

**Bernalillo County Metropolitan Court  
Urban Native American Healing to Wellness Court**

**Participant Handbook**

**MY COURT INFORMATION**

My Probation Officer's Name is \_\_\_\_\_

My Probation Officer's Phone Number is \_\_\_\_\_

My Probation Officer's Email Address is \_\_\_\_\_

My Therapist's Name is \_\_\_\_\_

My Therapist's Phone Number is \_\_\_\_\_

My Therapist's Email Address is \_\_\_\_\_

My Attorney's Name is \_\_\_\_\_

My Attorney's Phone Number is \_\_\_\_\_

My Attorney's Email is \_\_\_\_\_

Healing to Wellness Court Sessions are held every other Thursday in  
Courtroom 760 at: 401 Lomas Blvd. NW, Albuquerque NM 87102

My First Court Session is on \_\_\_\_\_ at \_\_\_\_\_ p.m.  
in Courtroom # \_\_\_\_\_

My Drug Court Judge is \_\_\_\_\_

Welcome to the Bernalillo County Metropolitan Court's Urban Native American Healing to Wellness Court, which is a Specialty Court within the Metropolitan Court's DWI / Recovery Court. First and foremost, we would like to acknowledge your choice to begin your life long journey toward a full and lasting recovery from your dependence on alcohol and/or drugs. By agreeing to enroll in the Urban Native American Healing to Wellness Court, you will be evaluated to help us determine how to get you the right treatment. We will closely monitor and supervise you until you have reached your recovery goals. You have made a choice to give yourself a new beginning, and we will support you in that choice.

### **MISSION STATEMENT**

The mission of the Urban Native American Healing to Wellness Court program is to create an atmosphere of healing through best practices and traditional methods in pursuit of spiritual and physical recovery in order to improve the quality of life for the participants and ensure public safety by preventing repeat offenses.

### **QUALIFICATIONS FOR THE PROGRAM**

You must have been found guilty of at least two (2) or more DWI's and be self-identified as Native American.

Fees are based on a sliding scale, with Co-Pays for services from an outside treatment provider beginning as low as \$50 per month.

## **WHAT DOES HEALING TO WELLNESS COURT INVOLVE**

You will have frequent meetings with your Probation Officer and treatment provider to develop, manage, and update your treatment plan.

Your treatment plan is the roadmap to your recovery.

The Urban Native American Healing to Wellness Court consists of four (4) phases, which are:

- Phase 1: Stabilization and Engagement
- Phase 2: Treatment
- Phase 3: Beginning of Maintenance
- Phase 4: Transitional Care and Maintenance

The Phase requirements are outlined in this manual. In addition to meeting with your Probation Officer and treatment provider, you also must attend Court sessions with your fellow participants and the Judge. You are required to appear on time for these Court sessions and be willing and able to share your progress with the group. You will be closely monitored for drug and alcohol use. Testing is one of the ways that you can demonstrate to us and to yourself that you are committed to remain alcohol and drug free. It is also imperative that you maintain your sobriety for the good of your community. Together, we will develop a treatment plan to assist in your recovery. Together, we will help you become alcohol and drug free and avoid future involvement in crimes. This will not be easy. We will expect a lot from you, and you can expect a lot from us.

## **HOW TO PROGRESS IN THE PROGRAM**

The Urban Native American Healing to Wellness Court Program operates on a point system of progression. The Program is a minimum of nine (9) months long and consists of four (4) Phases. As a participant, you must accumulate a certain amount of points in a specific Phase to advance to the next Phase. One (1) point is given for each completed Program activity. All regular Program activities (such as group counseling, urine/breath tests, appointments with Probation Officers, attendance at Court sessions, AA, and sponsor meetings, and full-time work/school) must be completed by you to earn the maximum points each week. If you fail to complete weekly Program activities, it can result in no points being awarded to you for that week.

Phase I of the program requires you to earn seventy (70) points to advance. In Phase II of the Program, you must earn sixty-two (62) points to be eligible to advance to the next Phase. Phase III requires you to earn fifty-seven (57) points to move to the last Phase of the Program. In the last phase of the Program, transitional care, you must complete twelve (12) weeks of aftercare in order to be eligible to graduate from the Program.

Incentives and sanctions are an integral part of the Program. There is an opportunity for you to earn extra points for the week by attending additional Program activities. This is to encourage you to take full advantage of all of the various counseling options, including parenting classes and talking circles. Your Probation Officer also may provide you with a list of extra credit work.

## **Phase 1: Stabilization and Engagement**

You will be required to:

- Report to your Probation Officer in person as directed;
- Attend substance abuse counseling and/or group sessions as directed by the treatment provider and/or your Probation Officer;
- Submit to random urinalysis and/or breath alcohol screenings for drugs and alcohol as directed by the treatment provider or your Probation Officer a minimum of twice a week or more frequently as directed by your Probation Officer;
- Attend Healing to Wellness Court every two (2) weeks;
- Attend at least one (1) 12-step community based support group meeting per week and provide written verification as directed by your Probation Officer
- Obtain a sponsor and meet with your sponsor at least once per week for a minimum of one (1) hour (or two (2) half hour sessions) and provide written verification as directed by your Probation Officer. Note: You are required to obtain a sponsor within two (2) weeks of signing your Court contract;
- Complete a total of eight Mindfulness Based Stress Reduction sessions as directed by the treatment provider;
- Attend one (1) Talking Circle in lieu of one (1) community based support group or sponsor meeting;
- Have an ignition interlock installed on ALL vehicles you drive within seventy-two (72) hours of signing your Court contract;
- Be honest in the documents you provide because if you falsify or forge any documents, you will be automatically terminated from the Program;
- As directed by your Probation Officer, complete and pass all "Rights of Passages" prior to advancing onto the next Phase;
- Make a substantial effort to pay all Co-Pay fees prior to advancing onto the next Phase; and
- Upon transition to the next Phase of the Program, schedule a "phase change" appointment with the treatment provider to ensure all new requirements have been fully explained to you.

## **Phase 2: Treatment**

You will be required to:

- Report to your Probation Officer in person, as directed;
- Attend substance abuse counseling and/or group sessions as directed by the treatment provider and/or your Probation Officer;
- Submit to random urinalysis and/or breath alcohol screenings for drugs and alcohol as directed by the treatment provider or your Probation Officer a minimum of twice a week or more frequently as directed by your Probation Officer;
- Attend Healing to Wellness Court every four (4) weeks;
- Attend at least one (1) 12-step community based support group meeting per week and provide written verification as directed by your Probation Officer;
- Meet with your sponsor at least once per week for a minimum of one hour (or two half hour sessions) and provide written verification as directed by your Probation Officer (Talking Circle may be substituted for this requirement.);
- Complete twelve (12) hours of community service or as mandated by law;
- Have an ignition interlock device installed on ALL vehicles you drive within seventy-two (72) hours of signing your Court contract;
- Be honest in the documents you provide because if you falsify or forge any documents, you will be automatically terminated from the Program;
- As directed by your Probation Officer, complete and pass all "Rights of Passages" prior to advancing onto the next Phase
- Make a substantial effort to pay all Co-Pay fees prior to advancing onto the next Phase; and
- Upon transition to the next Phase of the Program schedule a "phase change" appointment with the treatment provider to ensure all new requirements have been fully explained to you.

### **Phase 3: Beginning of Maintenance**

You will be required to:

- Report to your Probation Officer in person as directed;
- Attend substance abuse counseling and/or group sessions as directed by the treatment provider and/or your Probation Officer;
- Submit to random urinalysis and/or breath alcohol screenings for drugs and alcohol as directed by the treatment provider or your Probation Officer a minimum of twice a week or more frequently as directed by your Probation Officer;
- Attend Healing to Wellness Court every four (4) weeks;
- Attend at least one (1) 12-step community based support group meeting per week and provide written verification as directed by your Probation Officer;
- Meet with your sponsor at least once per week for a minimum of one (1) hour (or two (2) half hour sessions) and provide written verification as directed by your probation officer. (Talking Circle may be substituted for this requirement.);
- Complete twelve (12) hours of community service or as mandated by law;
- Have an ignition interlock device installed on ALL vehicles you drive within seventy-two (72) hours of signing your Court contract;
- Be honest in the documents you provide because if you falsify or forge of any documents you will be automatically terminated from the Program;
- As directed by your Probation Officer, complete and pass all "Rights of Passages" prior to advancing onto the next Phase;
- Make a substantial effort to pay all Co-Pay fees prior to advancing onto the next Phase;
- Develop a plan to gain long-term, stable, and consistent employment, including but not limited to, furthering your education; and
- Upon transition to the next Phase of the Program, schedule a "phase change" appointment with the treatment provider to ensure all new requirements have been fully explained to you.

## **Phase 4: Transitional Care and Maintenance**

You will be required to:

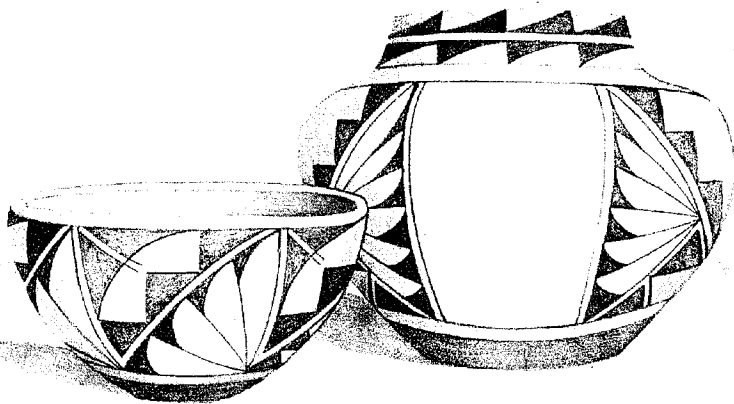
- Report to your Probation Officer in person as directed until your sentencing hearing;
- Complete twelve (12) transitional care groups that are required in the transitional care Phase. You will attend this group once weekly until all twelve (12) groups have been completed. Your absence from this group will not be allowed;
- Submit to random urinalysis and/or breath alcohol screenings for drugs and alcohol as directed by the treatment provider or your Probation Officer a minimum of twice a week or more frequently as directed by your Probation Officer;
- Attend one (1) Court session a month while in Transitional Care;
- Attend at least one (1) 12-step community based support group meeting per week and provide written verification as directed by your Probation Officer;
- Attend the Victim's Impact Panel and provide verification of attendance to your Probation Officer;
- Continue to meet with your sponsor at least once per week for a minimum of one (1) hour (or two (2) half hour sessions) and provide written verification as directed by your Probation Officer. (Talking Circle may be substituted for this requirement.);
- Attend **ALL** required groups, appointments, and UA's for every week that you are in transitional care. If you fail to meet any program requirements during this time, you **Will Not Receive Credit** for the week in which they were missed;
- Continue to be monitored by your Probation Officer until the sentencing hearing has taken place. During this period of time, you will remain under the jurisdiction of the Court and are subject to random urine and breath alcohol screenings or any other requirements as directed by your Probation Officer;
- Develop an after-care plan, including applying for treatment vouchers if applicable; and
- Have an exit interview with the Judge.



## CULTURAL ELEMENTS

The Urban Native American Healing to Wellness Court allows and encourages you to participate in Native Ceremonies and Feast Days. You may also do your community service hours in the surrounding Pueblos including Laguna, Acoma, Santo Domingo, and Isleta. If you are a member of another tribe or Pueblo, we can attempt to make arrangements to have you complete community service hours there.

The Urban Native American Healing to Wellness Court's goals are to incorporate the best practices for Drug Courts and Healing to Wellness Courts into the Program. In addition, at graduation you will be given an opportunity to discuss your history and practices. Talking Circles are also available, and you will receive recognition for participating in them.



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## **INCENTIVES**

When you are working hard and complying with the terms of the Healing to Wellness Court Program, the Program team will reward you for your efforts. Examples of incentives include:

- Encouragement and praise from the Judge and other participants;
- Graduation Ceremonies;
- Gift Cards;
- Less restrictions on your travel;
- Priority scheduling of your case during a Court Session; and
- Progression in the Program.

Bus passes are also available to help you comply with Program requirements.

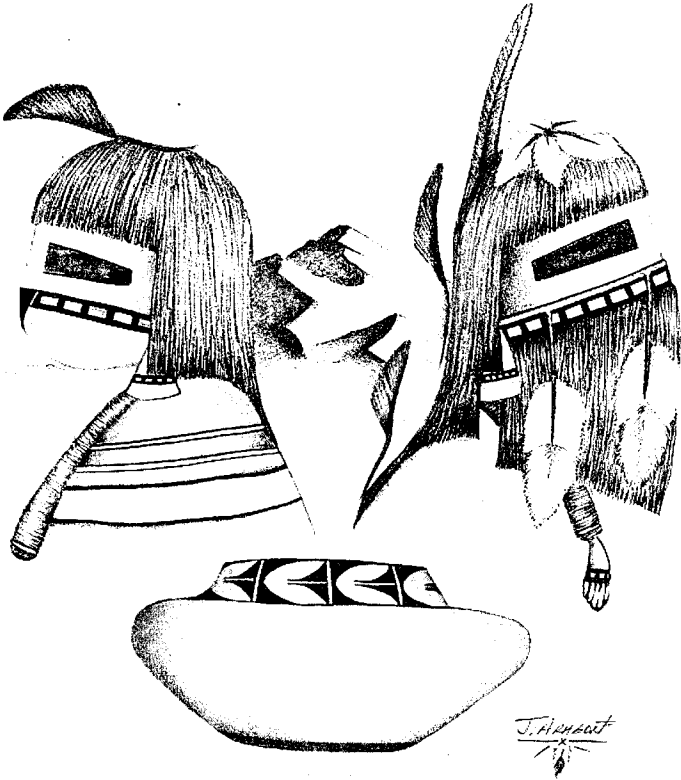
## **SANCTIONS**

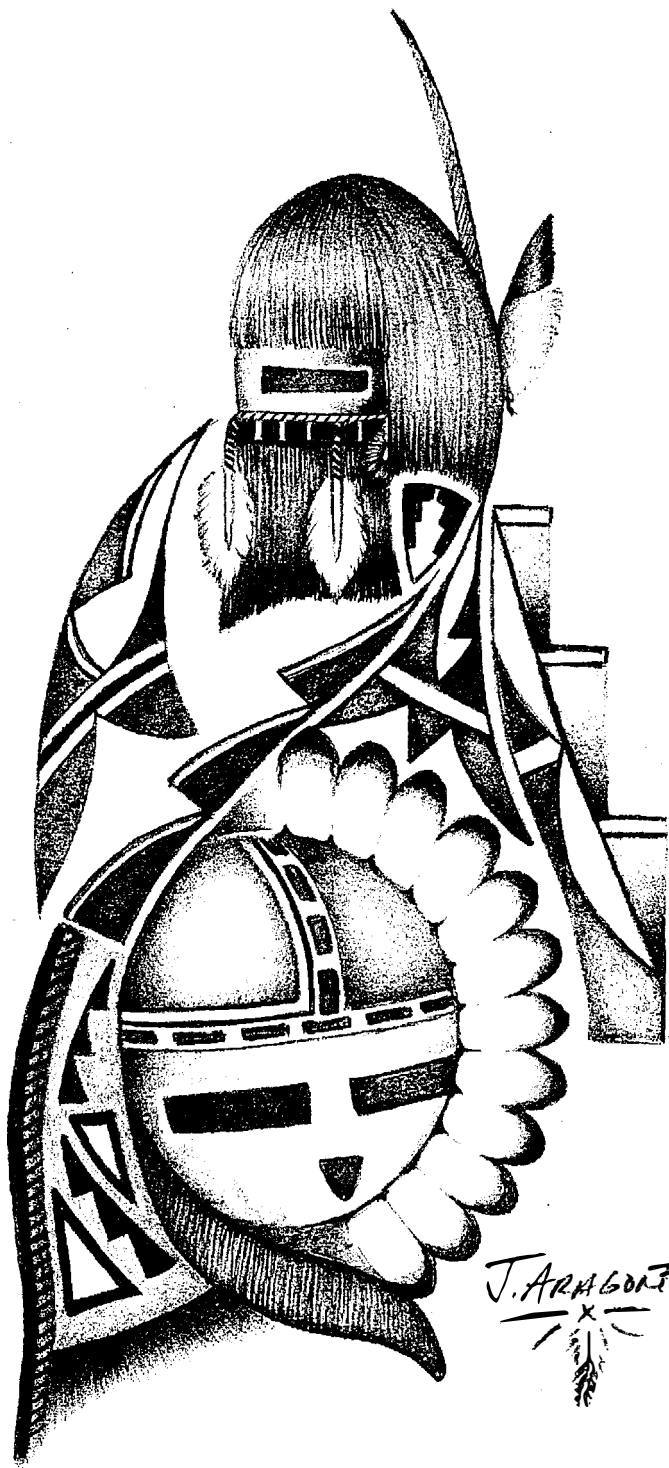
Sanctions are Court imposed consequences. Sanctions can vary and include:

- Increased Program requirements;
- Increased time in a Phase;
- Additional community service hours, and in extreme circumstances jail;
- Written presentation to the Healing to Wellness Court group; and
- Being called last during a Court session.

## CONCLUSION

The Urban Native American Healing to Wellness Court Program is voluntary, and it is your choice to participate. The Program has been developed to help you achieve total abstinence from drugs and alcohol. The Healing to Wellness Court team consists of the Judge, Probation Officer, therapist, prosecutor, and defense attorney. The entire team is here to support you in your efforts to change your life and in-turn ensure a safer community for everyone. The Judge, the Court staff, and the treatment team will guide and assist you, but the final responsibility is yours. You must be committed to a better life.





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