



ATL Court Program Phases

The ATL Court program is a four-phase program that requires a commitment of at least one year. Participants graduate after all personal, therapeutic, and court goals are met—and after they have sustained a substantial period of sobriety and compliance. Program phases are designed to meet individual goals and treatment needs. The timing of the phases is based on compliance; noncompliance may result in delay or restarting of a phase.

Phase 1 – Buckle Up & Start Your Engines

Stabilization: Minimum 60 days; must have negative drug tests and be fully compliant with any treatment with no unexcused absences for at least 30 consecutive days to advance

Goals: The participant will be provided with a foundation for success in the ATL Court Program. The participant will observe program activities and begin setting up necessary appointments. The participant's ability to successfully engage in the program will be continually assessed, and any necessary accommodations will be identified.

During the first **30 days**, complete the following six BUCKLE UP / WELCOME TASKS:

1. Sign the ATL Court Contract.
 2. Observe an MRT session.
 3. Observe an ATL Court session. If you feel comfortable, introduce yourself to the group and share your reasons for wanting to be in the program and what you hope to accomplish.
 4. If applicable, submit to a substance use or mental health assessment.
 5. Submit to a home visit with your Probation Officer.
 6. Meet in person with your Probation Officer and discuss:
 - ___ Expectations regarding testing, treatment plan, and any other services/activities that are required on an ongoing basis.
 - ___ Creating a Housing Plan and backup plan.
 - ___ Creating a Transportation Plan and backup plan for how to get to court, treatment, and drug testing.
 - ___ Reviewing the Court's parking reimbursement program.
 - ___ Reviewing the Court's expectations regarding interactions with Probation Officers and conduct/dress in Court.
 - ___ Reviewing contents of the notebook.
- Be honest.
 - Abstain from all substance use. If use occurs, report it BEFORE testing.
 - After initial observation period, attend **MRT and ATL Court every other week**.
 - Be on time. Arrive by 8:45 for MRT. Court starts at 10:30.
 - Report to the Probation Officer on the off weeks. The non-Court-week meetings may be either in person or by phone, at the discretion of the officer.
 - Follow treatment plan.
 - Comply with supervision requirements.
 - Cooperate with home visits.
 - Submit to random urine analysis testing.
 - Reside in a safe environment that supports ATL Court success.
 - Meet each member of the ATL Court team.
 - Introduce yourself to each participant in the program individually.
 - Create a list of three short-term goals and two long-term goals using the "Goals" worksheet and report on it at an ATL Court session.
 - Take the "Know Your Strengths" online survey at www.viacharacter.org and report on it at an ATL Court session.

Phase 2 – Off to the Races

Pro Social Habilitation: Minimum 120 days; must have negative drug tests and be fully compliant with any treatment with no unexcused absences for at least 30 consecutive days to advance.

Goals: The participant should be fully engaged in the program and participating in all court sessions. The participant should begin to recognize relapse triggers and develop a Relapse Prevention Plan.

- Be honest.
- Abstain from all substance use. If use occurs, report it BEFORE testing.
- Attend **MRT and ATL Court every other week.**
- Be on time. Arrive by 8:45 for MRT. Court starts at 10:30.
- Meet with the Probation Officer on the off weeks. The non-Court-week meetings may be either in person or by phone, at the discretion of the officer.
- Follow treatment plan.
- Comply with supervision requirements.
- Cooperate with home visits.
- Submit to random urine analysis testing.
- Reside in a safe environment that supports ATL Court success.
- Meet with a Credible Messenger and learn about peer support options.
- Provide Written Progress Reports and answer the Court Question at each ATL Court session.
- Develop a Financial Plan.
- Engage in pro-social activity and begin creating a pro-social network.
- Meet a short-term or long-term goal and report on it at an ATL Court session.
- Develop a Relapse Prevention Plan and keep it in the notebook.
- Identify protective factors: the WHY that keeps you going. Keep them in your notebook.
- To advance to Phase 3, the participant must complete Step 6 of MRT.

Phase 3 – Steering Straight

Adaptive Habilitation: Minimum 90 days; must have negative drug tests and be fully compliant with any treatment with no unexcused absences for at least 30 consecutive days to advance.

Goals: The participant will develop a community-based sober support network upon which to rely in making significant decisions and coping with stressors. The participant will complete a life skills, employment or educational program, or secure employment.

- Be honest.
- Abstain from all substance use. If use occurs, report it BEFORE testing.
- Attend **MRT every other week** until MRT is completed.
- Meet with the **Probation Officer at least bi-weekly**. The non-Court-week meetings may be either in person or by phone, at the discretion of the officer.
- Attend **ATL Court every four weeks**.
- Be on time. Arrive by 8:45 for MRT. Court starts at 10:30.
- Follow treatment plan.
- Comply with supervision requirements.
- Cooperate with home visits.
- Submit to random urine analysis testing.
- Reside in a safe environment that supports ATL Court success.
- Engage in a Credible Messenger or other peer support activity.
- Provide Written Progress Reports and answer the Court Question for each ATL Court session.
- Maintain the Financial Plan.
- Continue developing a pro-social network and report on it during an ATL Court session.
- Meet a short-term or long-term goal and report on it in Court.
- Obtain employment, enroll in school/vocational training, or regularly perform volunteer work.
- Obtain ancillary services as needed (parenting classes, family support, etc.).

Phase 4 – Cruise Control

Continuing Care: Minimum 90 days; must have negative drug tests and be fully compliant with any treatment with no unexcused absences for at least 90 consecutive days to advance.

Goals: The participant should have a long period of sobriety and mental health issues stabilized. The participant should be receiving all benefits to which the participant is entitled and have stable housing.

- Be honest.
- Abstain from all substance use. If use occurs, report it BEFORE testing.
- Attend **MRT every other week** until MRT is completed.
- Meet with the **Probation Officer at least every four weeks**. If a meeting will take place on a non-Court week, it may be either in person or by phone, at the discretion of the officer.
- Attend **ATL Court every four weeks**.
- Be on time. Arrive by 8:45 for MRT. Court starts at 10:30.
- Follow treatment plan.
- Comply with supervision requirements.
- Cooperate with home visits.
- Submit to random urine analysis testing.
- Reside in a safe environment that supports ATL Court success.
- Engage in a Credible Messenger or other peer support activity.
- Provide Written Progress Reports and answer the Court Question at each ATL Court session.
- Maintain the Financial Plan.
- Maintain the pro-social network.
- Meet a short-term or long-term goal and report on it in during an ATL Court session.
- Maintain employment, education/vocation training, or volunteer work.
- Continue with ancillary services (parenting classes, family support, etc.).
- Develop a Continuing Care Plan and report on it during an ATL Court session.
- Engage in a one-on-one meeting with a newer participant in ATL Court to share experiences and encourage the newer participant to be Accountable, to actively engage in Treatment, and to become a Leader for those who follow.
- Complete the application for graduation and report on it during an ATL Court session.