

PHASE 1 (ORIENTATION, ADJUSTMENT AND PRACTICE)

ORIENTATION PHASE: “are you willing to change or try something different”

Demonstrate investment in the program by:

- Completing treatment plan
- Compliance with dress code
- Willingness to learn the rules and the structure
- Clearly thinking forward and about success
- Willing to consistently participate in activities

Orientation Phase starts on day one (1) of arrival and continues throughout the first week. Upon completion of the intake and treatment plan the therapist will notify the staff/ supervisors of top areas to address. After the resident has demonstrated a willingness to learn and implement basic rules (dress code, following directions) the resident moves to the Adjustment Phase, typically this is one week.

ADJUSTMENT PHASES “Choosing a new path.... Becoming better at being a successful you”

- Understanding of the Non-negotiable rules and can explain why the rules relate to home and life.
- Understanding of tools and character expectations.
- Can identify why resident is here and at least a few areas that need to be worked on.
- Can follow dress code consistently, willingly correct dress code errors.
- Resident has adjusted to the schedule and daily routine and is prepared for activities
- Attend/ participate in school and has a plan for education in program.
- No major rule violations for 7 days.
- Has positive and hopeful outlook in program and for peers
- Resident understands that feedback is part of the program. Although they may not always agree with the staff, resident refrains from challenging, bullying or influencing staff documentation.
- Reduction in Minor rule violations, by trying to follow rules
- Medication Compliance
- Demonstrating an effort to reduce consequences or work hours.

PRACTICE PHASE “walk the talk”

- Continues to demonstrate Adjustment phase expectations
- Can express to therapist and staff negative behavior of himself and others
- Begins to understand difference between cooperation and positive leadership and can talk about how and when to apply.
- Willing to be accountable to rules.
 - Begins identifying consequences and when to self-apply.
 - Completes consequences at most opportunities.
 - Resident is consistently working off more hours than earning.
- Has expressed an understanding of family reunification and demonstrates:
 - Willingness to self-impose home visit expectations and teach guardian
 - Make a plan of action prior to attending home visit(s)
 - Successfully be eligible to complete home pass criteria for (2) day passes
- Has goals pre-established for the next phase and can express what is working on and needs to improve
- Understands the expectations of himself in the next phase
- Has not had a major violation in at least 2 weeks
- Minor rule violations – have not occurred daily
- Medication Compliance
- Run a mile in 12 minutes (given the opportunity the Monday before review boards)
- Demonstrate genuine care for growth vs. earning a privilege or shirt.

PHASE 2 (DEMONSTRATION AND TRANSITION)

DEMONSTRATION PHASE

- Consistently demonstrate Adjustment and Practice Phase expectations.
- Clearly state meaningful daily goals using feedback and apply action toward the goals.
- Can identify how behavior affects others and help others identify this in themselves.
- Can communicate medication needs and has a plan for long term care.
- Consistently contribute to society by:
 - Performing service (outings)
 - Assisting peers with developing personal accountability and encouraging positive peer relations
 - Promote positive behavior and actively discourage negative behaviors
- Earn positive reports and acceptable grades in school as defined by treatment plan.
- Actively participate in groups and daily structure as defined by progress codes and end of shift reports
- Can identify how family dynamics affect his behavior.
- No Major Rule Violations.
- Complete homework for aftercare plan.
- Can run 2 miles in 20 minutes or less (given the opportunity the Monday before review boards)
- Rough draft of Aftercare plan (with steps to work in in Transition phase) completed prior movement into next phase.
- Be eligible for (3) overnight passes and demonstrate successful compliance toward goals.
- Can identify how his behavior has affected others and has a plan to make amends.

TRANSITION PHASE:

- Continually role-modeling/leading the demonstration, practice and Adjustment phase.
- Perform a service for the camp (enhance the community).
- Plan and successfully execute home pass with accountability, honesty and willingness to impose consequences.
- Complete parenting assignments in advance and be prepared to discuss in individual therapy.
- Explain their leadership style and how to apply in life.
- Create and make a plan for the Maintenance phase (with actual steps to accomplish)
- Can independently manage them and help others to do the same.
- Working on mutually agreed upon aftercare plan on at least 2 home passes.
- Have identified and found at least 2 support systems at home (that are not immediate family) these support systems need to be involved in aftercare plan and willing to help with success.
 - Coach, pastor, neighbor, teacher, boss, grandparent
- No major rule violations.
- Willingness to follow through with consequences immediately.
- Has made amends.... Taken responsibility for past action.
- Has a medication plan and willing to follow through with the plan.

PHASE 3 (Maintenance and Continued Aftercare)

M AINTENANCE PHASE

- Display all previous expectations of levels
- Complete plan created in Transition phase
- Have extended week-long passes (at program for weekend and possible holiday)
 - No major rule violations
 - Minimal rule violations
 - Arrives in proper uniform
 - Demonstrates continued Transition Phase behavior
 - Performs as role- model while at camp

AFTERCARE

- Appropriate and consistent communication (weekly?)
- Follow through on plan created prior to leaving
 - Meeting with all parties in order to alter plan
- Working or in school (or both)
 - Without acceptable attendance/grades
- Proactively communicating issues or concerns
- Returns phone calls
- Age appropriate behavior
- Attends aftercare meetings
- Drug Free
- Arrest Free
- Attends Graduation Ceremony