

AllRise

**Treatment
Court Institute**

Response Strategies: Using Incentives to Address Participant Behavior

Session 5

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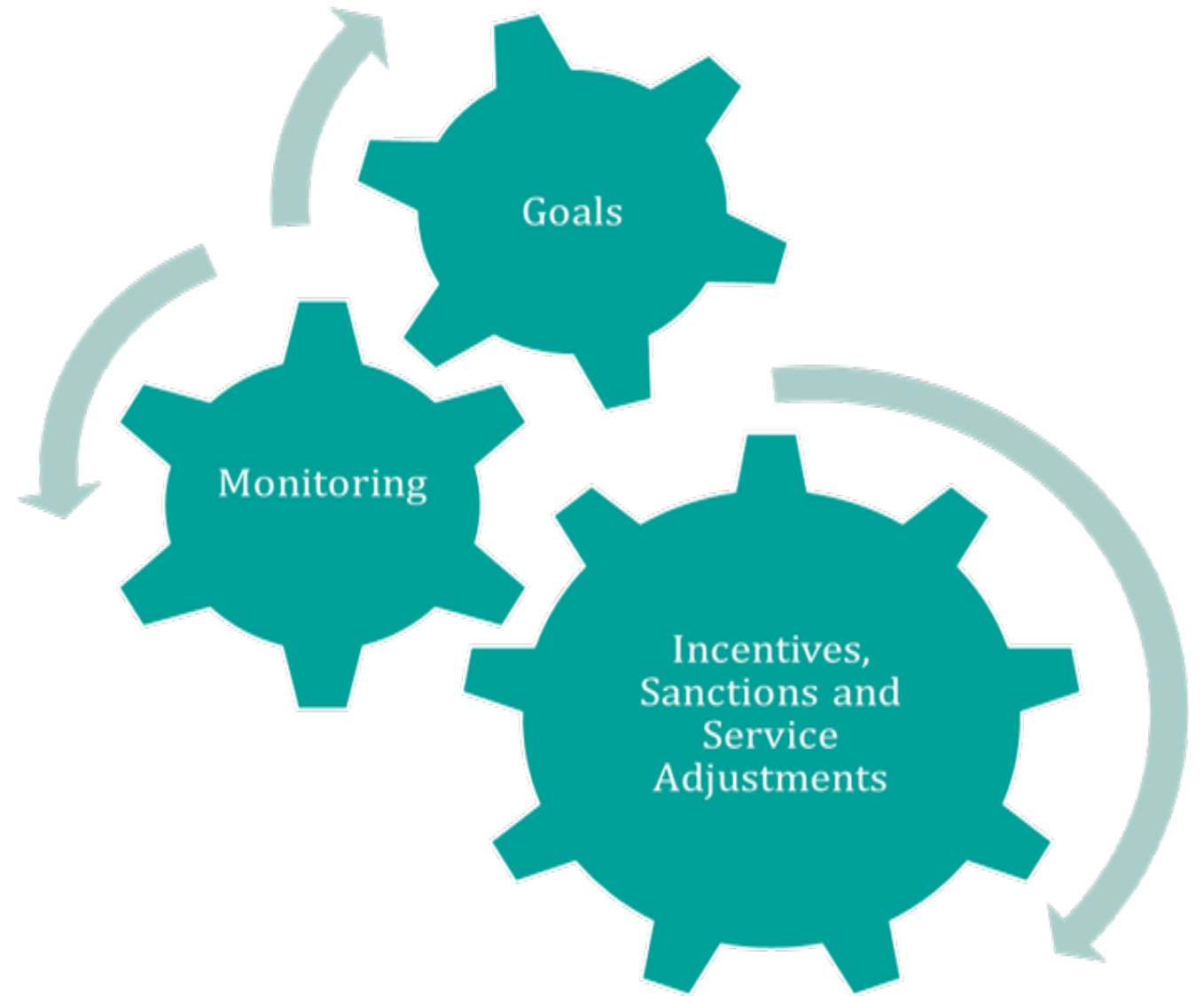
Session Goals

- Using incentives as response strategies.
- Equivalent vs equal responses.
- Evidence-based response strategies.
- Key terms.



ISSA

- **Incentives**
- Sanctions
- Service Adjustments



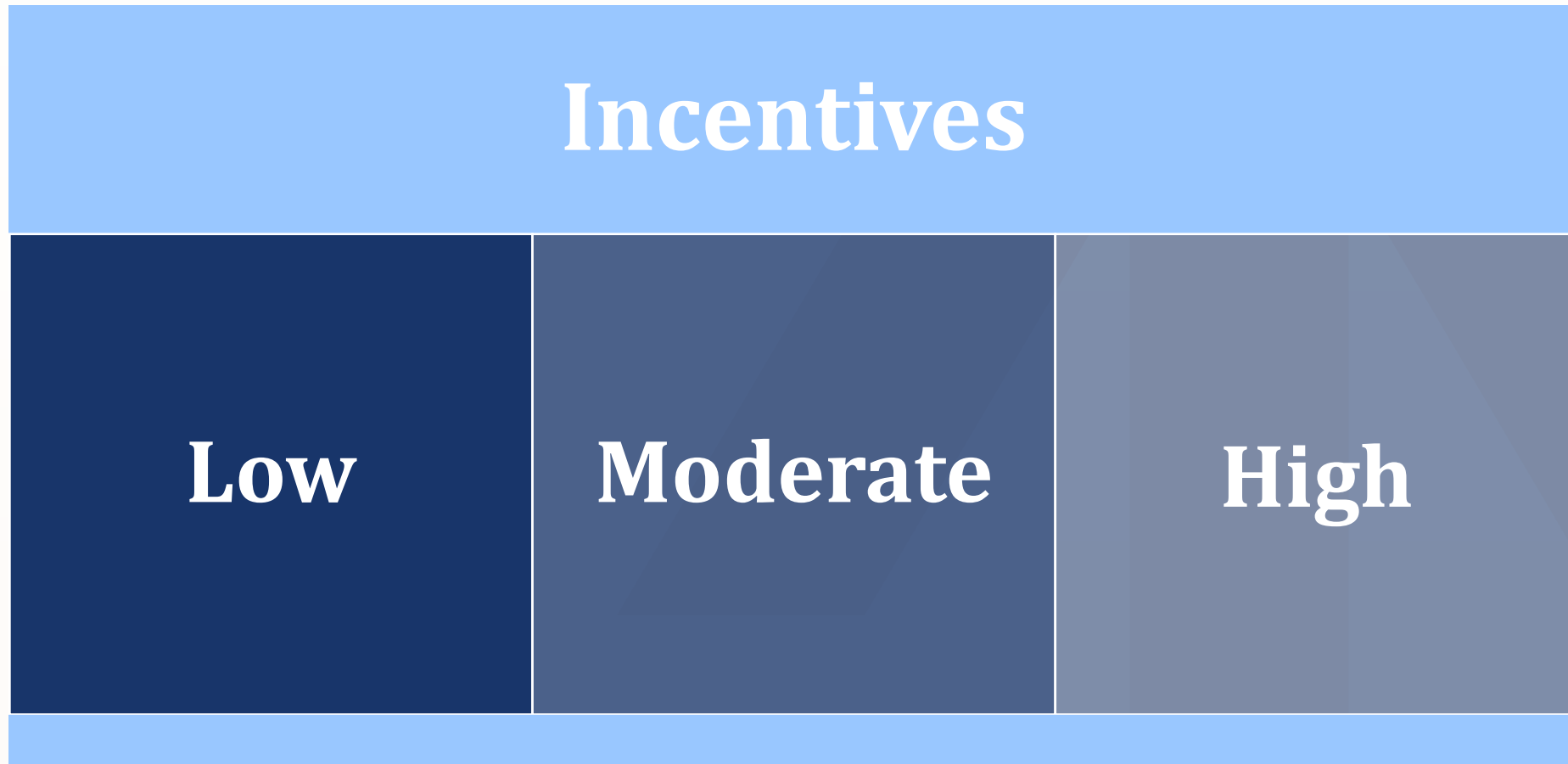
We are not all the same

EQUIVALENT NOT EQUAL



- ✓ Age
- ✓ Race
- ✓ Gender
- ✓ Language
- ✓ Spirituality
- ✓ Geographic

Guideline or “Menu”





Why Use Incentives?



YOU TAKE THE CAKE!

Who: Don Knotts
When: May, 2024
Why: Organized a recovery softball team to support his fellow participants through their journey of recovery.

Enthusiastically presented by the Lumpa County Treatment Court



You Earned 8 Free Hours of Community Service!

To: _____ Date: _____

- Promote engagement, motivate continued positive behavior
- Validating, instilling hope, building confidence, and feeling good!
- Can have long-lasting effects
- Teaches “I did it before, I can do it again!”



CONGRATULATIONS!

Francisco has lived **90 consecutive days** free of substances!!

WE BELIEVE IN YOU!



Responding To Behavior

It's A Team Thing

- Treatment: participation, attendance, homework, testing, honesty
- Probation: OV, testing
- LE: curfew check, testing
- PD: choosing honesty
- Prosecutor: in court
- Judge: in court



Incentives - Low

Verbal Praise

Symbolic Tokens

Public Recognition

Tangible Prizes

Point System

Applause

Fishbowl Drawing

Reduced Non-Service Obligations

Financial Waivers



The more you get,
the more you get!



Incentives - Moderate

Moderate Tangible Rewards

Fishbowl

Writing Commendations

Other Uses for Tokens:

Trade them in for other rewards:

- VIP parking for a day/ week
- Fast pass in court
- Virtual report to court
- Sweet treat for the group
- Reductions in fees, CS



Incentives - High

Supervised Day Trips

Fishbowl Drawings

Phase Advancement

Legal Incentives

Example - Tangible Reward



- The judge can present the reward as part of the promotion ceremony.
- A different bracelet for each phase:
 - ❖ Ph. 1 Believe
 - ❖ Ph. 2 Focus
 - ❖ Ph. 3 Strength
 - ❖ Ph. 4 Inspire



Gift Cards, Certificates

- Amounts need not be large.
- Seek places that support recovery.
(No alcohol)
- Ask clients what they like.
- Empower - Let clients choose.



\$10 - \$50

Incentives

High frequency of incentives

| | |
|---------------------------------|---|
| Verbal Praise | <ul style="list-style-type: none">• In phase 1 & 2 for attendance at EVERY session or appointment |
| Public Recognition | <ul style="list-style-type: none">• Applause, achievement certificates in court hearings, sit in a place of honor in the courtroom |
| Symbolic Tokens | <ul style="list-style-type: none">• Sobriety coins, etc. |
| Tangible Prizes | <ul style="list-style-type: none">• Gift cards, phone cards, mugs, diapers, health snacks |
| Point System | <ul style="list-style-type: none">• A ledger of a person's accomplishments – can exchange for a tangible prize |
| Fishbowl Drawing | <ul style="list-style-type: none">• Opportunity for an incentive |
| Financial Waivers | <ul style="list-style-type: none">• Reduction in fines, fees, treatment costs |
| Reduced Non-Service Obligations | <ul style="list-style-type: none">• Move to the head of the line at drug testing, reduce required number of community service hours |

Team work



We need **each team member** to contribute so we can choose the correct magnitude and response appropriate for **that** participant's behavior.

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Response Strategies: Using Sanctions to Address Participant Behavior

Session 11

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Session Goals

- Effective use of sanctions as response strategies.
- Develop evidence-based response strategies.
- Addressing procedural fairness and due process to improve participant outcomes.



ISSA

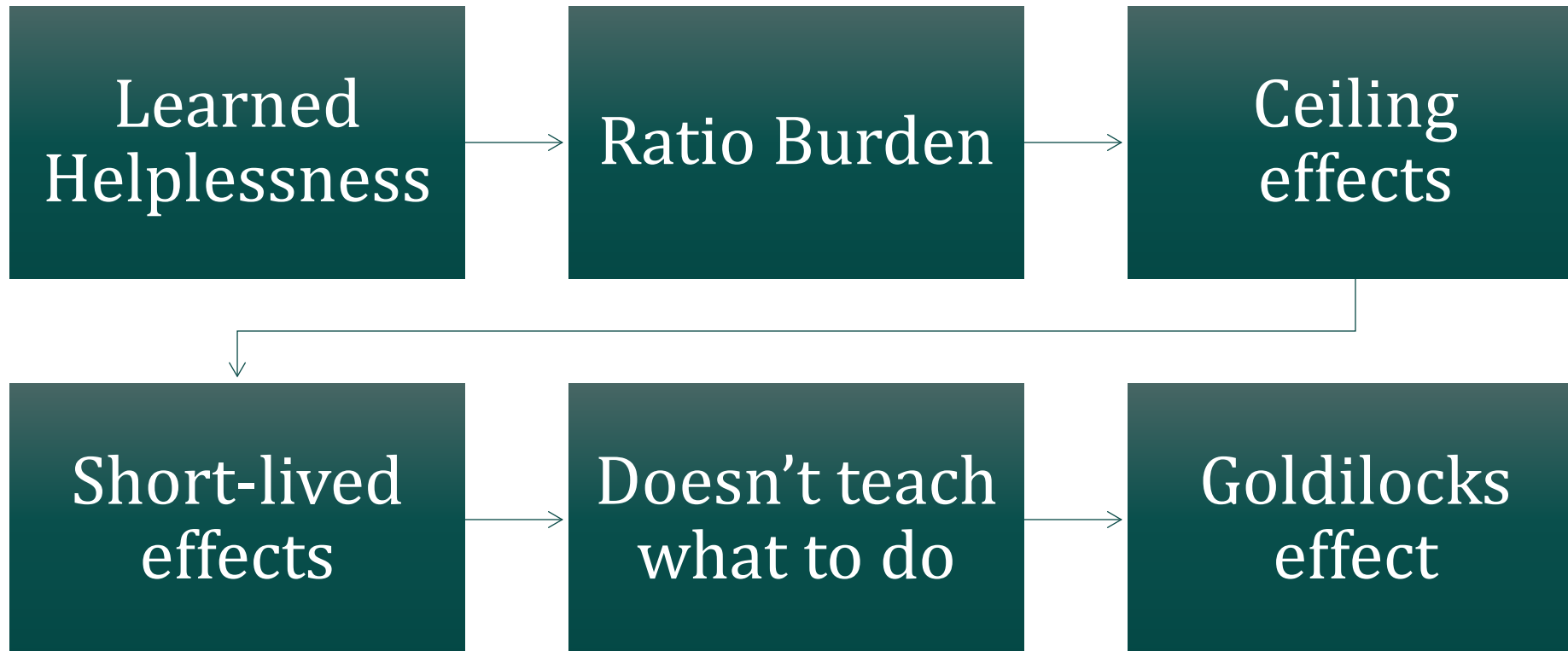
- Incentives
- **Sanctions**
- Service Adjustments



Sanctions

| Level | Type of Sanction |
|----------|------------------------------------|
| Low | Verbal warnings |
| Moderate | Courtroom Observations |
| Moderate | Instructive Community Service |
| Moderate | Curfew |
| Moderate | Travel or Association Restrictions |
| Moderate | Electronic Surveillance |
| High | Team Round Table |
| High | Day Reporting |
| High | Home Detention |
| High | Jail Detention |

Negative Side Effects to Sanctions



Response-Cost Sanctions



Sanctions involve decreasing or taking away something that participants want.

- Demoralization
- Perfectionism
- Abstinence violation effect
- Doesn't teach what to do



Choosing Responses

Distal Goal Infractions

- Response with a service adjustment, not a sanction.
- If attending treatment and not getting better, adjust services.
- Reevaluate to identify potential obstacles such as language barrier, co-occurring mental health disorders, trauma history, culturally related barriers or stress reactions.
- If services not available that are needed should not be sanctioned or sentenced more harshly for not responding to inadequate care.

Managed Goal Infraction



- ✓ Remember not perfectly or with ease, should be taken seriously but should **not lead to an overreaction.**
- ✓ Effort to understand what happened and what is needed to get the person back on track quickly.

Choosing Responses

1st-2nd Warning

- Remind of program expectations
- Low magnitude sanction
- End with hope and encouragement

3rd Warning

- Explain seriousness of situation
- Give clear warning of next step
- Moderate magnitude sanction

4th or 5th Warning

- Staff input required
- Careful with jail sanction
- Consider other less restrictive high magnitude sanctions

Reasons and Responses to Managed Goal Infractions



Insufficient preparation

“Pink Cloud”

Symptom recurrence

Test the limits

Procedural Fairness



- Clear and understandable advanced written notice
- Court – A learning environment
- Clear rationale for the judge’s decision

Advance Notice



Provide participants and team members with written policies and procedures regarding program response strategy.

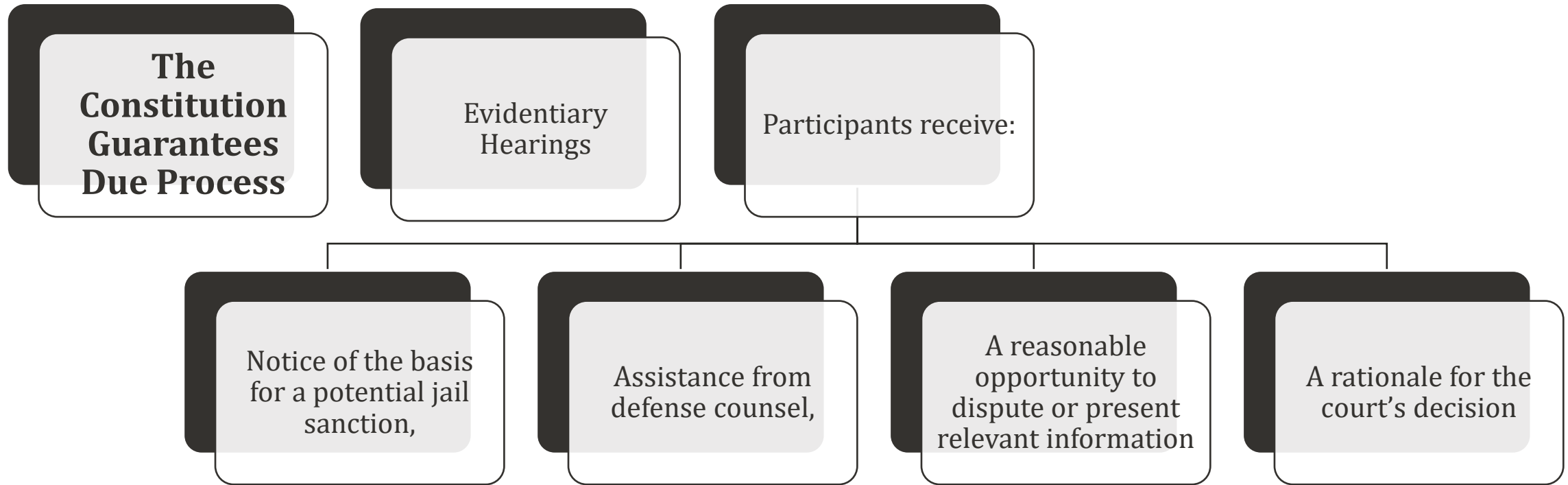
Allow a reasonable degree of discretion to modify the usual response due to unique circumstances.

Include a range of possible responses for various behaviors, not a precise response for each infraction.

Jail Sanctions



Due Process – Jail Sanctions



Adverse Side Effects of Jail Sanctions:



Jail Sanctions

Interruption
of treatment
and support

Interactions
with high-
risk peers

Stress
reactions

Habituation
to highest-
magnitude
sanction

Ceiling
effects short
of discharge

If jail is used, it is recommended that . . .



Not in the first 30 – 60 days.

Only for proximal infractions after low and moderate sanctions have been unsuccessful.

No more than 3 – 6 days in length.

Not for distal infractions.

Not for treatment.

Not to deter overdose.

Not for preventive detention unless no less restrictive option is available.

Remember . . .

**The most effective
sanction you have is the one
you carry in your back pocket.**



Teamwork



We need **each team member** to contribute so we can choose the correct magnitude and response appropriate for **that** participant's behavior.

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Response Strategies: Using Service Adjustments to Address Participant Behavior

Session 8

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Session Goals

- Using Supervision Adjustments, Treatment Adjustments, and Learning Assignments strategies.
- Development of evidence-based response guidelines.



ISSA

- Incentives
- Sanctions
- **Service Adjustments**



Service Adjustments



- Infractions of distal goals receive service adjustments not sanctions.
- The participants **want** incentives, and they do **not want** sanctions, but they **need** service adjustments.



Supervision Adjustments



- Status hearing
- Sessions with community supervision officers
- Drug/alcohol testing
- Home visits



CONTACT

Use core correctional practices and motivational interviewing to bring insight and skills-building



HOME FIELD

Identify potential safety threats in the participant's social environment and early signs of impending symptom recurrence

Supervision Adjustments

INPUT FROM TEAM “EXPERTS”-
TREATMENT AND SUPERVISION TO
DETERMINE IF PSYCHOSOCIALLY
STABLE

REDUCED ONLY ONCE THE PARTICIPANT
HAS ACHIEVED PSYCHOSOCIAL STABILITY



- ✓ Stable housing
- ✓ Reliable attendance
- ✓ Therapeutic alliance
- ✓ Clinical stability

Treatment Adjustments

Based on clinical recommendations of qualified and trained professionals only.



Supported by assessments and participant's treatment needs.

Treatment Adjustments

Participant not improving? Adjust treatment to better serve the person's needs and preferences.



Reach an acceptable agreement with the participant for a regimen that:

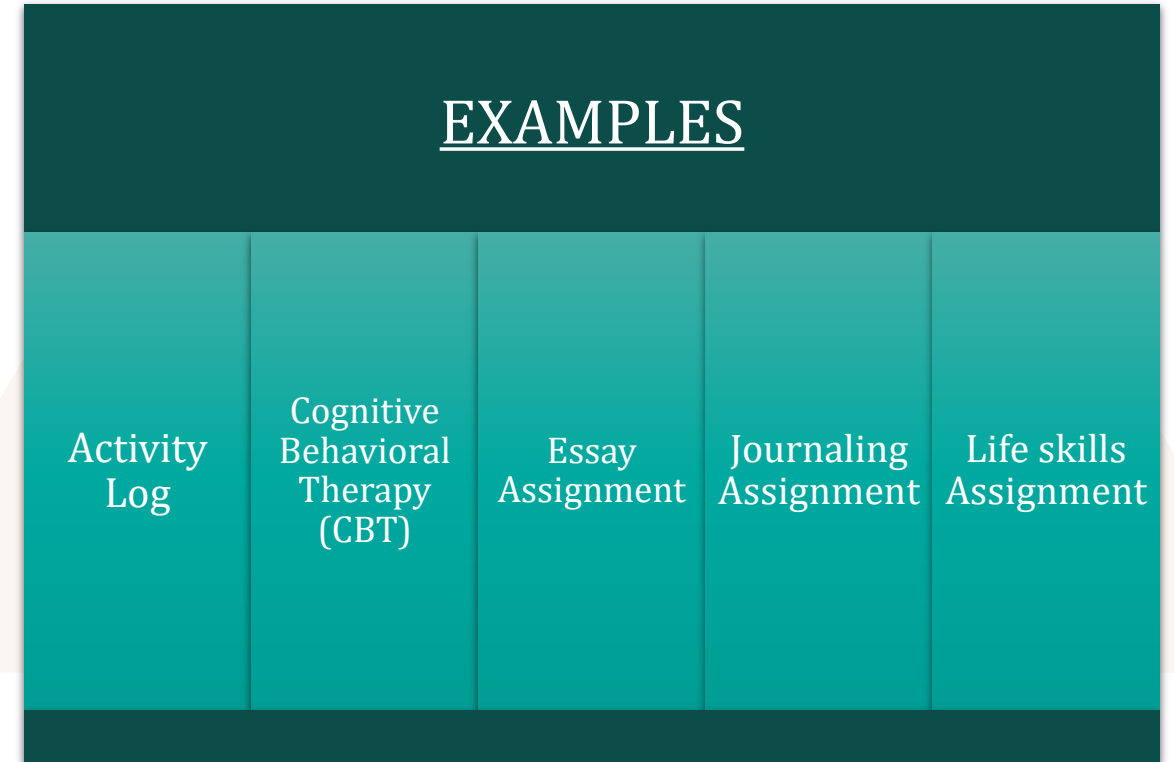
Has a reasonable chance of
therapeutic success

Poses the fewest necessary burdens
on the participant

Is unlikely to jeopardize the
participant's welfare or public safety.

Learning Assignments

- Not a punishment
- Help participants avoid distal infractions
- Opportunity to improve one's adaptive functioning
- Help participants understand their condition and develop better problem-solving skills.



REMEMBER . . .

Participants **want** incentives

They **don't want** sanctions, but

They **need** service adjustments.



Service Adjustments Should Teach **What to Do!**

Evaluation



<https://cvent.me/Ngy17Y>

1. On your compatible phone or tablet, open the built-in camera app.
2. Point the camera at the QR code.
3. Tap the banner that appears on your phone or tablet.
4. Follow the instructions on the screen to complete the evaluation.
5. After completion, you will be provided with a certificate that can be saved and printed.

Questions & Answers

Thank You

John Haroldson
Ret. Benton County District
Attorney

