

# Behavioral Health Court: Diversion Program and Probation Program

## Phase Requirement Matrix

### Suggested Minimum Requirements<sup>1</sup>

	General Program Requirements <sup>2</sup>	Phase Requirements <sup>3</sup> [General Program Requirements Still Apply]			
		Phase 1	Phase 2	Phase 3	Phase 4
<b>Expected Length</b>	<ul style="list-style-type: none"> <li>BHC Diversion: 18-24 month</li> <li>BHC Probation: 18-36 month</li> </ul>	Minimum 90 days	Minimum 90 days	Minimum 180 days	Minimum 180 days
<b>Focus</b>	Emphasis on complying with conditions of probation and maintaining a law-abiding lifestyle	Basic needs - emphasis on securing food, clothing, shelter, and behavioral health treatment	Reintegrate into social environments while continuing to engage in behavioral health treatment	Balance and continued behavioral health treatment	Successfully transition into society - emphasis on developing aftercare and relapse prevention plans
<b>Court Requirements</b>					
<b>Court Appearances</b>	As scheduled (typically 1x monthly)				
<b>Court-Mandated Programs<sup>4</sup></b>	Attend and submit timely proof of completion of any/all required court-mandated programs	Prepare for (or begin) court-mandated programming			
<b>Supervision Conditions<sup>5</sup></b>	<ul style="list-style-type: none"> <li>BHC Diversion: Release Conditions from Court</li> <li>BHC Probation: Formal Probation</li> <li>Supervised by a dedicated BHC Probation Officer (PO)</li> <li>Must report to Probation within 72 hours of release from custody, and as directed by the PO</li> <li>Submit to alcohol and/or drug testing as directed by PO</li> <li>Submit to search</li> </ul>				

<sup>1</sup> This document reflects existing Behavioral Health Court phase requirements and general operating processes and is not intended to establish a standard for ongoing program operations. Suggested minimum requirements are guidelines and may be modified by the Court Team or Judge to better meet the needs of the individual client.

<sup>2</sup> General program requirements apply to all phases.

<sup>3</sup> Phase requirements typically describe activities or requirements that are triggered by movement between phases, or criteria that must be satisfied as a condition of phase advancement or program completion.

<sup>4</sup> Court-ordered programs may include but are not limited to: domestic violence recovery program (DVRP) attendance; graffiti, shoplifting, or elder abuse treatment classes; and substance use disorder (SUD) treatment and counseling.

<sup>5</sup> Members of BHC Probation will be on Formal Probation. For a complete list of court-ordered probation conditions, refer to the defendant's Form No. CRM-021(A/B/C), Order Granting Formal Probation. Members of BHC Diversion will not have Formal Probation Conditions, but instead be required to follow the diversion rules established by the Court.

# Behavioral Health Court: Diversion Program and Probation Program

## Phase Requirement Matrix

	General Program Requirements <sup>2</sup>	Phase Requirements <sup>3</sup> [General Program Requirements Still Apply]			
		Phase 1	Phase 2	Phase 3	Phase 4
	<ul style="list-style-type: none"> <li>The BHC PO shall enforce probation conditions/orders of the court</li> </ul>				
<b>Court Fines and Fees (If required)</b>	<ul style="list-style-type: none"> <li>Report to Revenue and Recovery when directed by court</li> <li>Make timely payments as directed by court</li> </ul>	Fines and fees are stayed pending further court order	Court makes a determination as to the balance of fines/fees due to court	Begin (or continue) timely payments	Satisfy court fines and fees
<b>Victim Restitution (If required)</b>	<ul style="list-style-type: none"> <li>Report to Revenue and Recovery when directed by court</li> <li>Make timely payments as directed by court</li> </ul>		Court makes a determination as to the amount of restitution that must be satisfied as a condition of program completion	Begin (or continue) timely payments	Satisfy restitution required as a condition of program completion
<b>Added Supervision Conditions<sup>6</sup></b>					
<b>Curfew</b>		6:00 p.m. to 6:00 a.m. Call treatment staff nightly to confirm curfew adherence	8:00 p.m. to 6:00 a.m.	10:00 p.m. to 6:00 a.m.	10:00 p.m. to 6:00 a.m.
<b>Blackout Period<sup>7</sup></b>		Minimum 14 days			
<b>Mental Health Treatment<sup>8</sup></b>					
<b>Treatment Plan / Individual Client Plan<sup>9</sup></b>	A dedicated case manager is assigned to develop Client Plan and monitor progress from program entry to completion <ul style="list-style-type: none"> <li>Client Plan is reviewed no less than every 6 months and</li> </ul>	Case manager develops an individualized Individual Client Plan, that is customized to meet each participant's unique strengths and needs	Ongoing review and evaluations of Client Plan and treatment goals, and work to build upon member strengths to support progress	Ongoing review and evaluations of Client Plan and treatment goals, and work to build upon member strengths to support progress	Focus shifts to aftercare planning and linkages to ensure member can sustain progress

<sup>6</sup> In addition to the substance use restrictions imposed as a condition of Formal Probation, BHC participants are prohibited from using illegal drugs, alcohol, benzodiazepines, and narcotic medications (even if prescribed by a doctor) and are further prohibited from using over-the-counter medications, unless prescribed by a doctor.

<sup>7</sup> During blackout, program participants may not: (1) leave approved housing unless attending a program-related activity, (2) have visitors or visit others, or (3) make phone contact that is not program-related, without the approval of their case manager or probation officer. Timeframe is determined by the Court Team (who may delegate decision to PO) but typically lasts a minimum of 14 days.

<sup>8</sup> Behavioral Health Court treatment is made available through a Mental Health Services Act (MHSA) provision that funds community-based treatment providers whose operations meet Full Service Partnership (FSP) and Assertive Community Treatment (ACT) model criteria. Fidelity to the ACT model necessitates that clients receive one-on-one mental health services no less per week, regardless of phase.

<sup>9</sup> Treatment activities are driven by a Client Plan that is crafted to meet each participant's individual strengths and needs. The client plan describes: (1) self-identified strengths and how they will help the participant meet their goals, (2) areas of need, (3) concrete goals, (4) objectives, or actions the participant will take to achieve their goals, and (5) interventions, which describe Telecare services such as individual rehabilitation and case management services.

# Behavioral Health Court: Diversion Program and Probation Program

## Phase Requirement Matrix

	General Program Requirements <sup>2</sup>	Phase Requirements <sup>3</sup> [General Program Requirements Still Apply]			
		Phase 1	Phase 2	Phase 3	Phase 4
	rewritten no less than once a year				
<b>Group Therapy / Program Attendance<sup>10</sup></b>	Attend all assigned groups	5 days per week (Monday through Friday)	Minimum 4 days per week	Minimum 2 days per week	Minimum 1 day per week, including a Graduation Preparation group
<b>Individual Rehabilitation Services<sup>11</sup></b>	Minimum 1x weekly				
<b>Psychiatry Appointments</b>	Maintain regular psychiatrist and nurse appointments			Begin transition to private or community psychiatrist (may carryover to phase 4)	Complete transition to private or community psychiatrist
<b>Medication Compliance<sup>12</sup></b>	Take all medications as prescribed and communicate symptoms and side effects to prescriber and/or nurse practitioner	Refill prescriptions 1x weekly c/o Telecare nurse	Refill prescriptions 1x weekly c/o Telecare nurse	Refill prescriptions 1x monthly c/o Telecare nurse	Begin ordering prescription refills for home delivery
<b>Ancillary Requirements</b>					
<b>Self Help Activities<sup>13</sup></b>	3x per week		<ul style="list-style-type: none"> <li>• Obtain sponsor and begin 12-steps (if applicable)</li> <li>• Obtain a list of AA/NA names (if applicable)</li> <li>• Other community support groups such as OA, church</li> </ul>	<ul style="list-style-type: none"> <li>• Continue 12-steps with sponsor (if applicable)</li> <li>• Continue attending self-help meetings which are applicable to member's recovery</li> </ul>	<ul style="list-style-type: none"> <li>• Continue 12-steps with sponsor (if applicable)</li> <li>• Continue attending self-help meetings which are applicable to member's recovery</li> </ul>
<b>Individual Therapy</b>	Individual therapy is available through Telecare on an as-needed basis		Obtain an individual therapist in the community, when applicable (may begin in Phase 1 or carryover to Phase 3, based on needs of individual client)	Begin (or continue) individual therapy in the community	Continue individual therapy in the community
<b>Case Management Services<sup>14</sup></b>	Minimum 1x monthly (typically more often due to client need)				

<sup>10</sup> In the event of a scheduling conflict and subject to pre-approval, participant may attend program in lieu of attending group therapy.

<sup>11</sup> In individual rehab, clients learn to better understand and manage their mental illness through one-on-one meetings with program staff. Fidelity with the ACT model requires that all staff work with all clients; therefore, a team of five ACT-designated program staff rotate clients on a weekly basis.

<sup>12</sup> Participants are generally released from custody with a 10-day supply of medication.

<sup>13</sup> Self-help activities typically consist of outpatient substance use disorder (SUD) treatment (currently offered through McAllister at a frequency of 1 to 2 times per week), clubhouses, or self-help meetings such as AA, NA, or another anonymous support group that best meets the needs of the client. Participants are required to submit proof of attendance to treatment staff or their PO.

<sup>14</sup> Case management services are activities that improve social functioning and facilitate community linkages.

# Behavioral Health Court: Diversion Program and Probation Program

## Phase Requirement Matrix

	General Program Requirements <sup>2</sup>	Phase Requirements <sup>3</sup> [General Program Requirements Still Apply]			
		Phase 1	Phase 2	Phase 3	Phase 4
<b>Financial Stability<sup>15</sup></b> <i>Emphasis on establishing a regular source of income and a budget</i>		Apply for SSI or establish another source of income (may carryover to Phase 2)	Apply for SSI or establish another source of income (continued)	<ul style="list-style-type: none"> <li>Follow-up with SSI application or alternate source of income (if needed)</li> <li>Develop budget to manage existing and future expenses, including increased housing costs beginning in Phase 4</li> </ul>	<ul style="list-style-type: none"> <li>Regular source of income is established</li> <li>Continue to develop and implement budget</li> </ul>
<b>Housing</b>	Maintain BHC approved housing. Comply with house rules imposed by BHC and Sober Living or other housing provider, if applicable	Contribute 30% of income (if applicable) to housing	Contribute 30% of income (if applicable) to housing	Contribute 30% of income (if applicable) to housing <ul style="list-style-type: none"> <li>May begin seeking stable and affordable housing independent of Telecare, subject to approval of PO</li> </ul>	Pay increased housing costs (full cost of rent or an amount NTE 80% of income) <ul style="list-style-type: none"> <li>Establish stable and affordable housing independent of Telecare</li> </ul>
<b>Health Care</b>	Attend physical, eye exam, and dental appointments upon receipt of health insurance	Apply for Medi-Cal or other health insurance coverage <ul style="list-style-type: none"> <li>Ensure physical exam if none in the past 12 months</li> </ul>	Continue to apply for Medi-Cal or other health insurance (if needed)	Continue to apply for Medi-Cal or other health insurance (if needed)	Health insurance is confirmed and active
<b>Productive Use of Time, Community Engagement, and Outside Interests</b> <i>Self-directed but may include work, school, family, church membership, volunteer service, hobbies, self-help meetings, clubhouse attendance, or other prosocial activities.<sup>16</sup></i>		Assess employment readiness (employment history, severity of MH symptoms, etc.) <sup>17</sup>	Begin to engage in prosocial activities of the member's choosing (work, school, family, church, hobby, etc.) <ul style="list-style-type: none"> <li>Can be linked to community programs that assist with gaining employment, if applicable</li> </ul>	Continue to engage in self-directed prosocial activities or interests <ul style="list-style-type: none"> <li>Can be linked to community programs that assist with gaining employment, if applicable</li> </ul>	Prosocial activities or interests are established <ul style="list-style-type: none"> <li>Can be linked to community programs that assist with gaining employment, if applicable.</li> </ul>
<b>Support System</b>			Begin to identify support system – able to identify 3 supportive persons by name	Continue to identify support system - able to identify 3 or more supportive persons by name	Able to identify and regularly engage supportive persons, when possible
<b>Individual Life Plan<sup>18</sup></b>		Start Life Plan (may carryover to Phase 2)	Start (or continue) Life Plan	Complete Life Plan	Aftercare Plan

<sup>15</sup> Some individuals may rely on SSI, General Assistance, or Food Stamps to supplement part-time employment, or as substitute for regular employment, depending on their individual level of functioning.

<sup>16</sup> Activities that constitute productive use of time are subject to the approval of the BHC Probation Officer.

<sup>17</sup> Mental health condition and severity of symptoms may preclude some individuals from seeking or maintaining employment.

<sup>18</sup> The Life Plan is a worksheet that guides participants to develop a comprehensive plan for life after graduation, in multiple areas of life including housing and finances.

## Behavioral Health Court: Diversion Program and Probation Program Phase Requirement Matrix

	General Program Requirements <sup>2</sup>	Phase Requirements <sup>3</sup> [General Program Requirements Still Apply]			
		Phase 1	Phase 2	Phase 3	Phase 4
<b>Coping Skills<sup>19</sup></b>		Start WRAP	Complete WRAP	Share and utilize WRAP	Participant has a fully developed WRAP plan which they know how to apply and utilize when needed and is able to provide examples of times they have successfully implemented coping skills
<b>Additional Phase Advancement Criteria<sup>20</sup></b>	Repay any pending loans to Telecare	<ul style="list-style-type: none"> <li>• Phase-up Letter</li> <li>• Minimum 30 days negative drug tests (if required to test)</li> </ul>	<ul style="list-style-type: none"> <li>• Phase Up Letter</li> <li>• Continue negative drug tests (if required)</li> </ul>	<ul style="list-style-type: none"> <li>• Phase Up Letter</li> <li>• Continue negative drug tests (if required)</li> </ul>	<ul style="list-style-type: none"> <li>• Graduation Letter</li> <li>• Continue negative drug tests (if required)</li> </ul>

<sup>19</sup> The Wellness Recovery Action Plan (WRAP) is a self-directed tool that guides individuals through the process of identifying and incorporating recovery tools and strategies into their daily lives.

<sup>20</sup> Phase advancement is a collaborative decision between the individual, case manager, and Behavioral Health Court Team. To be eligible, the participant must complete the activities described in the “All Phases” column, as well as those described in the column that corresponds to the member’s current phase.