (2nd)  
Subsequent missed drug tests  
  
Repeated missed drug test calls

Verbal Reprimand  
No credit earned  
No credit earned &  
1 week loss of credit  
No credit earned

**Positive UAs**

**Response Options**

Positive UA (Phase I)  
  
Positive UA (Phase I repeated)  
  
Positive UA (Phase II)  
  
Positive UA (Phase II repeated)  
  
Positive UA (Phase III)  
  
Positive UA (Phase IV)

Increase in treatment freq./modality  
  
Increasing custodial sanction\*  
Increase in treatment freq./modality  
  
Increasing custodial sanction\*  
Essay and increase in treatment  
freq./modality  
(If past Phase 2 Week 8, set back)  
  
Increasing custodial sanction\*  
Essay and increase in treatment  
freq./modality  
(If past Phase 2 Week 8, set back)  
  
Set back to Phase 2 Week 8\*  
Increasing custodial sanction\*  
Essay and increase in treatment  
freq./modality  
  
Set back to Phase 2 Week 8\*  
Increasing custodial sanction\*  
Essay and increase in treatment  
freq./modality

\*Other responses may be used, such as curfew, home detention and/or placement at an RRC.