This worksheet can support your team as you consider the components that will be administered and developed as part of each program phase. Remember that there is no “one-size-fits-all” case plan for youth participants. Sample Plan is listed in the first row. Your team can review and consider elements that will be included as part of your local planning processes. The timeline below is set utilizing a six to twelve-month case timeline.

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| Sample Phase: Orientation (Generally 4-6 weeks) | | |
| Participant Responsibilities | Team Responsibilities | Additional Considerations or Notes |
| * *Set appointment for intake and orientation.* * *Contact the juvenile wellness court coordinator/probation officer at least one time per week or as assigned.* * *Attend assigned group or individual therapy as recommended by health providers.* * *Attend school or GED classes or participate in an alternative education program.* * *Maintain wellness court ordered curfew.* * *Set a goal to remain clean for a minimum of one week.* * *Comply with any additional court orders.* | * *Coordinate orientation/intake.* * *Ensure consent and confidentiality forms are signed.* * *Follow up with providers for additional assessment.* * *Identify and support engagement with therapists or counselors.* * *Engage with student, parents and local school district to assess participant’s current educational progress and current needs.* * *Check in with family on curfew and address positive behaviors with incentives and engage in team discussion to address non-compliance.* | * *Understand that youth will need time to become oriented to the program.* * *Team will engage in building trust and respect.* * *Team will implement frequent check-ins, follow-up, and protocols to support youth engagement in the program.* * *Implement and require random/frequent drug testing.* |
| Designing Phase 1 Phase Name: INSERT NAME HERE Phase Length: ESTIMATED LENGTH OF TIME | | |
| Participant Responsibilities | Team Responsibilities | Notes |
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| Sample Phase 2: Engagement (2-4 months) | | |
| Participant Responsibilities | Team Responsibilities | Additional Considerations or Notes |
| * *Contact JPO as directed by the wellness court team.* * *Submit to drug and alcohol testing as directed.* * *Follow recommendations of the treatment team (group/individual therapy).* * *Participate and attend Wellness Court.* * *Attend school, work on GED, or approved alternate education program.* * *Obtain sobriety and establish a drug-free lifestyle.* * *Participate in individual or group cultural connectivity activities (e.g., Youth Circle, Traditional knowledge/skill-building opportunities).* * *Comply with all court orders.* | * *Continue to build relationships.* * *Identify family/youth needs.* * *Identify and address service gaps.* * *Engage with treatment provider ongoing.* * *Identify opportunities for youth to engage in life skills, cultural connectivity, and other learning opportunities.* * *Work with youth to set short-term self-identified goals.* * *Reward youth for progress made.* * *Address non-compliance through team discussion and via previously identified sanctions/responses.* | * *Phase progression based on youth benchmarks.* * *Team should set realistic behavior benchmarks for youth participants.* * *Team should identify skill-building opportunities and ensure supports are available for youth to participate in “extra-curricular” activities.* * *Support youth readiness to engage.* |
| Designing Phase 2: Phase Name: INSERT NAME HERE Phase Length: ESTIMATED LENGTH OF TIME | | |
| Participant Responsibilities | Team Responsibilities | Notes |
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| Sample Phase 3: Enrichment (2-4 months) | | |
| Participant Responsibilities | Team Responsibilities | Additional Considerations or Notes |
| * *Contact JPO as directed by the wellness court team.* * *Submit to drug and alcohol testing as directed.* * *Follow recommendations of the treatment team (group/individual therapy).* * *Participate and attend Wellness Court.* * *Show continued improvement in school, GED, or alternative education plan.* * *Obtain sobriety and establish a drug-free lifestyle.* * *Support and build relationships with peers.* * *Continue to work on personal development and set goals.* * *Comply with all court orders.* | * *Remain engaged with youth and family.* * *Identify specific opportunities tailored to individual strengths/needs.* * *Remain engaged with school and parents in relation to youth education.* * *Check in with family on relationships/dynamics and address positive behaviors with incentives and respond immediately to non-compliance.* * *Implement random and frequent drug testing.* | * *Continue to incentivize progress towards meeting goals and benchmarks.* * *Provide opportunities for youth to engage across all Tribal youth- serving programs.* * *Remain coordinated as a team when applying services and identifying resources.* |
| Designing Phase 3 Phase Name: INSERT NAME HERE Phase Length: ESTIMATED LENGTH OF TIME | | |
| Participant Responsibilities | Team Responsibilities | Notes |
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| Sample Phase 4: Transition (4-6 weeks) | | |
| Participant Responsibilities | Team Responsibilities | Additional Considerations or Notes |
| * *Set appointment for intake and orientation.* * *Contact the juvenile wellness court coordinator/probation officer at least one time per week or as assigned.* * *Participate in continued therapy based on need.* * *Attend school or GED classes or participate in an alternative education program.* * *Participate in community and skill-building opportunities.* * *Maintain sobriety.* * *Support and build relationships with peers.* * *Comply with any additional court orders.* | * *Support youth by identifying ongoing service and engagement opportunities.* * *Work with family to identify aftercare support.* * *Engage in frequent contact and engagement with youth and team providers.* * *Support youth working toward graduation.* | * *Work with youth to address gaps that may exist related to education, life-skills or job opportunities post-program.* * *Support youth transition into participation in other Tribal or local youth programs/activities.* |
| Designing Phase 4 Phase Name: INSERT NAME HERE Phase Length: ESTIMATED LENGTH OF TIME | | |
| Participant Responsibilities | Team Responsibilities | Notes |
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