



Foundations in Juvenile Healing to Wellness Court Coordination

Module Five: More than Rewards:
Supporting Youth Recovery & Sustained
Behavior Change



Tribal Youth Resource Center
www.TribalYouth.org

▶ BEFORE WE GET STARTED...

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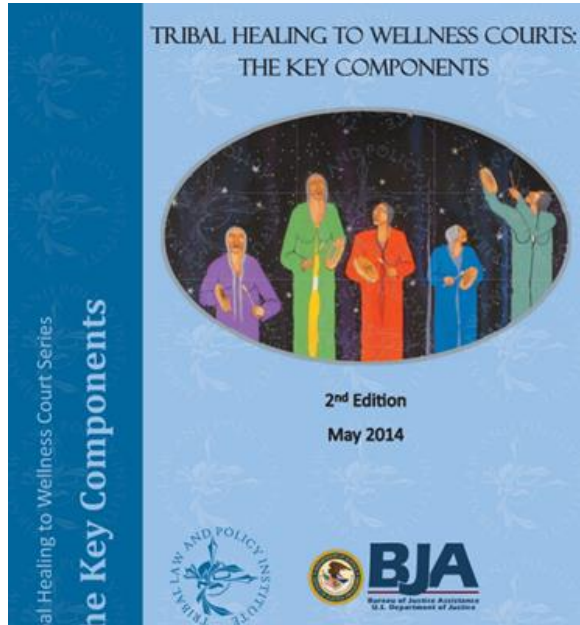


► Our Discussion Today

This session will cover:

- Understanding the types of activities that can support positive behavior change, including responses to positive and negative participant behaviors.
- Survey resource tools and responses to participant behaviors in the Juvenile Healing to Wellness Court.

▶ KEY COMPONENTS



Tribal Key Components Recognize:

- Community Involvement
- Family Relationships and Parent/Caregiver Involvement
- Culture and Tradition
- Exercise of Tribal Sovereignty

<https://www.wellnesscourts.org>

▶ Discussion

What are some things that motivate you?



▶ Discussion

What are some of the ways that we motivate others?

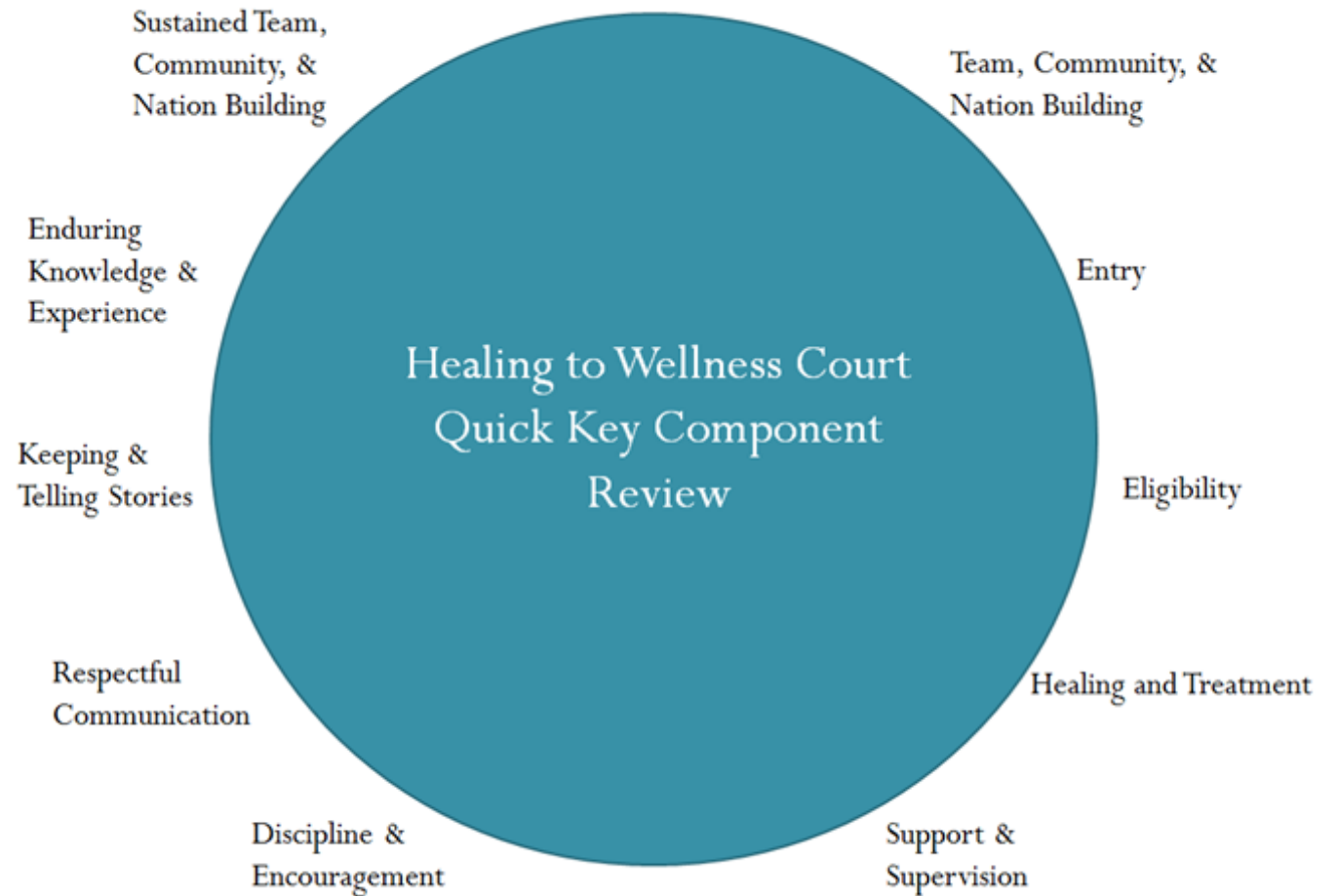


FOCUS- WELLNESS COURT KEY COMPONENTS

Support & Supervision

Discipline & Encouragement

Healing & Treatment



▶ Key Components

- **Key Component #6** - *Progressive rewards that are used to encourage participant compliance with the Tribal Healing to Wellness Court requirements.*
- See, [Tribal Healing to Wellness Courts, The Key Components, 2nd ed](#)



▶ ON CONTINGENCY MANAGEMENT

- One of “The treatment goals is to systematically weaken the influence of reinforcement derived from substance use and its related lifestyle, and to increase the frequency and magnitude of reinforcement derived from healthier alternative activities, especially those that are incompatible with continued substance use.”¹
- CM programs arrange the therapeutic environment such that (a) target therapeutic behaviors such as drug abstinence, counseling attendance, and medication compliance are carefully monitored and reinforced through tangible rewards or response to negative behaviors, when the target behavior is or is not achieved.²

1. Stanger et al., “Contingency Management Approaches for Adolescent Substance Use Disorders, Child Adolescent Psychiatry Clin N Am., 2010, <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2916869/>

2. Ibid.

▶ BEYOND TARGETING BEHAVIOR

- The Wellness Court is different/unique from a traditional treatment court environment; within the wellness court we see opportunities for:
 - Traditional approaches to support healing and wellness.
 - Engagement of youth with elders and other mentors in a restorative approach.
 - Participation in cultural activities and other opportunities to develop and sustain relationships with peers and community members.
 - Developing trust, gaining a natural connection and understanding of place and part of the community as a whole (accountability)

▶ BEYOND TARGETING BEHAVIOR

- Tribal people “draw strength from traditional ways of living, places, relationships, and collective successes. [Resilience] is built up through culture, spirituality, shared values, and a strong sense of identity, accountability, and responsibility.”¹
- Resilience, healing, and wellness play important roles in Native American communities, and recognizing this is necessary for child welfare professionals working with American Indian children and families.²

1. American Indian Resilience, Culture as a Protective Factor, ChildWelfare.gov
<https://www.childwelfare.gov/topics/systemwide/diverse-populations/americanindian/resilience/>

2. *Ibid.*

▶ STRENGTHS-BASED ENVIRONMENT

- Moving away from punitive and deficit-based approaches to therapeutic and strengths-based support. ([NCJFCJ](#), 2019)
- Reducing recidivism through increased therapeutic response and elimination of “control treatment philosophies.”¹ (*Military-like programs; fear-based, surveillance of bad conduct*)

1. Individualizing Responses to Motivate Behavior Change, NCJFCJ, 2019, https://www.ncjfcj.org/wp-content/uploads/2019/07/NCJFCJ_JDTC_Four-Pronged_Approach_Final.pdf)

▶ RESPONDING TO YOUTH BEHAVIOR

- Create opportunities to implement strategies that facilitate change through improved skills, relationships, and insight.¹

1. Individualizing Responses to Motivate Behavior Change, NCJFCJ, 2019, https://www.ncjfcj.org/wp-content/uploads/2019/07/NCJFCJ_JDTC_Four-Pronged_Approach_Final.pdf)

- Meaningful
- Fair
- Certain
- Understandable
- Equitable

▶ INCENTIVES

Juvenile Drug Treatment Court- Objective 1, Guideline 1.4

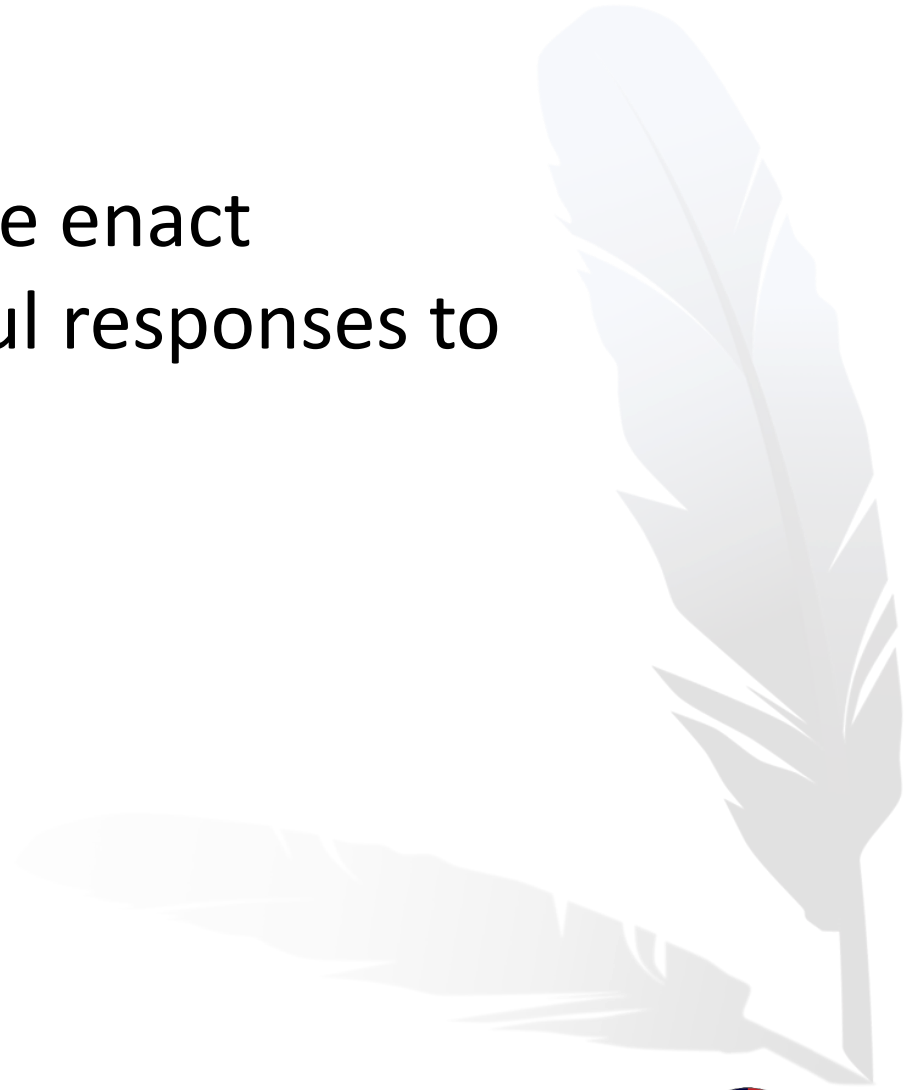
The JDTC includes the use of effective contingency management strategies (e.g., incentives and sanctions)



▶ INCENTIVES



How do we enact meaningful responses to behavior?



▶ RESPONDING TO BEHAVIOR

- **Meaningful**
- Fair
- Certain
- Understandable
- Equitable

Through “Knowing”

- Formal - Assessment/Orientation
- Goal-Setting (*More about this later*)
- Informal - Relationship building, trust, sharing, open communication
- Know what matters to this youth, “identify their strengths, interests, hopes, and visions.” ([NCJFCJ](#), 2019)

▶ RESPONDING TO BEHAVIOR

- Meaningful
- Fair
- Certain
- Understandable
- Equitable

Juvenile Drug Treatment Court- Guideline 5.2

- Participants should feel that the assignment of incentives and sanctions is fair:

- Application should be consistent, i.e., participants should receive similar incentives and sanctions as others who are in the court for the same reasons. (*note*-similar without violation of principles of consistency- valuable to individualize.)

▶ RESPONDING TO BEHAVIOR

- Meaningful
- Fair
- Certain
- Understandable
- Equitable

- Allow youth to express feelings
- Neutrality/fact-based quality decision making
- Treated with respect/politeness
- Act out of caring and benevolent motives
- Dignity (Bonnie et al., 2013)

Bonnie, Reforming Juvenile Justice: A Developmental Approach,
http://www.njjn.org/uploads/digital-library/Reforming_JuvJustice_NationalAcademySciences.pdf

▶ RESPONDING TO BEHAVIOR

- Meaningful
- Fair
- **Certain**
- Understandable
- Equitable

- Associated with short-term effects (hours or days) when a behavior “cannot be permitted to recur and must be squelched quickly in the interest of public safety.”¹
- Tangibility and rewards that will actually motivate compliance- “Ask!”
- Provide written expectations, distribute to youth and families and explain on a regular basis.

1. See [*Tribal Healing to Wellness Courts, The Key Components, 2nd Ed.*](#), at 50 (Supervision and Detection)

▶ RESPONDING TO BEHAVIOR

- Meaningful
- Fair
- Certain
- **Understandable**
- Equitable

- Written Handbook
- Provided at orientation
- Related to participant's individual case management process/goals
- Clear and Communicated in a developmentally-appropriate manner
- Consistent Reminders
- *Check!*

▶ RESPONDING TO BEHAVIOR

- Meaningful
- Fair
- Certain
- Understandable
- **Equitable**

- Ensure equitable treatment of youth and their families.
- Use eligibility criteria and conduct an initial screening (JDTC Guidelines, Objective 2)
- Equity in access- “Create opportunities to earn that are equally available, and incorporate youth voice.” ([NCJFCJ](#), 2019)
- Procedural Fairness
- Due Process

▶ INCENTIVES

Objective 5.1- Application of incentives should equal or exceed the sanctions that the JDTC applies. Incentives should be favored over sanctions.



▶ INCENTIVES

Juvenile Drug Treatment Court- Guideline 5.2- Participants should feel that the assignment of incentives and sanctions is fair:

- Application should be consistent, i.e., participants should receive similar incentives and sanctions as others who are in the court for the same reasons. (Note- similar)
- Without violation of principles of consistency- valuable to individualize.

▶ RESPONSES FOR NON-COMPLIANCE

JDTC Guideline Objective 5.1- Sanctions are generally administered if a juvenile does not comply with the program (for example, missing scheduled events or therapy, tests positive on a drug test, misses a drug screen, does not attend a court hearing, commits a crime, or fails to follow the provisions of his or her treatment).

(Juvenile Drug Treatment Court Guidelines, citing Choo, K., Petrosino, A., Persson, H., Fronius, T., Guckenburg, S., and Earl, K. 2016. Juvenile DrugCourts: Policy and Practice Scan. San Francisco, CA: WestEd Justice and Prevention Research Center)

GUIDELINES TO CONSIDER IN ADMINISTERING A RESPONSE FOR NON-COMPLIANCE

- **Punishment is not the goal in the imposition of sanctions; changing behavior is the goal.**

Guidelines to Consider:

- *Immediate*
- *Certain*
- *Consistent/Fair*
- *Appropriate Intensity*
- *Graduated*
- *Individualized*
- *Therapeutically Sound*

Review: Step 17 in Design Incentives and Sanctions, NCJFCJ- [Starting Juvenile Drug Court: A Planning Guide](#); pgs. 153-155

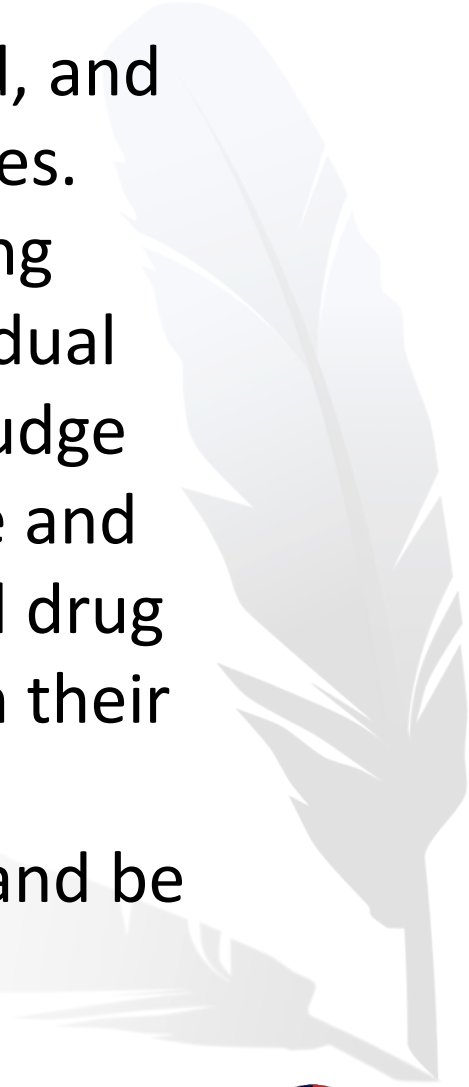
▶ ADDITIONAL CONSIDERATIONS:

- **Be Understanding-** Balance infractions of the youth participant agreements against normal youthful behaviors/those behaviors of the specific youth. Team should always promote individual and community safety.
- **Be Realistic-** Expect and anticipate setbacks as youth are oriented to the court and begin to engage in treatment and program services.
- **Consider Youth Development-** Delivery of sanctions can be just as important as the type of sanctions that are administered.
- **Explore and Address Underlying Conditions-** Look deeper to identify issues that should be addressed with available services.



MORE ON RESPONSES TO YOUTH BEHAVIOR:

Research has demonstrated that empowering, wrap-around, and trauma-informed approaches benefit youth and their families. Two sites where such services were observed during listening sessions were the Tribal Healing to Wellness Court and the dual diagnosis state court. In the tribal court, the efforts of the judge and the team to connect youth to their culture and the true and broad collaboration of the team were strong. The judge and drug court team clearly demonstrated in staffing meetings and in their engagement with the youth in court that all are part of the community and should have every opportunity to connect and be successful.

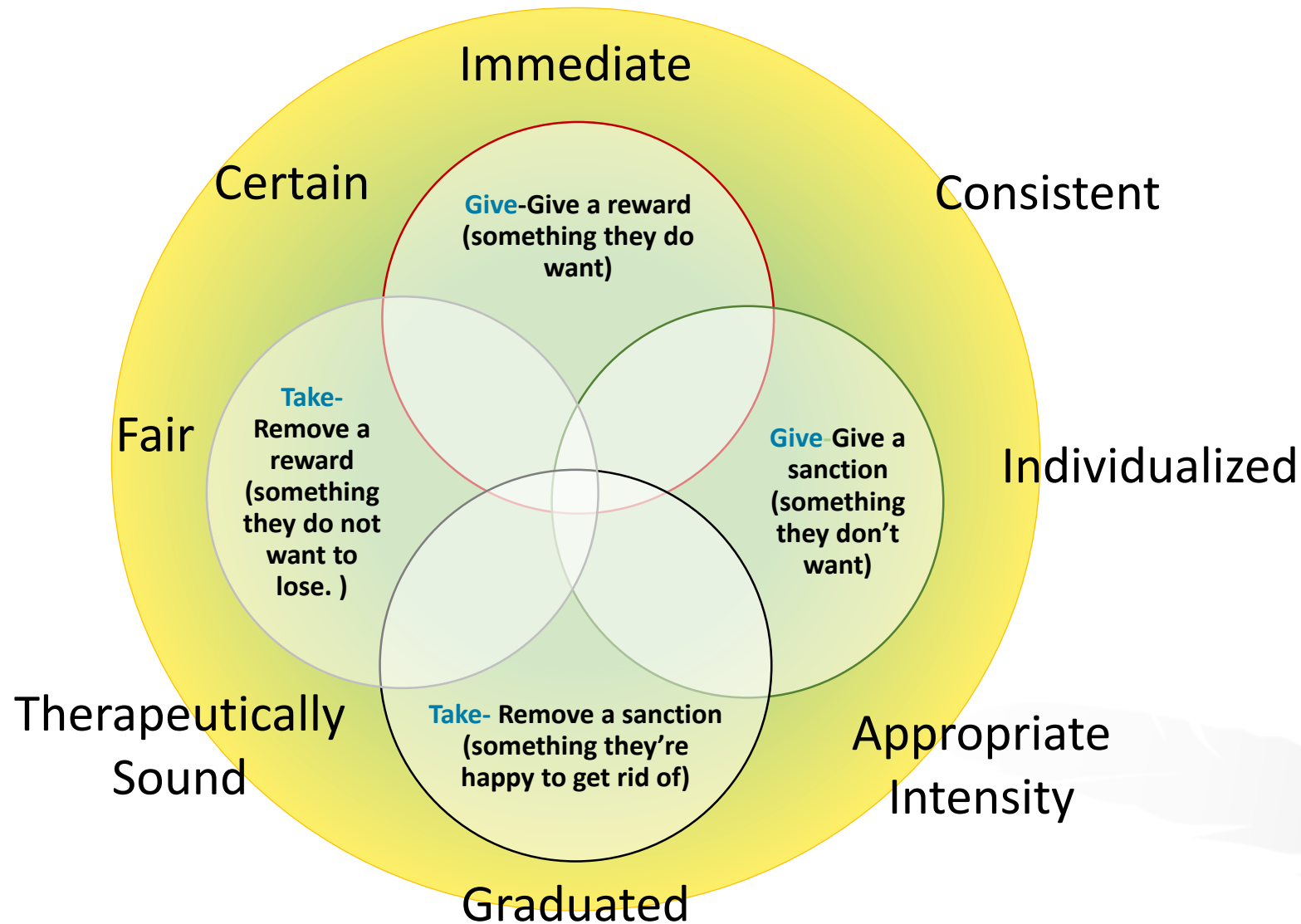


▶ MORE ON RESPONSES TO YOUTH BEHAVIOR:

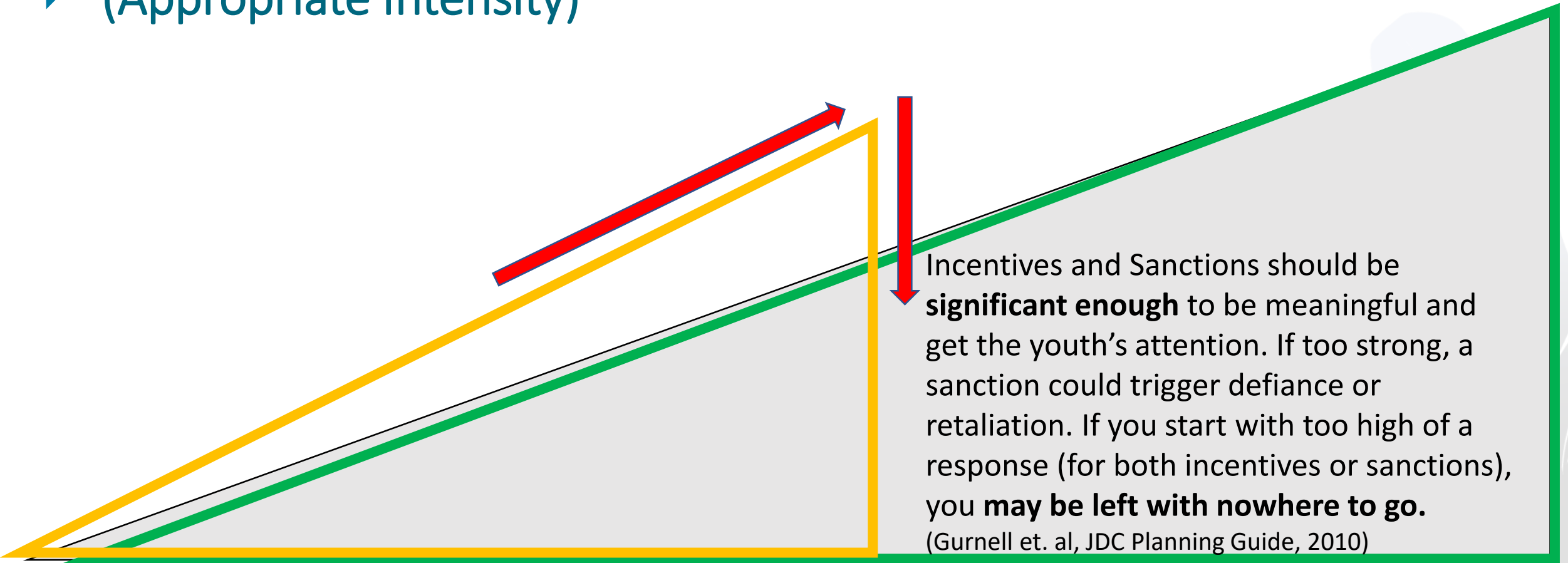
The tribal court took a much broader wellness approach to Juvenile Drug Treatment Court, investing in a holistic approach to improving outcomes. *Sanctions were geared toward connecting the youth even more strongly to community.* The most evolved state court that was observed had also moved to a wellness model. The court was a dual diagnosis court, strong in mental health treatment, with close ties to community resources to ensure that each youth received a broad array of services to improve their overall well-being.

[OJJDP Juvenile Drug Treatment Court Guidelines Project: Juvenile Drug Treatment Court Listening Sessions, 2016](#)

Reinforcing and Supporting Positive Behavior



▶ Graduated Administration of Incentives and Sanctions/Responses- (Appropriate Intensity)



Orientation

Phased Progress Toward goals

Program Completion

► SPECIAL CONSIDERATIONS

Determine a Selection of Incentives and Sanctions- Work with the team early on to establish a list of incentives and sanctions/responses. Work to develop internal policies regarding the scale/manner in which the incentives/sanctions will be applied. More may be added as your court develops.

Due Process- Important for youth and parents to understand the incentives and sanctions process.

Fairness and Understanding- Advise youth and parents at orientation of the types of incentives that may be offered to reward progress and also the graduated sanctions that may be administered for non-compliance.

▶ PARENT/ENGAGEMENT AND SUSTAINABILITY

- In what ways will parents/caregivers be encouraged to be supportive participants?
- Are there processes that will support inclusivity, engagement, and learning opportunities for parents/caregivers?
 - Classes, talking circles, outside activities, special events
- Will the team establish clear guidelines/expectations for parents/caregivers?
- What are those expectations?



THERAPEUTIC ADJUSTMENTS- SHOULD COME FROM THE TREATMENT PROVIDER

Give (Enhancements)

- New Assessment
- Trauma Group
- More Treatment Groups
- Move from Intensive Outpatient to Residential Treatment

Take (Reductions)

- Move from Intensive Outpatient to Outpatient
- Few Treatment Groups
- Replacing Treatment Groups with Youth Groups



▶ SAMPLE LIST OF REWARDS/INCENTIVES

Low	Moderate	High
Verbal Praise Small Tangible Rewards Recognition in Court Symbolic Rewards Written Commendations	Reduced Supervision Requirements Reduced Community Restrictions Enhanced Milieu Status Moderate Tangible Rewards Self-Improvement Services	Supervised Day Trips Travel Privileges Large Tangible Rewards Point Systems/Vouchers Commencement Ceremony Honoring Ceremony

For a full breakdown of these categories visit the National Drug Courts Institute, Incentives and Sanctions, <https://www.ndci.org/resource/training/incentives-and-sanctions/>

See also the Juvenile Healing to Wellness Court Handbook for a sample list of incentives https://www.tribalyouthprogram.org/media/filer_public/ae/87/ae87b60b-c1c3-408d-9d00-38f5cff0b23e/jh2w_court_handbook.pdf

▶ EXAMPLE OF GOAL-ORIENTED INCENTIVE

Goal	Behaviors to Reinforce	Incentives or Reinforcers
<p>Improve academic performance (reading skills, graduation from high school, or completion of GED)</p>	<ul style="list-style-type: none"> • Attending school/classes • Completing assignments • Adhering to school rules • Attending special interest classes • Productively using study time • Improving grades 	<ul style="list-style-type: none"> • Recognition from the bench • Books • Opportunities to read to young children • Display of work • Awarding certificates • Later curfew • Higher grades

Learn more about incentives and sanctions by reviewing the NCJFCJ Planning Guide <https://www.ncjfcj.org/publications/starting-a-juvenile-drug-court-a-planning-guide/>





OTHER TREATMENT COURT INCENTIVE METHODS THAT CAN SUPPORT AND MOTIVATE BEHAVIOR CHANGE

- Rocket Docket
- Program Wide Drawing Procedures
- Point-Based Rewards Systems
- Short-Term Agreements with pre-determined Incentives and Sanctions.

Learn more by reading, Individualizing Responses to Motivate Behavior Change in Youth: A Four Prong Approach https://www.ncjfcj.org/wp-content/uploads/2019/07/NCJFCJ_JDTC_Four-Pronged_Approach_Final.pdf

SAMPLE LIST OF SANCTIONS/RESPONSES

Low	Moderate	High
Verbal Admonishment Letters of Apology Writing Assignments Journaling Daily Activity Logs Life Skills Assignments Jury Box Observation Increased Community Restrictions Team Round-Tables	Increased Supervision Useful Community Service Increased Reporting Holds	Day Reporting Electronic Surveillance Home Detention Detention Termination from Program

For a full breakdown of these categories visit the National Drug Courts Institute, Incentives and Sanctions, <https://www.ndci.org/resource/training/incentives-and-sanctions/>

See also the Juvenile Healing to Wellness Court Handbook for a sample list of sanctions https://www.tribalyouthprogram.org/media/filer_public/ae/87/ae87b60b-c1c3-408d-9d00-38f5cff0b23e/jh2w_court_handbook.pdf



▶ DATA COLLECTION AND PROGRAM EVALUATION

What are some ways to measure responsiveness to responses?

- A points-based system can assist programs with measuring youth accomplishment toward goals and also measure when youth are non-compliant.
- For other methods, ongoing data collection and evaluation can assist the program in engaging in strategies that increase positive youth behaviors and deter from non-compliance and recidivism.

For more on data collection in the wellness court see Data Collection, [Case Management](http://www.wellnesscourts.org/HWC_Publication_Series.cfm) at http://www.wellnesscourts.org/HWC_Publication_Series.cfm

► DISCUSSION

- What are some incentives that might be more “local” to your community?
- What are some of the responses/sanctions that are already issued within your current juvenile justice system?
- How might those responses be amended or modified to work as part of a graduated/phased plan?
- What about youth goal-setting?
- Youth Personal Balance Tool



QUESTIONS/ DISCUSSION



▶ ADDITIONAL RESOURCES

Tribal Youth Resource Center, <https://www.TribalYouth.org>

TYRC Youtube Channel,
https://www.youtube.com/channel/UCnNec1JCnhp7iCnGhXPsvEw/videos?disable_polymer=1

Tribal Healing to Wellness Courts, www.wellnesscourts.org

National Drug Court Institute, [https://www.ndci.org/resource/training/incentives-and-sanctions/Office of Juvenile Justice and Delinquency Prevention, Juvenile Drug Treatment Court Guidelines](https://www.ndci.org/resource/training/incentives-and-sanctions/Office%20of%20Juvenile%20Justice%20and%20Delinquency%20Prevention,%20Juvenile%20Drug%20Treatment%20Court%20Guidelines)

National Council of Juvenile and Family Court Judges, Four-Pronged Approach <https://ncjfcj-old.ncjfcj.org/JDTC-Four-Pronged-Approach>

Wellness Courts Archived Presentation on Incentives and Sanctions
<http://www.wellnesscourts.org/files/TLPI%20Learning%20Exchange.pdf>



Thank you



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www.TribalYouth.org