# Have you done everything you could to avoid termination?

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Faculty

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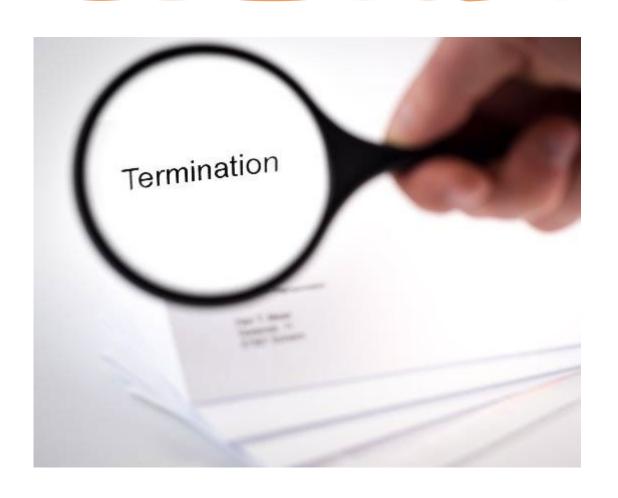
#### Disclaimer

• This project was supported by Grant No. 2019-DC-BX-K012 awarded by the Bureau of Justice Assistance. The Bureau of Justice Assistance is a component of the Department of Justice's Office of Justice Programs, which also includes the Bureau of Justice Statistics, the National Institute of Justice, the Office of Juvenile Justice and Delinquency Prevention, the Office for Victims of Crime, and the SMART Office.

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#### **Avoiding Termination in Treatment Courts: Overview**

- ☐ Types of termination
- ☐ The Checklist
  - Why are you terminating?
  - What have you tried?
- ☐ How to terminate within the law (\*Addendum slides provided)
- ☐ What's next?
  - ☐ What will you do when they come back?



# **Types of Termination**

Administrative transfers are not terminations

This what we're talking about today

Successful termination of services: AKA completion or graduation

<u>Unsuccessful</u> termination from entire program

Some folks cannot manage your treatment court and need to transfer to a different caseload or court

Medical terminationstheir choice.

## The Checklist

- ☐ Why are you terminating?
  - ✓ Direct threat to public safety?
  - ✓ Are you frustrated?



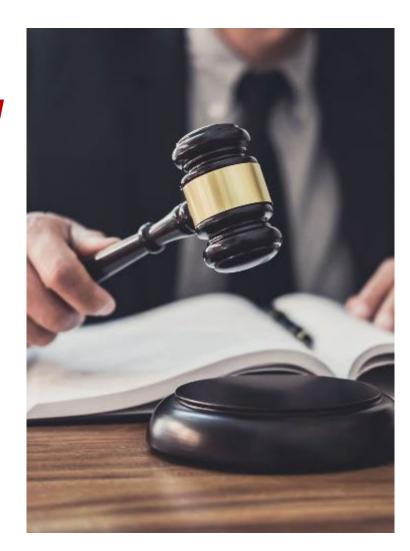
#### When to Terminate?

Not a vote, a judicial decision after team input

Like surgery, termination is the first and only thing you can do, or the very last thing you do after you have tried everything else.

When is it the first thing you do?

- Actual violence, <u>true public safety issues</u> = termination (Esp: impaired driver courts)
- Repeated behavior that threatens the very integrity of the Court and the program = termination. (e.g., Selling drugs in group, significant fraud on the Court)
- Policy and local conditions play into decisions.



# Are you frustrated?

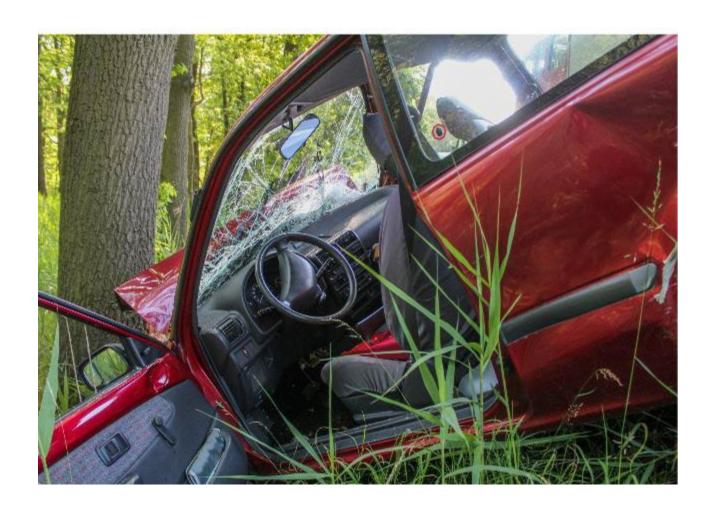
# Take your time and think before you leap!

#### **Consider these facts:**

Helen is driving her car, loses control and slides off the road, hitting a tree.

She is impaired by drugs and alcohol.

➤ Should she be punished?



#### Now consider these facts:

 Helen is driving her car, loses control and slides off the road, hitting a tree. She is impaired by drugs and alcohol. Sadly, a small child was near the tree on a tricycle and was killed.

Should Helen be punished?

>**STOP:** is there a difference in how you feel when you consider these facts vs. the no death version?



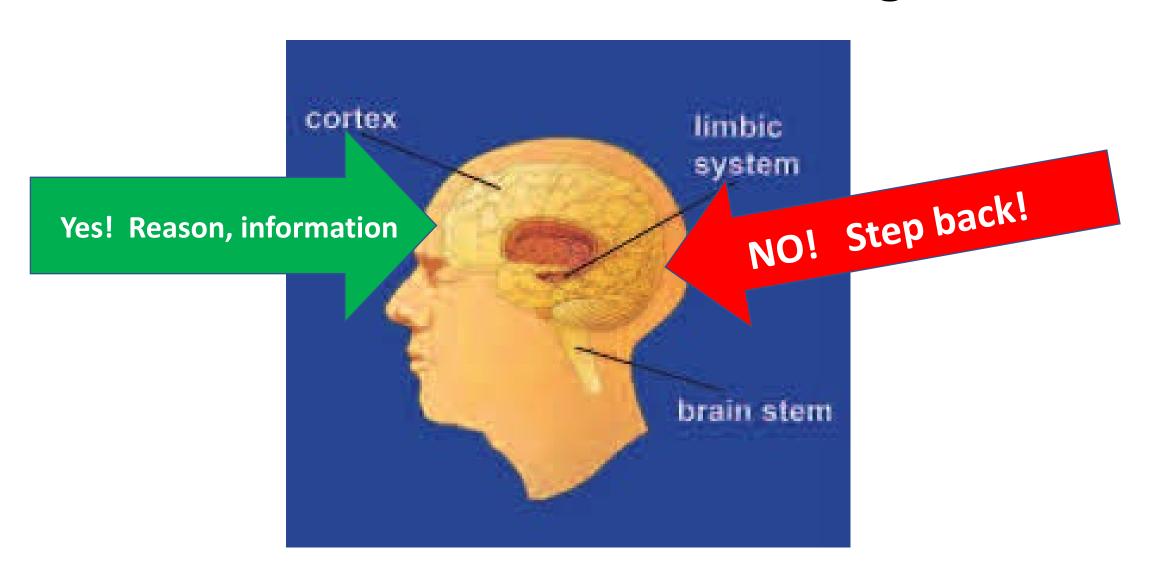
When examined on a brain scan, the answers to these questions varied.

- Decisions on the first scenario: frontal lobe
- Decisions on the second: limbic region.

DON'T DO THIS with termination. *Take your time* and consider everything first.



# Decisions with the correct region!



# Team members are human, too!

It can be difficult to stay calm in the storm that is their lives.

#### They frustrate us!

- ✓ They anger us.
- √ They break our hearts
- √ They do dangerous things.
- √ They go backward, not forward.
- √ They manipulate, deceive and lie.
- √ They die....and scare us for future decisions.
- **▶** Before you terminate: <u>THINK</u> carefully with that frontal lobe.



### The Checklist

- ☐ WHAT assessments and screens did we do?
- ☐ Did we tick off the big-ticket items? SUD, MAT, Co-morbid mental health, physical health, housing, trauma, criminal thinking, recovery planning and practice? Anything else?
- ☐ Did we miss any? Are there others we should consider?
- ☐ WHEN were they last done?



# What screens and assessment should you do?

Screen and then do follow up assessments if indicated by screen for:

**Risk**: The likelihood of rearrest or failing on probation

#### Central 8

- 1. History of anti-social behavior
- 2. Antisocial Attitudes
- 3. Peer Associations
- 4. Antisocial Personality
- 5. School/Employment
- 6. Substance Abuse
- 7. Living Situation
- 8. Family/Marital

**Need**: SUD or MHD or both (Clinical)

Follow ASAM criteria (6 Dimensions)

- 1. Acute intoxication or withdrawal
- 2. Biomedical conditions
- 3. Emotional, behavioral or cognitive conditions
- 4. Readiness to change
- 5. Relapse, continued use potential
- 6. Recovery/living environment

<sup>\*</sup>Resources for validated screens and assessments are provided at the end



# RESPONSIVITY: SUPPORTS AND BARRIERS TO ENGAGEMENT

- MAT
- Pain
- Trauma
- Transportation
- Cognitive or physical challenges (hearing, sight)
- Basic human needs: Food, housing

#### The Checklist

- ☐ Did we address everything that the assessment said? (Did we provide services according to the specific needs revealed in the assessments?)
- ☐ What was the expected dosage of treatment and interventions per assessments, and did we get to that dosage? Why? Why not?
- ☐ Have you addressed trauma
- ☐ Have you addressed pain
- ☐ Have you addressed basic human needs (food, shelter, medical care)



# Assessment Should Lead to Action!

USE ASSESSMENT RESULTS TO CREATE THE CLINICAL CASE PLAN AND THE SUPERVISION CASE PLAN

THEN COMBINE PLANS FOR AN INTEGRATED CASE PLAN FOR THE PARTICIPANT

**ASAM Needs** Risk/Criminogenic Assessment **Needs Assessment** Clinical Integrated Supervision/Case **Treatment Case** Mgt Plan Case Plan Plan

SHARE WITH THE TEAM!!

## Addressing Risk Factors (Need)

<b>Dynamic Risk Factor (Central 8)</b>	Need/Action	Service Examples	
History of antisocial behavior (Criminal History)	Build and practice positive/healthy behaviors	By intervening in the 7 below	
Antisocial personality pattern (Check trauma history)	Learn problem solving skills, practice anger management	CBT (Seeking Safety)	
Antisocial cognition	Develop more pro-social thinking	MRT, Thinking for Change	
Antisocial associates	Reduce association with criminal others (learn refusal skills)/increase time with pos peers	Peer Mentors, sober community activities	
Family and/or marital discord	Reduce conflict, build positive relationships	Family therapy	
Poor school and/or work performance	Work on good employee/study/performance skills	Job skills training, GED, community college	
Lack of engagement in leisure activities (prosocial activities)	Connect participants with peer support and prosocial activities in the community	Sober community support groups, faith community	
Substance abuse	Reduce use through integrated treatment	SUD treatment, education	

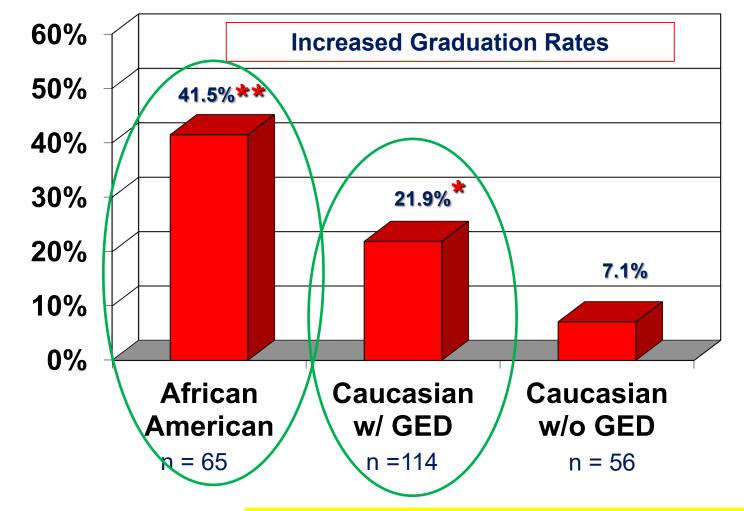
# **Build Capacity and Offer Culturally Responsive Treatment**

Have you checked your data? Who is more likely to graduate and who

Race? Gender? LGBTQI?

is not?

Treatment designed for young black men (HEAT)



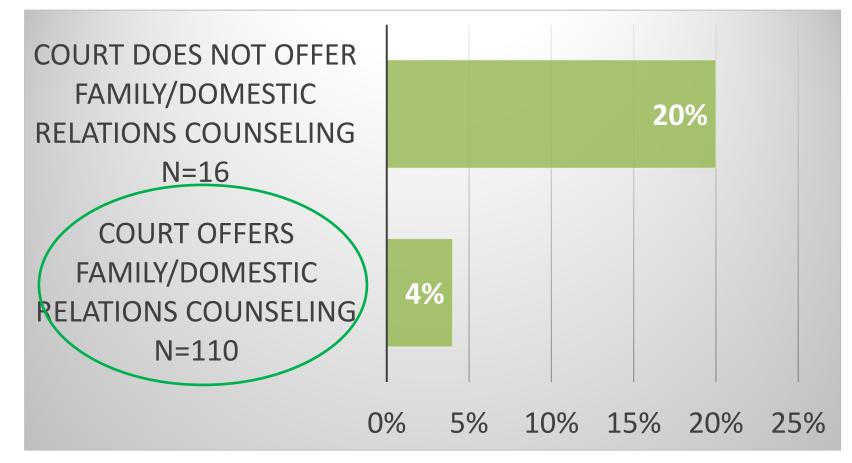
Vito & Tewksbury (1998)

Replicated: Beckerman & Fontana 2001; Marlowe et al., 2018

Study measured disparities in graduation rates in 142 treatment courts

What practices were related to lower disparities in graduation rates?

# #1 - Courts that offered family counseling had 5 times less disparity in graduation rates



(Ho, Carey, and Malsch, 2018)

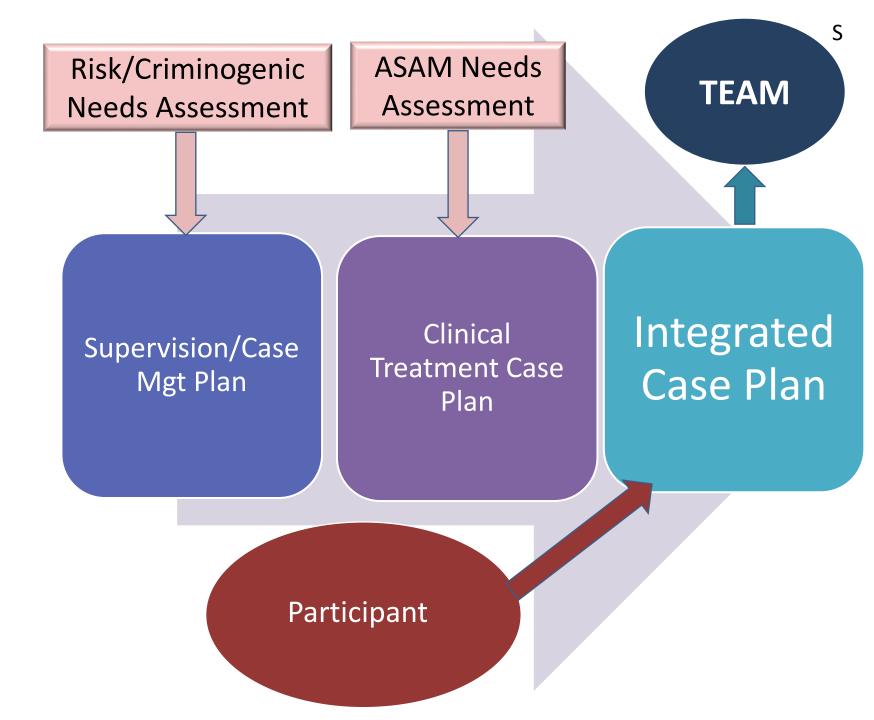


Use Assessment Results to Create the Supervision Case plan and the Clinical Case Plan

# INCLUDE PARTICIPANT IN PLANNING

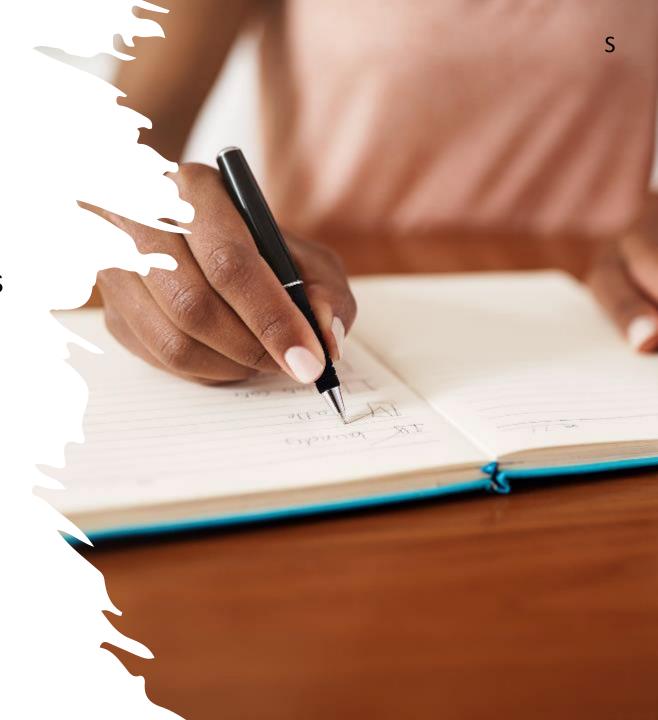
- Buy-in
- Understanding

SHARE THE PLAN WITH THE TEAM!!



# **The Checklist**

☐ What has been done to address recovery capital?



# Recovery Capital



# **Personal Capital**

Divided into both physical and human capital

#### **Human capital includes:**

- Values
- Knowledge
- Skills
- Self-esteem
- Risk management

#### **Financial includes:**

- Transportation
- Shelter
- Access to insurance



# Community and Cultural Capital

- Full continuum of treatment resources
- Accessibility of resources that are diverse
- Local recovery efforts and supports
- Culturally prescribed and supported pathways of recovery
- Recovery norms are valued in the community



# **Social Capital**

#### Relationships

- Family
- Friends
- Supportive social relationships that are centered around recovery
- Relational connections



## The Checklist

☐ Has the team worked to develop rapport with participants based on showing respect, empathy, alliance and positive regard?



# Retention starts with Engagement

Engagement starts with human connection



# HUMAN CONNECTION LEADS TO ENGAGEMENT AND BEHAVIOR CHANGE

- Research recognizes the importance of belonging and human connection as a basic human need and as something necessary for success
- Maslow's hierarchy of needs puts human connection as just after basic human requirements for survival)



#### We are neurologically wired for connection

In brain imaging studies **Perceived Social Isolation** was associated with changes in connectivity between and within different portions of the brain associated with:

- Diminished executive function
- Decreased ability to sustain attention which impacts working memory, executive control and maintaining task sets
- Hypervigilance to social threat and diminished impulse control

#### **HUMAN CONNECTION & BEHAVIOR CHANGE**

Human connection drives behavior change through:

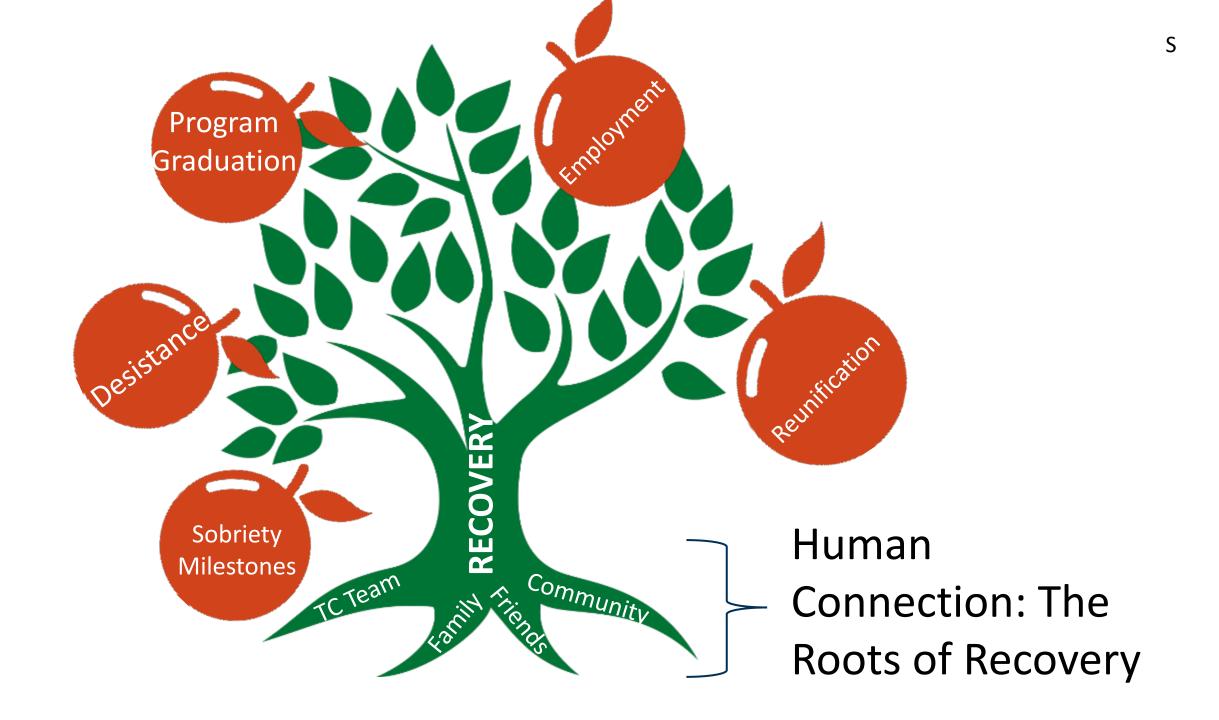
Emphasizing belonging

Humanizing others during times of weakness & success (empathy)

Positive regard and alliance

Human Connection

Acknowledgement of shared humanity

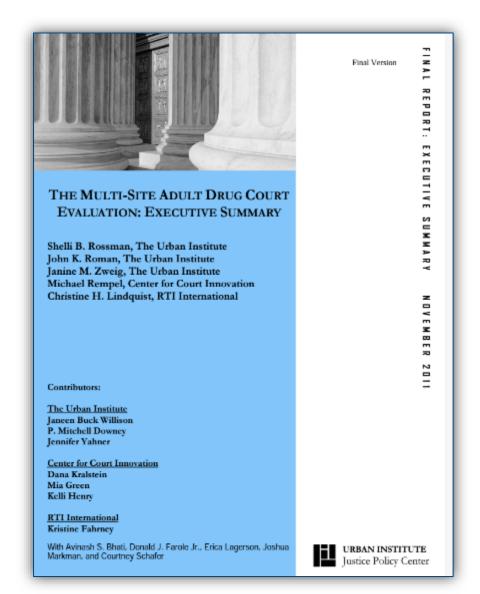


#### NATIONAL TREATMENT COURT STUDY ("MADCE")

#### The relationship with the judge

- Judge with more positive demeanor = better outcomes
- Positive participant attitudes towards judge = better outcomes
- Higher levels of judicial supervision = fewer crimes & fewer days of drug use reported

The relationship between the judge and participants matters for improving outcomes – be positive and find something you genuinely like about each participant!



#### The Checklist

- ☐ Have you responded appropriately to the participant's behavior?
- Are you getting all the information you need about the participant and their behavior to respond effectively?
- ☐ Have you utilized all four response options?
  - Incentives
  - ☐ Sanctions
  - Monitoring
  - ☐ Teaching



#### Do you have all the information you need to respond effectively?

### How WE DECIDE

- Responses to behavior
- Changes in treatment
- Changes in supervision

Who are they in terms of risk and need?

Where are they in the program (phase)?

Why did this happen (circumstances)?

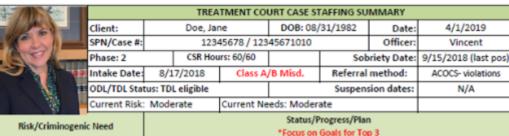
Which behaviors are we responding to? proximal or distal?

What is the response choice/magnitude?

How do we deliver and explain response?

STAFFING FORM

(Add link)



		-	
Moderate	Current Needs: Moderate		
Status/Progress/Plan *Focus on Goals for Top 3			
Presenting charge: Forgery, possession, paraphernalia			
No indication of anti-social personality			
On Step 2 of MRT			
Jane has been spending time with some old associates from high school who are currently using and who live near mom. Jane has also participated with peer mentors at bowling night.  1. Current Goal - focus on more peer mentor activities.			
Accomplished goal! Jane moved out of her (using) boyfriend's house last weekend and is living with her mother who is supportive of treatment			
Making progress on her GED 2. Current Goal: Schedule math test by 3/16/2019			
Accomplished sober housing goal! Jane moved out of her (using) boyfriend's house last weekend and is living with her mother who is supportive of Jane's treatment plan.			
Client has diagnosed severe substance use disorder (Heroin). Client is on Vivitrol and is tolerating it well. Client is in CBT and was late for last treatment session, but has attended all required sessions.  3. Current Goal: Client is engaged with treatment and is currently working through plans for responding to specific triggers.			
Jane is in the action stage on the majority of her goals and appears to have internalized the desire to make changes in her life. She is struggling with the wish to spend time with old friends, although she knows they are not good for her.			
Jane has completed all required Phase 2 Benchmarks and is filling out application for Phase 3			
Client's mother is ill and may need to move into assisted living. If this happens, client will need new housing. Will monitor mother's condition. Continue with current treatment plan.			
Jane moved away from unhealthy relationship with boyfriend and moved in with supportive mother. Accomplished sober housing goal! Completed all requirements since last court session.			
Client is doing very well. No issues with non-adherence.			
Incentive: Judge acknowledgment of progress, made good decision and important progress in moving out of boyfriend's house and in with mother - 12 Hour CSR Voucher, fish bowl for completing all requirements in last two weeks.  Acknowledge she is filling out application for Phase 3.			
Other responses: Reinforce message that Jane should avoid her high school friends and focus on more peer mentor activities. Ask Jane to talk about activities she could do instead of spending time with old high school friends. Ask Jane to list her other current goals and plan for completing (see goals above and prompt her if she does not remember).			
	No indication of anti On Step 2 of MRT  Jane has been spend who live near mom. 1. Current Goal - foo Accomplished goal! J her mother who is st Making progress on 2. Current Goal: Sche Accomplished sober is living with her mot Client has diagnosed well. Client is in CBT 3. Current Goal: Clier responding to specif Jane is in the action s make changes in her knows they are not g Jane has completed s Client's mother is ill a housing. Will monito Jane moved away fro Accomplished sober i Client is doing very w Incentive: Judge acknowledgm boyfriend's house an requirements in last Acknowledge she is to Other responses: Reinforce message ti activities. Ask Jane to friends. Ask Jane to	Presenting charge: Forgery, possession, paraphernalia  No indication of anti-social personality  On Step 2 of MRT  Jane has been spending time with some old associates from high school who who live near mom. Jane has also participated with peer mentors at bowling 1. Current Goal - focus on more peer mentor activities.  Accomplished goal! Jane moved out of her (using) boyfriend's house last weeker mother who is supportive of treatment  Making progress on her GED  2. Current Goal: Schedule math test by 3/16/2019  Accomplished sober housing goal! Jane moved out of her (using) boyfriend's is living with her mother who is supportive of Jane's treatment plan.  Client has diagnosed severe substance use disorder [Heroin]. Client is on Vivi well. Client is in CBT and was late for last treatment session, but has attende as Current Goal: Client is engaged with treatment and is currently working the responding to specific triggers.  Jane is in the action stage on the majority of her goals and appears to have interested the special properties of the session with the wish to spend time with old knows they are not good for her.  Jane has completed all required Phase 2 Benchmarks and is filling out applications they are not good for her.  Jane moved away from unhealthy relationship with boyfriend and moved in was Accomplished sober housing goal! Completed all requirements since last court Client is doing very well. No issues with non-adherence.  Incentive:  Judge acknowledgment of progress, made good decision and important prog boyfriend's house and in with mother - 12 Hour CSR Voucher, fish bowl for or requirements in last two weeks.  Acknowledge she is filling out application for Phase 3.  Other responses:  Reinforce message that Jane should avoid her high school friends and focus of activities. Ask Jane to talk about activities she could do instead of spending to triends. Ask Jane to talk about activities and could do instead of spending to triends. Ask Jane to talk about activities and could do instead of spending to trien	

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# Responses to Behavior: Four Tools that Motivate Behavior Change – and Work!

TEACHING Responses
address underlying causes,
treat behavior due to
disorders, teach new skills



MONITORING Responses
Provide crucial information
about client behavior AND
accountability



INCENTIVES increase engagement, reinforce prosocial behavior and development of new skills



SANCTIONS stop undesired behavior

We use these tools in unison!



## **Teaching Responses**

Used to help participants reflect, learn from their behavior and to teach new skills

- Have you considered what skills the participant lacks that they need to learn?
- □ Have you responded to participants in a way that provided a learning experience for the participant and others in the courtroom?
- ☐ Have you consistently checked for participants' understanding?
- ☐ Have you explained therapeutic adjustments (changes in level and type of care)?



#### **Monitoring Responses**

Used to gather information about participant behavior, provide support and promote accountability

- When was the last home visit and check on the recovery environment? What is the participants family situation?
- ☐ Have we created an integrated case plan that addresses assessed needs and does not include requirements for services the participant does not need
- □ Have you asked participant what would help?

#### **Sanctions**

Used to send the message that the participant is moving in the wrong direction

- Are you starting with a low level sanctions and only increasing severity if the same poor behavior persists?
- Are you saving jail for behavior that is dangerous to others or compromises the integrity of the program? (When sanctioning to jail are you using less than 5 consecutive days?)
- □ Have you confirmed that the sanctions you are choosing are actually reducing participant poor behavior?





#### **Incentives**

Used to confirm for the participant that they are moving in the right direction

- ☐ Have your incentivized the small steps?
- □ Are you providing more attention in response to positive movement rather than extended attention on poor behavior?
- ☐ Are you providing at least 4 incentives to every sanction?

## CREATIVE INCENTIVES THAT PROMOTE CONNECTION AND ENGAGEMENT

- Short encouragement videos from the judge and team members
- Conversations in court (virtual or in-person)
   about goals, strengths, successes and actions
   participants can take to become successful
- Letters from the team
- Quick encouraging text messages from team members
- Certificates

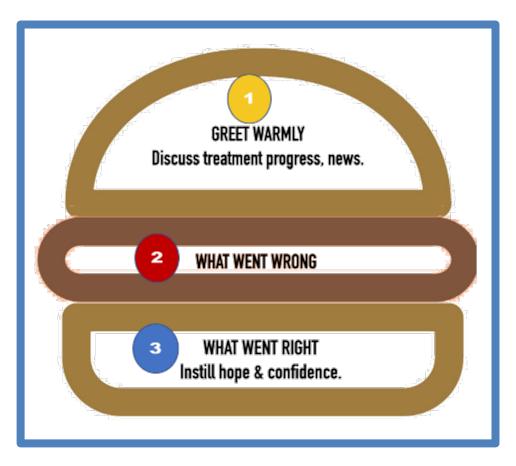
You've got it made in the shade!!
Subtract 8 HOURS of community service

# YOU'RE #1! GO 1<sup>ST</sup> AT COURT REVIEW!



## Receiving Both an Incentive and a Sanction? Yes!

- ➤ We never miss an opportunity to reinforce positive behavior even if other things went wrong
- We will carefully explain WHAT behaviors we are responding to
- What do we want the participant to learn? Is our response the best way to teach it?



We avoid confusion by being SPECIFIC and helping clients see how change helps THEM achieve THEIR goals!

## Quick Summary: DID you check off the "big ticket items"?

- ✓ Screens and Assessments
  - **✓** SUD
  - ✓ Mental health disorders
  - ✓ Trauma
  - **✓** MAT
  - ✓ Physical health barriers and chronic pain
  - ✓ Housing and basic needs
  - √ Criminal thinking
  - ✓ Family therapy
  - ✓ Developmental challenges, learning differences

- ✓ Matching services to needs (integrated case planning)
- √ Recovery capital (planning and PRACTICE)
- ✓ Building relationships (with the team and prosocial peers)
- ✓ Using all four tools to respond to behavior (in unison)
  - ✓ Teaching Responses
  - ✓ Monitoring Responses
  - ✓ Incentives
  - ✓ Sanctions

#### Do & Don't List:



- DO be patient. Don't hurry. These folks are VERY debilitated.
- DO use the correct yardstick. These people are not you...or your team.
- Don't punish, shame, or over-react to the disease(s).
- DO remember to look for the good (the baby steps) and reward it, even if other things went wrong.
- DO maximize kindness, and patience.
- Don't fall for the "self sabotage" trick.
- Don't give up.

#### Instead:

- Use our checklist, our list of responses, and guide for termination discussions!
- They are free for you to download and use!

Be patient, encourage every crumb of success and don't focus on the errors. BABY steps mean everything.

### ALTERNATIVES TO TERMINATION



TERMINATION SHOULD BE THE ONLY
THING YOU CAN DO, OR THE
ABSOLUTE LAST THING YOU DO.

DR. SHANNON CAREY, PHI HON. DIANE BULL, RET



### **Termination:**

- Really resist throwing folks out.
- Consider the alternative for the person if you terminate (will public safety be better protected?)
- Do it when there is no real choice.
- Do it if you must but leave the door open and with hope.



### Follow the law

- Recusal? The law and ethics control.
- Get a good record of termination procedure and reasons.
- Leave them with a message of hope
- Plan for their return.
  - Consider legal tools for re-entry, if they exist.
- Re-Admission policy review. They will be back.



### Termination: the process under law

- Due process is required for termination proceedings.
- Termination typically results in revocation. Revocation typically results in incarceration.
- Incarceration increases the likelihood of recidivism.
- Err on the side MORE due process, not less.
- PROSPECTIVE WAIVERS OF RIGHTS IN THIS AREA ARE INVALID!





#### The seminal cases:

- ➤ Morrissey v. Brewer, 408 U.S. 471 (1972)

  Parolees get due process
- ➤ Gagnon v Scarpelli, 411 US 778 (1973)
  Probationers get due process
- Procedural protections are due under the 5<sup>th</sup> and 14<sup>th</sup> Amendments when the defendant will potentially suffer a loss to a recognized liberty or property right.
- If due process applies, the question remains what process is due. Less than a fully jury trial, different burden of proof.
- All 50 states provide counsel by statute

#### Minimal Due Process? What's that mean?

- ✓ Written notice of the alleged violations
- ✓ Disclosure of the evidence against them
- ✓ Opportunity to be heard in person and to present evidence (including subpoena power)
- ✓ Right to confront and cross-examine adverse witnesses (unless good cause shown for not allowing confrontation)
- ✓ A 'neutral and detached' hearing
- ✓ Written statement by factfinder(s) as to the evidence relied on and the reasons for the decision.





## The question: What process is due?

Neal v. State, 2016 Ark. 287 (Ark. Sup. Ct. **6/30/16)** (Citing *Laplaca* and *St* aley, infra, Ark. Sup. Ct. holds: "[T]he right to minimum due process before a defendant can be expelled from a drug-court program is so fundamental that it cannot be waived by the defendant in advance of the allegations prompting the removal from the program.")

#### Gross v. State of Maine, Superior Court case # CR-11-4805 (2/26/13)

(drug court procedures relating to termination violative of due process and, therefore, unconstitutional. Drug Court participant entitled to: notice of the termination allegations and the evidence against him, right to call and x-examine witnesses, a hearing at which he is present, a neutral magistrate, written factual findings and the right to counsel. Here, the drug court team discussed the termination decision during the termination hearing, without defendant's presence or that of his counsel. That procedure coupled by the fact the Superior Court felt that the drug court judge should have recused, resulted in a finding of constitutional infirmity. Moreover, the appellate court ruled the defendant did not, and arguably could not, prospectively waive his rights, citing LaPlaca and Staley.

#### But he waived his rights! NOPE!

Hendrick v. Knoebel, (SD Indiana 5/10/2017) ("Though we need not rule on Defendants' argument concerning the waiver provision in the DTC Agreement, we note our serious doubts as to its enforceability under Indiana contract law, given the conspicuous lack of parity between the parties, the absence of specificity in the provision's language, the fact that it purports to absolve the DTC's employees of liability for intentionally tortious conduct, and the fact that the DTC Program is an entity of the local government performing a public service. Moreover, because the provision implicates federal common law by purporting to waive federal statutory and constitutional rights, the likelihood of its enforceability is increasingly remote. Federal courts are rightly skeptical, albeit not uniformly dismissive, of claims that a plaintiff has waived his constitutional rights or has released a defendant from liability for violating them. We "indulge every reasonable presumption against waiver of fundamental constitutional rights," Johnson v. Zerbst, 304 U.S. 458, 464 (1938); Bayo v. Napolitano, 593 F.3d 495, 503 (7th Cir. 2010), and we acquiesce in a waiver only if it has been "knowing, intelligent, and voluntary." Schriro v. Landrigan, 550 U.S. 465, 484 (2007). The lack of specific language in the agreement before us, in conjunction with its prospectivity, not only falls short of eliciting "an intentional relinquishment or abandonment of a known right or privilege," Patterson v. Illinois, 487 U.S. 285, 292-93 (1988), but also encourages DTC staffers to violate the DTC participants' constitutional rights, knowing they are acting with impunity. Enforcing such an agreement is inconsistent with the public interest given its potential for abuse and cancellation of the participants' primary means of vindication.")

### Questions?

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Special thank you to: Shannon Carey, PhD Hon. Diane Bull (Ret.)



## Screening and Assessment Resources

## COMMON VALIDATED RISK/CRIMINOGENIC NEED TOOLS

Level of Service/Case Management Inventory (LS/CMI)

https://www.mhs.com/MHS-Publicsafety?prodname=ls-cmi

- Ohio Risk Assessment System (ORAS)
   <a href="https://cech.uc.edu/centers/ucci/services/trainings/offender assessme">https://cech.uc.edu/centers/ucci/services/trainings/offender assessme</a>
   <a href="https://cech.uc.edu/centers/ucci/services/trainings/offender assessme">nt/orastrainingoverview.html</a>
- Risk and Need Triage (RANT)
   https://www.tresearch.org/products/courts/order-rant

See the Adult Drug Court Best Practice Standards: Standard I Appendix A

https://www.nadcp.org/standards/

#### SUBSTANCE USE SCREENS

- Alcohol Use Disorders Identification Test (AUDIT), 5<sup>th</sup> ed. https://www.drugabuse.gov/sites/default/files/files/AUDIT.pdf
- Substance Abuse Subtle Screening Inventory (SASSI), 4<sup>th</sup> ed.
   Ordering information at <a href="https://www.mhs.com/MHS-Assessment?prodname=sasi">https://www.mhs.com/MHS-Assessment?prodname=sasi</a>

Global Appraisal of Individual Needs – Short Screener (GAIN-SS)
 <a href="https://www.integration.samhsa.gov/clinical-practice/Global\_">https://www.integration.samhsa.gov/clinical-practice/Global\_</a>
 Assessment of Individual Needs Short Screen -GAIN-SS-.pdf

#### SUBSTANCE USE ASSESSMENTS

Addiction Severity Index, 5<sup>th</sup> Edition (ASI)

http://adai.washington.edu/instruments/pdf/Addiction\_Severity\_ Index\_Baseline\_Followup\_4.pdf

Global Appraisal of Individual Needs (GAIN)

http://wits.idaho.gov/Portals/73/Documents/substanceUse/GAIN-I%20Full%205.6.2.pdf

#### **PTSD ASSESSMENTS**

 Adverse Childhood Experiences questionnaire <a href="http://www.ncjfcj.org/sites/default/files/Finding%20Your%20ACE%20Score.pdf">http://www.ncjfcj.org/sites/default/files/Finding%20Your%20ACE%20Score.pdf</a>

Life Events Checklist 5
 https://www.ptsd.va.gov/professional/assessment/document

 s/LEC-5 Standard Self-report.pdf

PTSD Checklist 5
 https://www.ptsd.va.gov/professional/assessment/adult-sr/ptsd-checklist.asp

#### OTHER CLINICAL ASSESSMENTS

Beck Depression Inventory II (BDI II)

https://www.pearsonassessments.com/store/usassessments/en/Store/Professional-Assessments/Personality-%26-Biopsychosocial/Beck-Depression-Inventory-II/p/100000159.html

Insomnia Severity Index (ISI)

https://www.ons.org/sites/default/files/InsomniaSeverityIndex\_I SI.pdf

Brief Pain Inventory (BPI)

http://www.npcrc.org/files/news/briefpain short.pdf