



ROMEO AND JULIET

What Do We Do When Participants
Choose Someone We Think
They Shouldn't?

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Overview

- Why are we worried about participant relationships?
- What happens when participants fall in love?
- What should we do about it?
- Legal issues: do's & don'ts



Freedom of Association

D

The First Amendment protects our fundamental right to associate with whomever we choose, but...

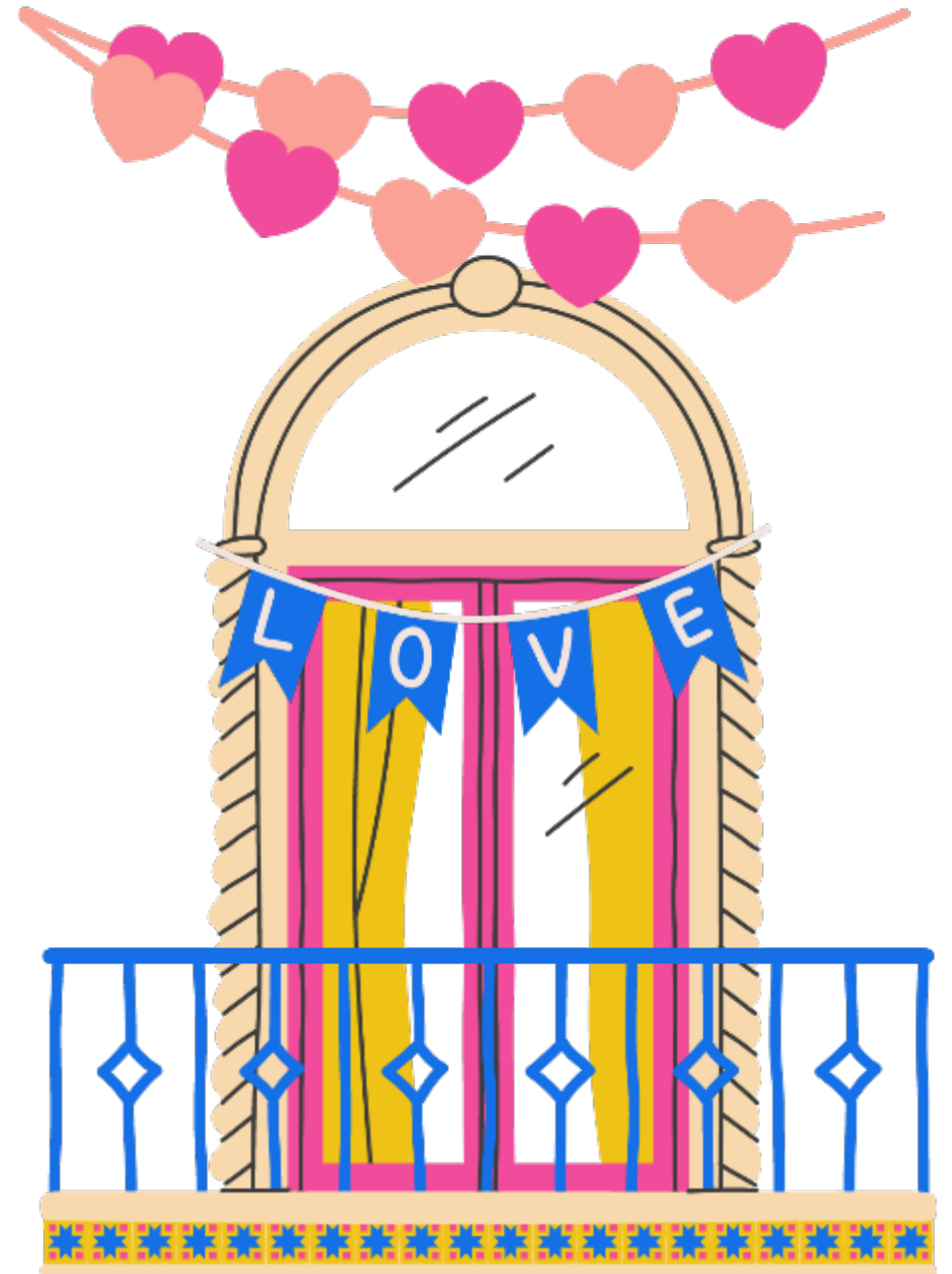
- Courts can *reasonably* restrict participants' association with co-actors, felons, drug users, dealers, etc.
- Caselaw reasons people on probation and parole should **keep away from people and places that could trigger use and lead to crime.**
- Even though we can typically restrict association, *should* we?

➤ **Where would you draw the line?**



Why are we concerned about participants' relationships during the program?

These relationships tend to fall apart spectacularly, triggering recurrences, setbacks, and more.



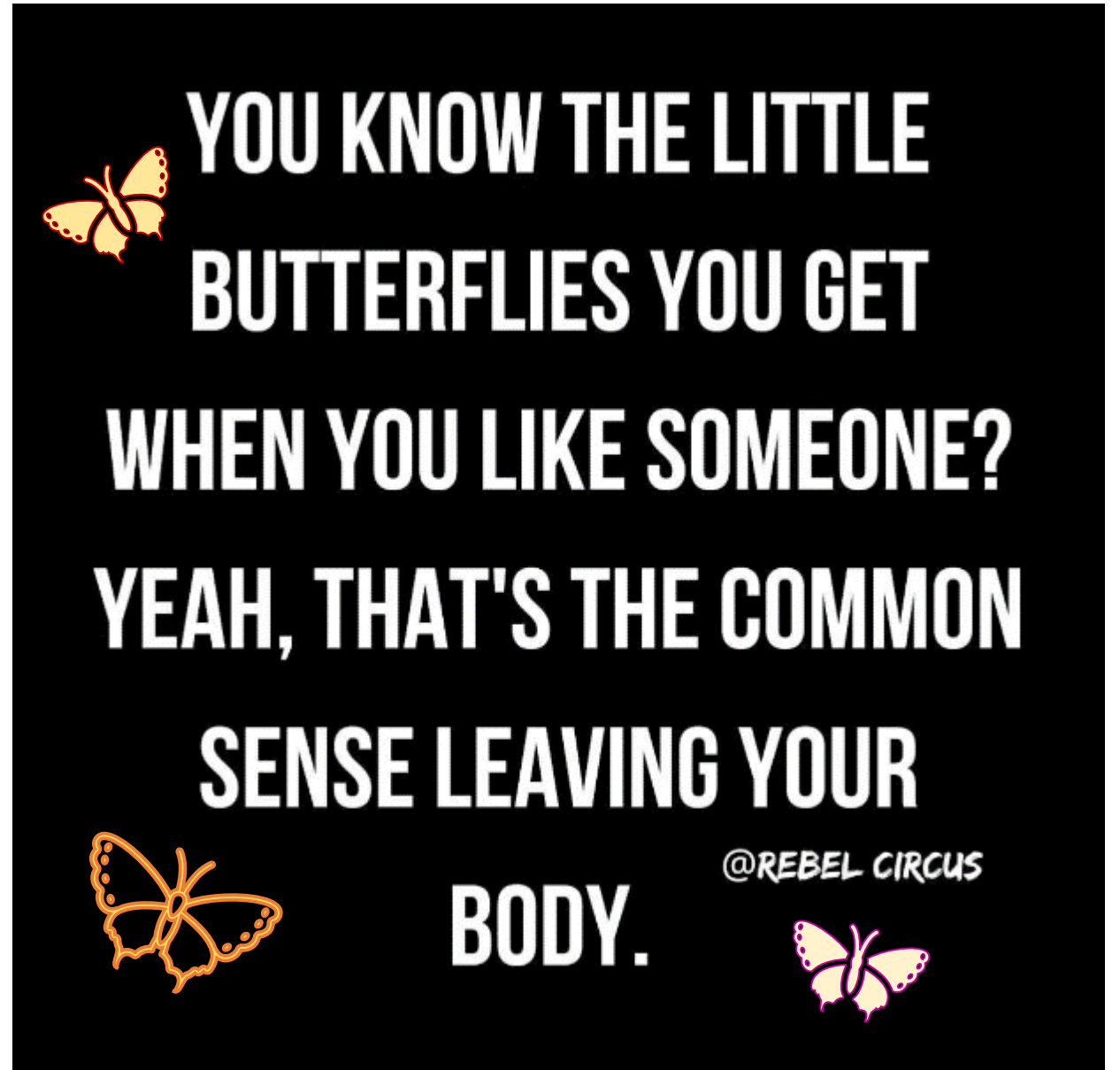


Sometimes
our folks don't
make the best
choices!

Yeah....we know relationships in the first years of treatment and recovery are not a good idea, but do *they*? Nope!

In fact, they are looking for them-because they are lonely.

➤ **What happens when we say “no”?**



Do you remember when your parents told you that they didn't like the person you were dating?

S

Did they become
instantly **MORE**
attractive?

Did you immediately
like them better and
rush to their defense?

The “Ooh, Baby” Effect!



“Forbidden Fruit” - Experiments



Brain imaging studies

- Participants were shown photos of objects and told some were theirs, some belonged to others, and some were forbidden
- Brain images showed that the brain reacted to forbidden objects the same as objects that belonged to them but did not react to objects they believed belonged to others. **MINE!**

Wanting what you can't have - "Forbidden Fruit"

In psychology theory this is called **REACTANCE**.

Our brains develop to value freedom and autonomy.

When your choice is threatened, your body reacts and your body is heightened ("reactance")

A woman with curly hair is holding a whiteboard. The whiteboard has the text "I can't breathe without him!!" and a broken heart icon. There are also three floating heart icons around her: one above her head and two to her sides.

*I can't breathe
without him!!*

In this situation, your autonomy is threatened, the "forbidden fruit" becomes more desirable, and you can't stop thinking about it.



**What is Really Happening
When Romeo & Juliet Fall in Love?**

What happens when people fall in love?



- When Grace Jones sang “Love is the Drug” in her 80’s hit, she wasn’t far from the truth.
- The feeling of falling in love is cocktail of hormones and chemicals that result in feelings of **exhilaration**, **obsessive thoughts** and **desire for emotional union**. (Those butterflies!)
- **Our brains are wired to crave dopamine**. When you meet someone new your dopamine levels surge creating an **intense craving** to be around them.
- **Dopamine is also activated by alcohol and many drugs**



“Love is a biological necessity—it’s as needed for our well-being as exercise, water, and food”

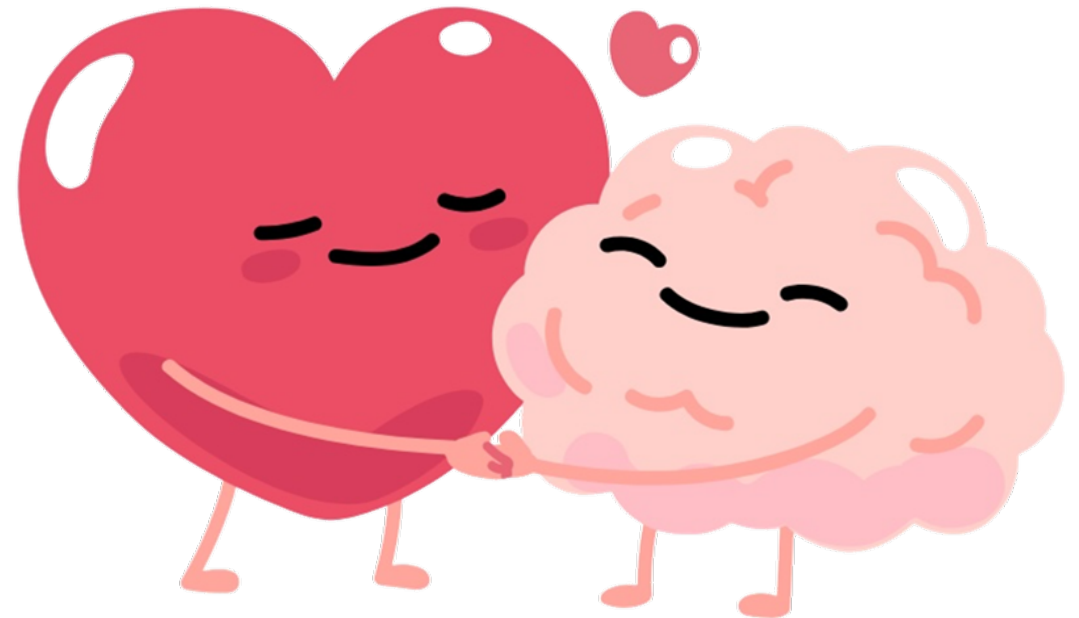
- Dr. Stephanie Cacioppo, neuroscientist

The **brain’s reward circuit**—the **amygdala**, the **hippocampus**, and the **prefrontal cortex**—light up on brain scans when talking about a loved one.

We are Wired for Love

12 areas of the brain work together to release:

- **Dopamine** (“feel-good” hormone)
- **Oxytocin** (“cuddle hormone”)
- **Adrenaline** (which induces a euphoric sense of purpose)



What happens when we take these relationships away?

“Loneliness kills. It’s as powerful as smoking or alcoholism.” — Robert Waldinger (80 Year Harvard Study)

It’s a risk factor for heart disease, stroke, type 2 diabetes, dementia, anxiety, depression, and premature death. It contributes to a weakened immune system, obesity, poor sleep, and a higher risk of suicide.

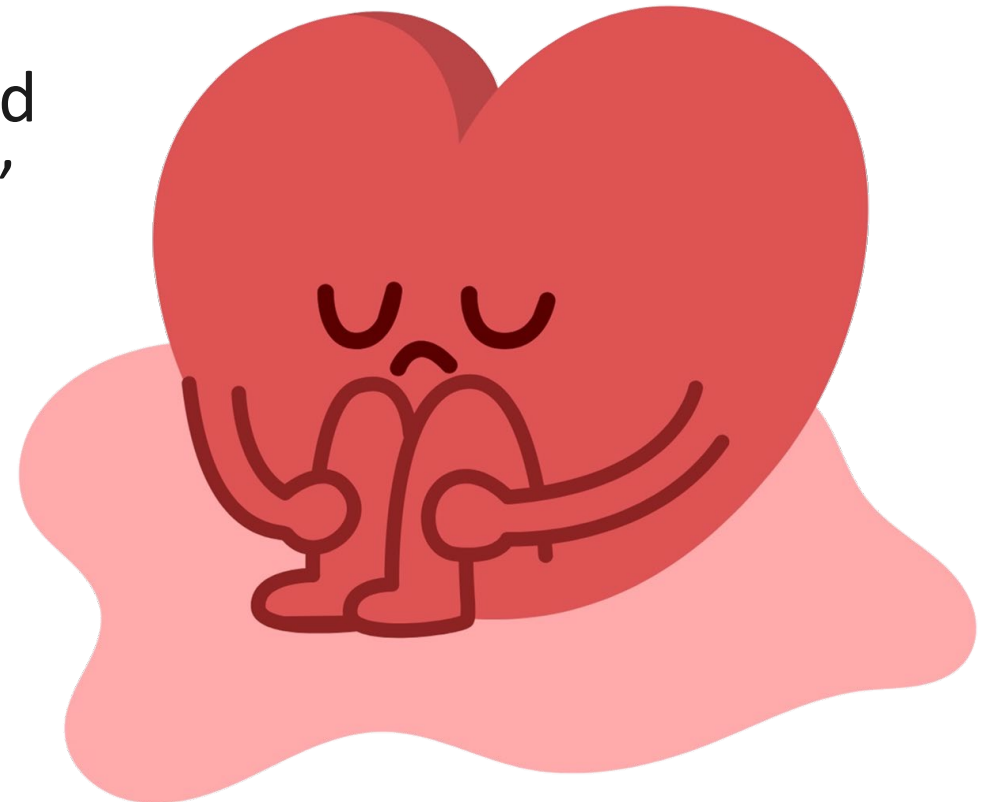
Maslow’s hierarchy of needs puts **human connection** just after basic human requirements for survival.



Loneliness Fuels Addiction

Research: Loneliness is stronger in substance abusers than nonusers– and it can be a **vicious cycle that prompts more use.**

- “Because I use, I feel lonely, isolated, and stigmatized. Because I feel lonely, I use.”
- **If we don't address the loneliness gap, participants will continue to seek out relationships**, however unhealthy or destructive they may be.
- **By forbidding relationships, are we increasing them?**



Were you surprised by...

- Laura's idea of a healthy relationship?
- How she felt her relationship was all she had left?
- Her reluctance to let it go?

What else was Laura getting from the relationship?

➤ What's going on in our participants' brains?



Forbidden Fruit Tastes the Sweetest

Cognitive dissonance theory: When a person must work harder for something they will value it more so than if very little effort were necessary to achieve it

- **When Laura had to work hard** (sneak, lie, plan, risk discovery & suffer consequences) to see her love interest, **she perceived the relationship was worth the extra effort**, more so than she might have if the court had never prevented the relationship in the first place.
- **Forbidding a relationship makes the person value it all the more** 🥰



(Festinger, 1957; Aronson & Mills, 1959)

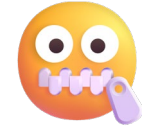
Psychological Reactance: “Don’t tell me what I can and can’t do!”

- It is a powerful reaction to feeling **coerced**, leading to **increased desire for the forbidden choice** and a **stronger commitment to one's own perspective**
- **Recall Laura:** “No. You can have everything else, but this is mine.”
- **When courts forbid folks from seeing their partners, they feel compelled to do the opposite: defending their feelings and commitment to their relationships**
- As a result, **feelings can actually become stronger.**





Secrecy Increases Intimacy



- Prohibiting relationships often forces participants to keep those relationships a secret in order to continue them.
- Research shows that sharing secrets increases intimacy and feelings of liking, even among strangers
- Sharing secrets can also enhance one's commitment to a relationship and facilitate the development of a couple's sense of "we" or "us"
- Also, because forbidden relationships take place out of view of most friends and family, they are not "socially tested" and therefore may be idealized

(Richardson, 1988; Aron et al., 1997)



Based on this information, what happens when you tell participants they can't see someone?

Think about the story of Romeo and Juliet.

They were forbidden to see each other, but that didn't stop them. Instead, **they lied and snuck out.**

They knew they would get in trouble if they told anyone, so the families didn't find out what was happening until it was too late.



**What do you think happens when we do that?
Exactly the same thing – they are driven to see each other.**

It creates a situation
where the participant
must become
dishonest to avoid
punishment.

What are the first
three proximal goals?

Forbidding a relationship is likely to result in individuals continuing a potentially negative relationship, **in secrecy, without help.**

A Trauma Responsive Approach

- Helps individuals understand that **things happened to them that impacted their behavior/decisions** rather than assigning blame.
- Participants need **help** recognizing when a relationship is unhealthy.
- **Many of our participants have never experienced a positive relationship and don't know what one looks like**



Impact of Negative Relationships on Health

Negative relationships are associated with poor mental, emotional and physical health

People in unhealthy relationships are significantly more likely to experience:

- Depression
- Heart disease
- Domestic Violence
- Trauma/PTSD
- SUDs
- STDs



- People in unhealthy relationships die younger
- When the unhealthy relationship is unaddressed, negative impacts increase
- **We can't address them if people are afraid to talk about them.**
- **What would happen if we DIDN'T forbid them?**

Relationships in Treatment Courts

- Forbidding relationships creates a missed opportunity in treatment court to teach people **how to be safe** and have healthy relationships.
 - This means the potential for violence, it means unsafe sex, it means increased depression and trauma.
 - Teaching participants means helping them learn about **anger management, intimate partner violence** and **problem-solving skills** in relationships
 - Unhealthy relationships while seeking treatment are common and typically end – often badly.
- **What would happen if we did not forbid relationships?**



Approach this as a treatment issue.

- Early onset of substance use disorders, trauma, ACES all **delay the learning process** for our participants
- One of the things they often fail to learn is about relationships, and how to manage a broken heart
- They also are attracted to what feels normal to them, and therefore “safe”. But they are repeating learned behavior from their past
- **Treat this issue as part of recovery skills and recovery capital**, rather than leave them to make the same errors when we are gone



Benefits of Treatment's Input

Therapists help clients navigate unhealthy relationships by providing a **safe space** to **explore relationship patterns**, **identify red flags**, develop **healthy boundaries**, build **self-esteem**, and learn **coping mechanisms** to manage difficult interactions, ultimately empowering clients to **make healthier choices** in their relationships and **prioritize their recovery**.

Key strategies therapists use:

- **Identifying patterns/triggers** in the relationship
- **Educating on healthy boundaries**, how to say “no” to unhealthy situations
- **Building self-esteem**, rejecting unhealthy relationship dynamics
- **Trauma informed CBT**



Benefits of Treatment's Input

- **Role-playing and communication skills development** to navigate difficult conversations with partners.
- **Exploring past experiences/relationship dynamics** that might be influencing current patterns. Trauma!
- **Assessing relationship dynamics:** power dynamics, potential manipulation or codependency.
- **Supporting decision-making:** whether to stay in a relationship, how to set limits, identify & end a toxic connection.
- **Involving significant others (if appropriate):** couples therapy can address relationship issues and work towards positive changes together.



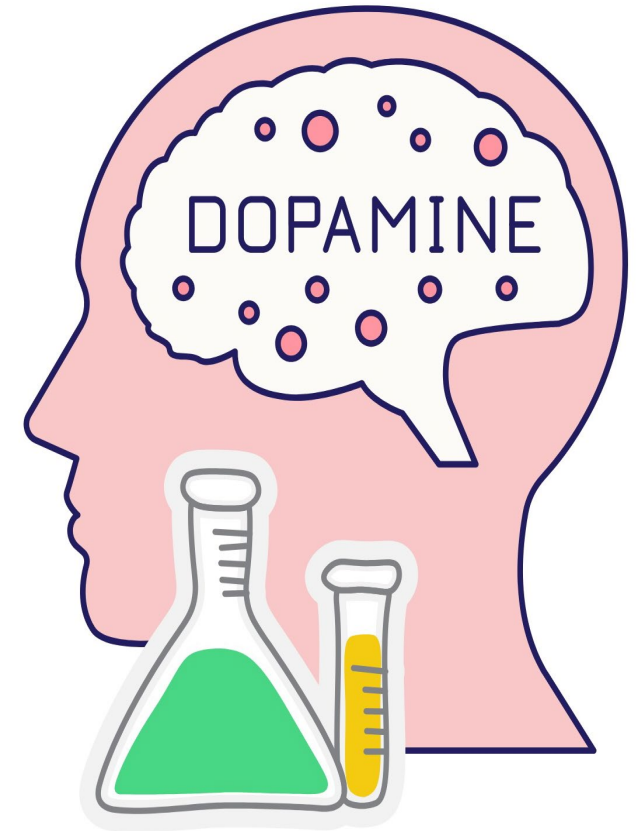
Treatment professional input

“I found being supportive was never a bad approach, if it works, they thank you. If it doesn’t, you are there to help them walk through the emotional upset. I used to say that I wasn’t telling them not to get in a relationship but work the 12-steps first, so they have something to offer in a relationship”. It buys time, sometimes.”



Unhealthy Relationships Tend to Fall Apart

- After the initial flood of pleasure hormones, at a certain point, the **chemistry of the brain moves back to stasis**.
- At about **six months** the oxytocin-fueled rush fades and a new connection develops....or not.
- **If there is insufficient attachment by then, the relationship will likely end on its own.**
- Better to have treatment's help navigating the relationship from the outset to avoid recurrence.



Laura's counselor helped her move on!

- The ability to be honest with the counselor, **without fear of disclosure to the court**, made a difference!
- What if the court let **treatment** decide when it's time to intervene?
- If participants know they won't get in trouble for being in a relationship, they can talk about it.



Let Treatment Be Treatment

- Relationships are a treatment (*not court*) issue!
- Treatment can help participants understand their choices are influenced by their past (including trauma), encourage reflection on healthy relationships, help find community supports and build recovery capital
- **Studies show couple's therapy for SUD is more effective than individual SUD treatment**

(e.g., Winters, et al. 2002; Rotunda et al., 2007)

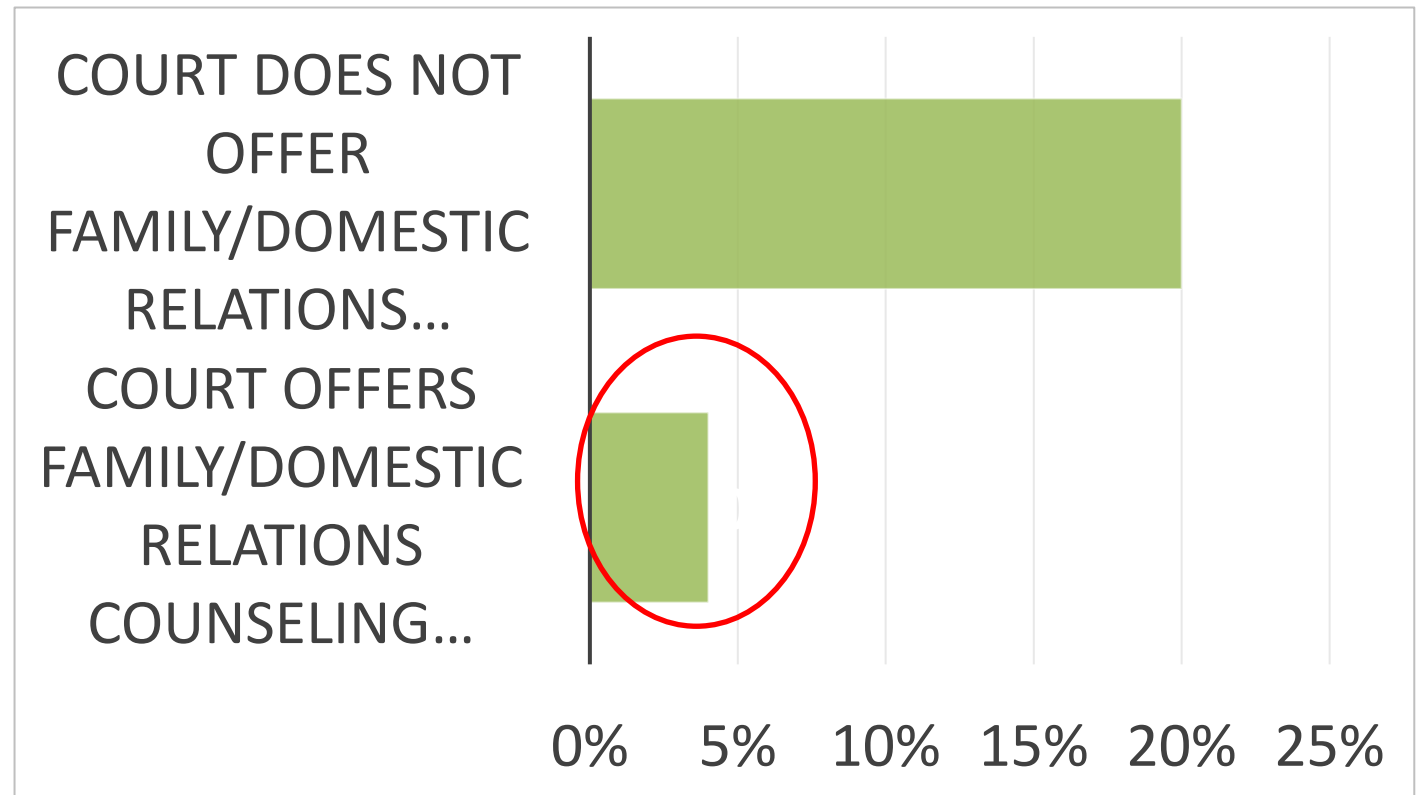


Relationship therapy for comorbid disorders is associated with:

- Fewer days of substance use
 - Longer periods of continuous abstinence
 - Relapse mitigation
 - Decreased partner violence
 - Lower risk for child abuse
 - Decreased symptoms of PTSD
 - Improved family communication
 - Increased problem-solving skills
- 
- A photograph showing a Black couple sitting on a light-colored couch in a modern, bright room. They are both looking towards a therapist, a woman with long dark hair wearing a light blue blazer, who is seated and holding a white clipboard and pen. The woman on the couch is gesturing with her hands while speaking. The man on the couch is listening attentively. The background features a white brick wall and a wooden shelving unit with some plants and books.
- More appropriate expression of emotions
 - Higher relationship satisfaction

Treatment courts that offered **family/domestic relations** counseling have higher graduation rates and lower recidivism.

Treatment courts that offered family/domestic relations counseling had **5 times less racial disparity in graduation rates**



Research on IPV:

Promoting healthy, respectful, and nonviolent relationships

- Can reduce the occurrence of Intimate partner violence (IPV)
- Prevent the harmful and long-lasting effects of IPV on individuals, families, and communities



#1 action to prevent IPV:

Teach safe and healthy relationships skills through

- “Healthy relationship” counseling for couples
- Social emotional learning programs for youth

Helping Participants Build Recovery Capital Makes a BIG Difference

“It’s not just about treating the SUD.”

- **SAMHSA:** “Recovery is a process of change through which individuals **improve their health and wellness**, **live a self-directed life**, and **strive to reach their full potential**.”
- **Recovery Capital** is “the breadth and depth of **internal and external resources** that can be drawn upon to **initiate and sustain** recovery.” (Cloud & Granfield, 1999)



Recovery Capital Resources

Family Need

Explore what family means to you, and how it supports recovery. Remember family can be biological or chosen. Complete each box and continue the activity on the next page.

What does a healthy relationship look like to you?

What does an unhealthy relationship look like to you?

What does support look like for you?

How do you manage frustrations with those close to you?

What Needs Does Your Family Provide?

- ☐ Children
- ☐ Financial support
- ☐ Emotional support
- ☐ Housing
- ☐ Transportation
- ☐ Spiritual support
- ☐ Address with problems
- ☐ _____
- ☐ _____

What are ways you feel valued in a relationship from others?

Who do you feel close to and can depend upon?

- Help participants **build their recovery skills and recovery capital**, rather than leave them to make the same errors when we are gone.
- **Incorporate** recovery capital goals (personal, social, community) into the treatment and supervision/case management plans and phase goals.
- **What does a healthy relationship look like?** Free worksheets to help clients learn:

<https://allrise.org/wp-content/uploads/2023/05/Recovery-Capital-Worksheets.pdf>



Family Need

What does family mean to you?

How does your family support recovery?

How does your family create barriers to your recovery?

- ★ Place a star next to the items that represent your biological family.
- ✓ Place a check mark next to the items that represent your chosen family.
- Circle the items that have both a ★ and ✓.



Family Need

How Many ★

How Many ✓

How Many ○

Where do you get the most support? _____

How does this group support your recovery? _____

Where do you get the least support? _____

What are the challenges you face with this group in your recovery journey? _____

How does this group support your recovery? _____

What would improve your relationship while also supporting your recovery with this group? _____

What skills do you think would be helpful to work on?

- | | |
|--|--|
| ☐ Healthy Boundaries | ☐ Understanding Empathy |
| ☐ Communication | ☐ Developing Respect |
| ☐ Conflict Management | ☐ Preparing for Difficult Conversations |
| ☐ Understanding Love | ☐ Asking for Help |

12 Excellent Recovery Capital Worksheets from All Rise

<https://allrise.org/wp-content/uploads/2023/05/Recovery-Capital-Worksheets.pdf>

Housing Need

Explore what is important for you to feel safe and secure where you reside. Write what you want in a place you call home. After completing, continue the activity on the next page.



What is important to me where I live?

Transportation Needs	School Requirements	Dwelling Size/Type
Expenses	Neighborhood Features (parks, grocery store, etc.)	Safety Features (fire alarm, second floor, etc.)
What is living with? (Pet, electricity, gas, water, cable, internet)	Proximity to Family/Friends	Home Features (dishwasher, AC, laundry, etc.)

Medical Need

Explore the medical needs you have and how you meet them. Complete each box and continue the activity on the next page.



What issues are you experiencing or have experienced recently?

☐ Anxiety ☐ Depression ☐ Bipolar ☐ Schizophrenia ☐ PTSD ☐ Substance Use ☐ Chronic Pain ☐ Mental Health ☐ Physical Health ☐ Financial Issues ☐ Social Issues ☐ Family Issues ☐ Community Issues ☐ Other	☐ Mental Health ☐ Physical Health ☐ Financial Issues ☐ Social Issues ☐ Family Issues ☐ Community Issues ☐ Other	☐ Mental Health ☐ Physical Health ☐ Financial Issues ☐ Social Issues ☐ Family Issues ☐ Community Issues ☐ Other
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What are you usually able to manage that is difficult you are experiencing?

What barriers prevent you from accessing the help you need? (If the barrier is not listed, please write it down.)

Medical Information	Mental Health Information	What are the top 3 issues affecting you? (List in order of priority)
---------------------	---------------------------	--

If only one issue out of the five identified you seems to work through and write it down.

Financial Need

Explore what is important for you to work towards financial freedom. Financial freedom is having enough savings and cash on hand to afford the kind of life you deserve for yourself and your family. Reflect on what financial freedom looks like for you and continue the activity on the next page.



How would attaining financial freedom be impacted on your life?

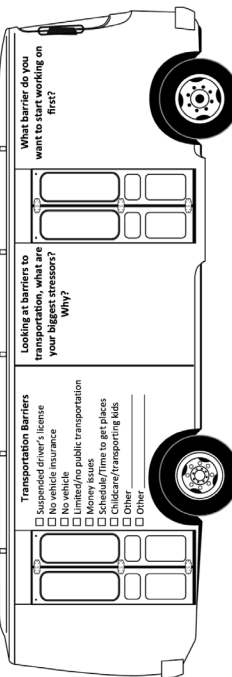
Why is it so hard to stick to a budget? Answer Y/N Have you tried budgeting before? Yes ☐ No ☐ Have you tried budgeting recently? Yes ☐ No ☐ Have you tried budgeting recently? Yes ☐ No ☐ Have you tried budgeting recently? Yes ☐ No ☐	Write down monthly recurring expenses Scale 1-10 (1 is low, 10 is high) How much money do you spend on housing? How much money do you spend on food? How much money do you spend on transportation? How much money do you spend on entertainment? How much money do you spend on healthcare? How much money do you spend on education? How much money do you spend on other?
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What are the top 3 things you spend the most money on each month that are not a recurring expense?

What is one thing you are willing to do today to start working towards financial freedom?

Transportation Need

Explore your transportation needs and how you meet them. Complete each box and continue the activity on the next page.



What is your life like when you don't have reliable transportation?

What is your ideal way to meet your transportation need?

What barrier do you want to start working on first?

Looking at barriers to transportation, what are your biggest stressors? Why?

Transportation Barriers

☐ No vehicle ☐ No driver's license ☐ No money for public transportation ☐ No money for gas ☐ No money for insurance ☐ No money for maintenance ☐ No money for parking ☐ No money for tolls ☐ No money for other transportation costs ☐ Other

Teach Participants to Assess Their Personal Recovery Capital & More With Free Tools

Granfield & Cloud Recovery Capital Assessment Tool:

<https://acrobat.adobe.com/link/review?uri=urn%3Aaaid%3AscDs%3AUS%3A0bdf4b06-b80e-3311-9931-5ecd544346e8>

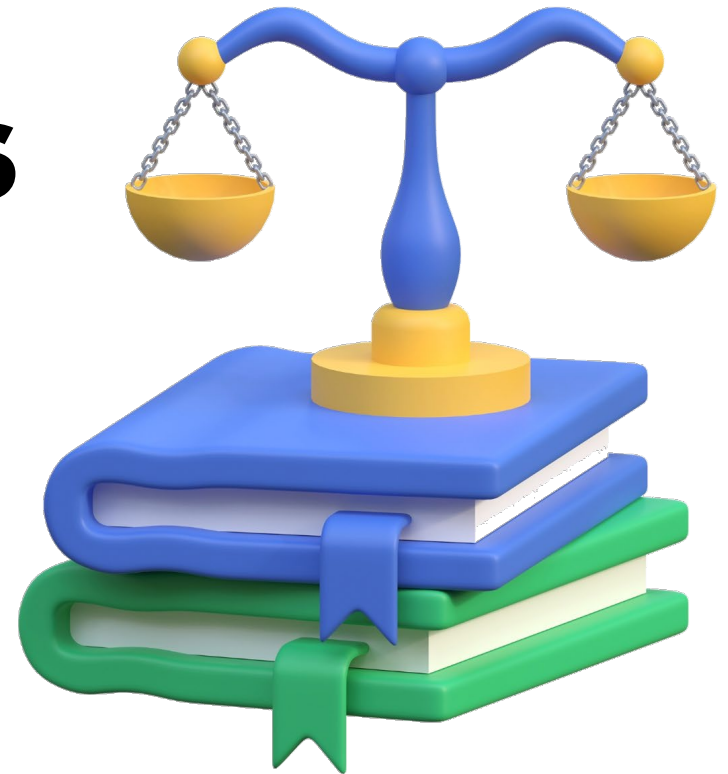
BARC-10

<https://www.apaservices.org/practice/reimbursement/health-registry/brief-assessment-recovery-capital.pdf>



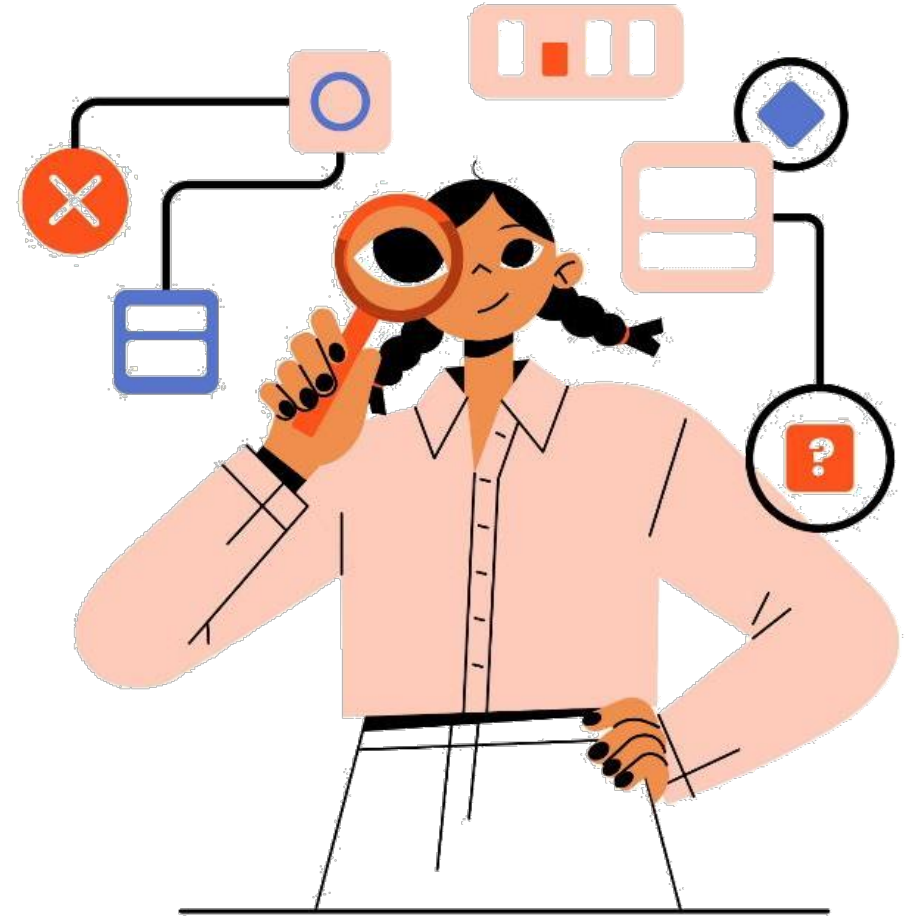
Legal Considerations

- Sometimes the Court must intervene
- Limitations on when and how the Court can prohibit relationships



Marriage is a Fundamental Right

- Case law: “**Marriage is one of the basic civil rights** of man, fundamental to our very existence and survival.”
- Restrictions on marriage require **strict scrutiny**. Tread carefully.
- We must demonstrate the restriction is:
 - “**Necessary**”
 - “**Narrowly tailored**”
 - Serve a “**compelling governmental interest**”



Safety Takes Precedence



- When can we order “no contact whatsoever” with married individuals?
- When should we order “no contact”?
- Sometimes we have no choice other than restriction, e.g., when **imposed for the safety of family member victims**.
- Is there a history of family/ intimate partner violence?
- **It can be complicated.** Safety takes precedence!

Solutions: Make a Detailed Record

Appellate Courts have made it clear that this is an **evidentiary** matter.

➤ **If restriction is a “must,” make a detailed record describing:**

- **Participant conduct:** “living together for 4 months”, “4 positives for heroin”
- **Prohibited person:** “felon, active drug user”, “involved in drug use with the participant previously” and “history is likely to repeat itself because . . .”
- **Purpose of restriction:** “prevent relapse/ recidivism”, “promote rehabilitation” (Cite a specific scientific authority or reasons).
- **Reasonable exclusions:** “contact related to attendance/interaction at treatment sessions, support meetings, probation office meetings or court status hearings” and “unless prior written approval given”

Beware of Blanket Policies

➤ **Vague, one-size-fits-all policies almost always fail scrutiny**

- Appeals Courts have stricken policies prohibiting
 - “**Inappropriate** relationships” as too vague
 - “**Sexual** relationship” as ambiguous
 - “**Relationship**” seems to require more than one incident. How many is enough?
 - “**Intimate** relationship” as too vague
 - “When does a relationship become intimate?”
- **Solution:** Don't have blanket policies.
Review instead on a case-by-case basis.



Teaching participants what healthy relationships look like, and teaching relationship skills increases their chances of building healthy relationships



- Healthy relationships meet a basic human need
 - Healthy relationships are related to decreased substance use
 - Healthy relationships are related to better mental, physical and emotional health outcomes
-
- Sharing romantic moments with a partner has been linked to lower blood pressure, decreased sensitivity to allergens, and improved ability to fight infections <https://www.earth.com/news/falling-love-health-benefits/>

Impact of Healthy Relationships – Harvard Study

- Harvard study following individuals for over 80 years showed that the strongest predictor of long and healthy life was positive relationships.
- Close relationships, more than money, fame, social class, IQ, or genes, keep people healthier.
- Caring relationships were associated with delayed mental and physical decline and were the strongest predictors of long and happy lives.



“When the study began (in 1934), nobody cared about empathy or attachment. But the key to healthy aging is relationships, relationships, relationships.”

– Harvard Researcher

- An additional strong predictor was education. The more people understood about everything from healthy eating to what a healthy relationship looked like, the healthier they were physically and mentally.

People are wired for connection – they will seek it out.

- Forbidding relationships results in **heightened attraction** plus **dishonesty** *and impedes the learning needed for long term change*
- *Healthy relationships improve mental and physical health*
- People exist in couples and families –
 - You can forbid unhealthy relationships ONLY until you no longer have jurisdiction, or...
 - **Do what you can NOW** to help them navigate unhealthy unions & find healthy, recovery-supportive relationships

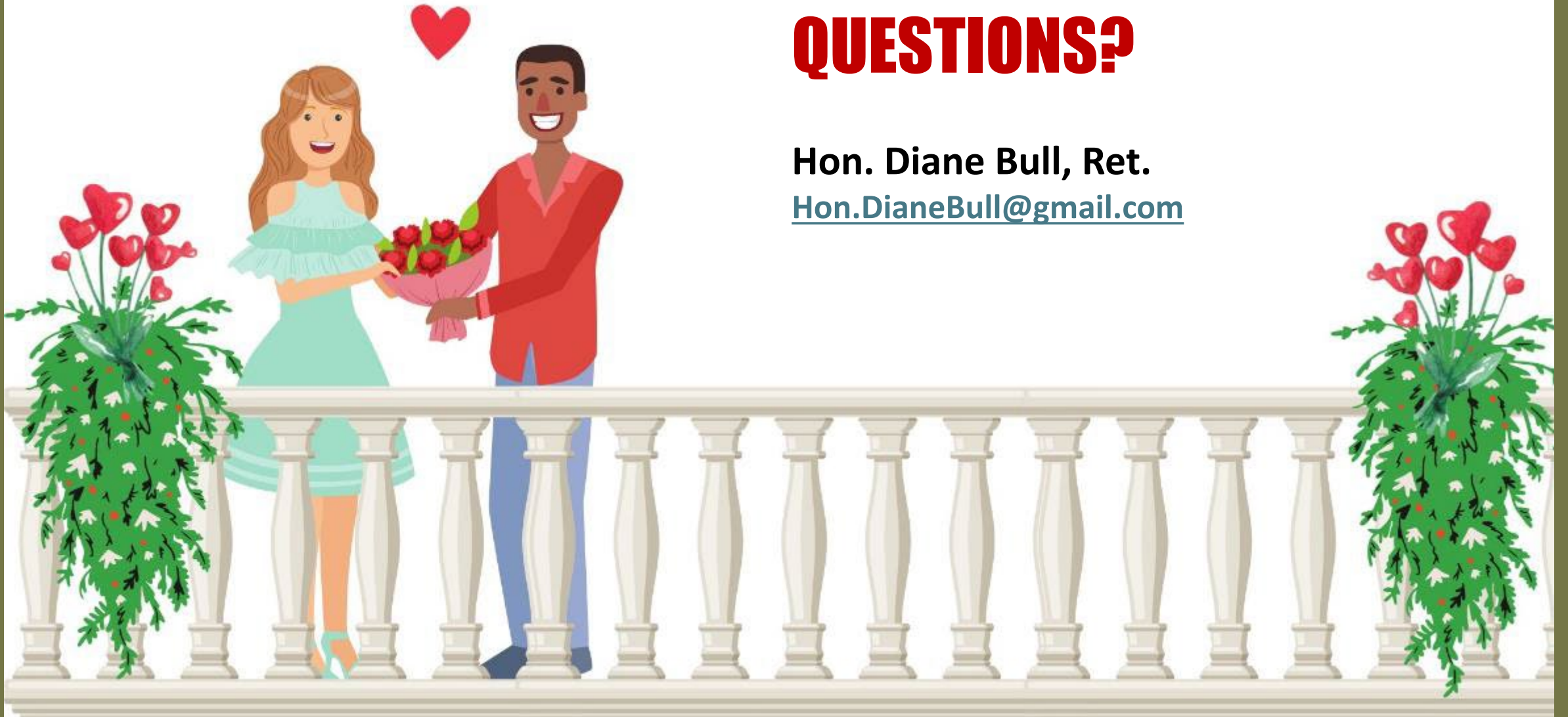




Laura now works as a felony
Drug Court Case Management
Specialist helping participants
embrace life in recovery

Thank you, Laura, for
sharing your story.





QUESTIONS?

Hon. Diane Bull, Ret.

Hon.DianeBull@gmail.com

ROMEO AND JULIET: What Do We Do When Participants Choose Someone We Think They Shouldn't?



**Scan here for
awesome handouts!**

**Dr. Shannon Carey, PhD
Hon. Diane Bull, Ret.**



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WITH JUDGE DIANE BULL & FRIENDS

<https://www.facebook.com/groups/TreatmentCourt>



Scan Me

- A **FREE** private group of 4,000 treatment court professionals
- No spam, no strings— just **SUPPORT**
- Free resources, information-sharing, expert advice and input
- Welcome to the conversation!

Family Need

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What does support look like for you?

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What Needs Does Your Family Provide?

- ☐ Childcare
- ☐ Financial support
- ☐ Emotional support
- ☐ Housing
- ☐ Transportation
- ☐ Spiritual support
- ☐ Assists with problems
- ☐ _____
- ☐ _____

What are ways you feel valued in a relationship from others?

Who do you feel close to and can depend upon?



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How does this group support your recovery? _____

What would improve your relationship while also supporting your recovery with this group? _____

What skills do you think would be helpful to work on?

☐ Healthy Boundaries

☐ Understanding Empathy

☐ Communication

☐ Developing Respect

☐ Conflict Management

☐ Preparing for Difficult Conversations

☐ Understanding Love

☐ Asking for Help

Financial Need

Explore what is important for you to work towards financial freedom. Financial freedom is having enough savings and cash on hand to afford the kind of life you deserve for yourself and you family. Reflect on what financial freedom looks like to you and continue the activity on the next page.

BANK

How would attaining financial freedom be impactful on your life?

Why is it so hard
to stick to a
budget?

Answer Y/N

Have a budget?

☐ Yes ☐ No

Taught how to
manage money?

☐ Yes ☐ No

Burn through
money quickly?

☐ Yes ☐ No

Have bank
account?

☐ Yes ☐ No

Answer Y/N

Usually pay for
things with cash?

☐ Yes ☐ No

Do you balance
your checkbook?

☐ Yes ☐ No

Do you have
credit cards?

☐ Yes ☐ No

Do you trust the
banks?

☐ Yes ☐ No

Write down
monthly reoccurring
expenses

Rent: _____

Utilities: _____

Cell: _____

Insurance: _____

Food: _____

Transportation: _____

Loans: _____

*Continue on separate
paper if needed.*

Scale 1-10 (1 low/ 10 High)

How stressed are
you with your
finances?

How often are
your finances
dictating what
you do?

How stressed are
you doing this
activity?

What are the top 3 things you spend the most money
on each month that are not a reoccurring expense?

What is one thing you are willing to do today to
start working towards financial freedom?



Financial Need

What is one thing you are willing to do today to start working towards financial freedom you wrote on the previous page?

Understanding our strengths and barriers to reach a goal is important. Reflect and write down the strengths you have like organization, can do math, or anything else that contributes to what you identified. Also reflect and write down barriers that might prevent you from accomplishing this goal.

Strengths

Barriers

- ★ Place a star next to your greatest strengths to help you accomplish this goal.
- Circle the barriers you have control over to manage.

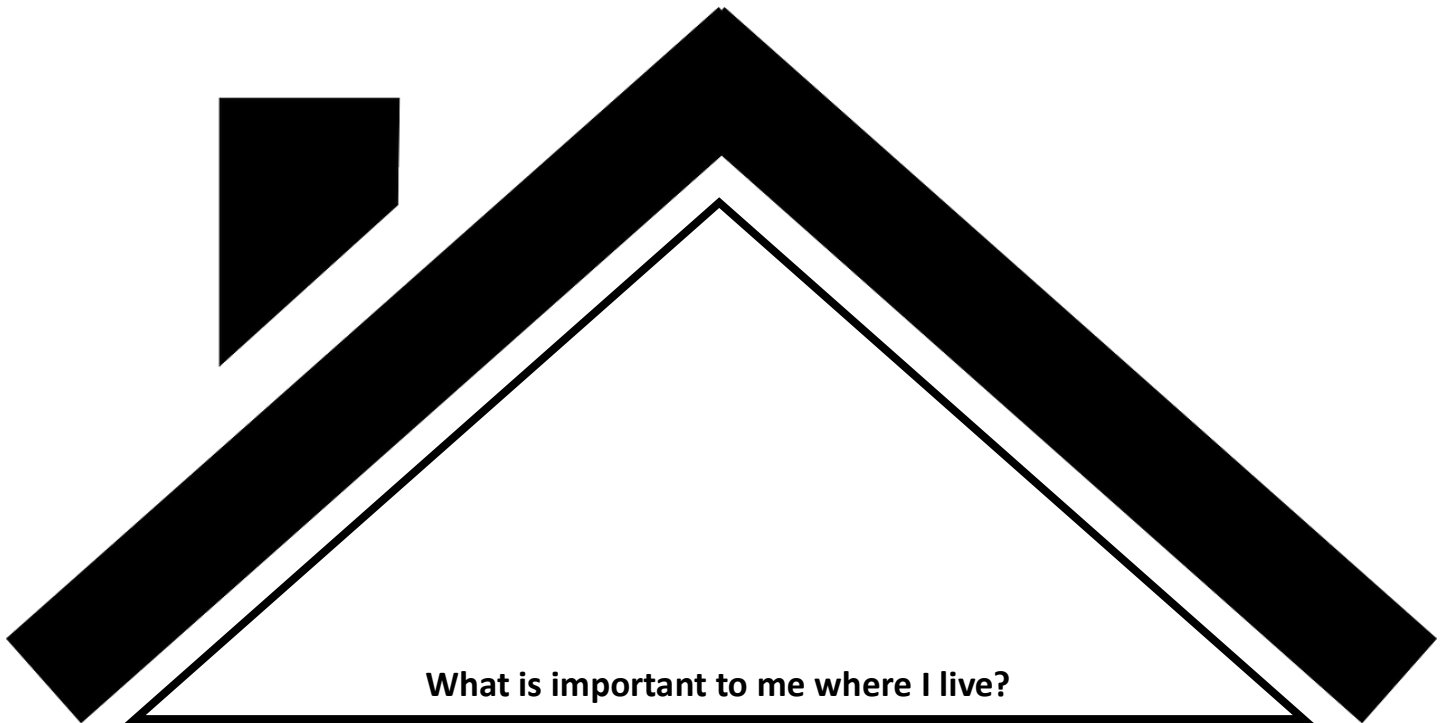
On the barriers not circled, where can you get assistance to manage them?

What type of assistance do you need to start working towards this goal?

Share with your case manager and write SMART Goals together to assist you on this journey

Housing Need

Explore what is important for you to feel safe and secure at where you reside. Write what you want in a place you call home. After completing, continue the activity on the next page.



Transportation Needs	School Requirements	Dwelling Size/Type
Expenses Rent: Electricity: Gas: Water: Cable: Internet:	Neighborhood Features <i>(parks, grocery store, etc.)</i>	Safety Features <i>(low crime, second floor, etc)</i>
Who is Living with Me?	Proximity to Family/Friends	Home Features <i>(dishwasher, AC, laundry, etc)</i>



Housing Need

How well does your current living environment match what you identified on the first page?

Match	No Match

★ Place a star next to the items in the **match column** that have the most value to you.

✓ Place a check mark next to the items in the **no match column** that pose the biggest concern for you feeling safe and secure in your home?

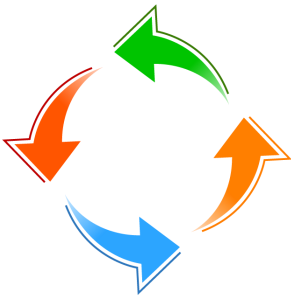
○ Circle one item in the no match column you see as the most concerning issue.

Identify the barriers that exist causing issues to address the circled item

What is one barrier you have control over to start addressing?

What are the next steps to address this barrier?

You plan to accomplish these steps by _____ (date)



Problem Solving

Step 1: Name the Problem - identify the issue or barrier that prevented you from completing your task.
Try to leave emotions out of the issue/barrier.

Step 2: Understand Others — Identify who is involved in the issue and what was the interaction with this person that added to the issue or barrier.

Step 3: Brainstorm Solutions - Think of solutions that will address what you wrote in understanding others while also working towards a resolution of the issue/barrier.

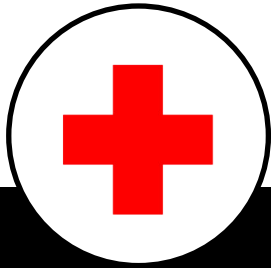
Step 4: Evaluate the Options and Choose - Review each brainstorming solution and *circle* the best option to meet your needs and successfully address the issue/barrier.

Step 5: Make a Plan - Decide when and how you will address the issue/barrier.

Step 6: Reflect and Adjust - Evaluate the success of your plan and decide what changes need to be made for future endeavors.

Medical Need

Explore the medical needs you have and how you meet them. Complete each box and continue the activity on the next page.



What issues are you experiencing or have experienced recently?

- | | |
|---|---|
| ☐ Body aches | ☐ Anxiety |
| ☐ Body pains | ☐ Mind racing |
| ☐ Headaches | ☐ Dental issues |
| ☐ Fatigue | ☐ Always sad |
| ☐ Stomach pain | ☐ Feel stuck |
| ☐ Diarrhea | ☐ Sleep issues |
| ☐ Constipation | ☐ Allergies |
| ☐ Numbness/tingling | ☐ Difficulty concentrating |
| ☐ Swelling | ☐ Poor eating habits |
| ☐ Feel bloated | ☐ Learning issues |
| ☐ Dizziness | ☐ Old injury bothering you |
| ☐ High blood pressure | ☐ Unmotivated to do anything |
| ☐ Trouble losing weight | ☐ Lack of exercise |
| ☐ Trouble gaining weight | ☐ Not sure, don't feel right |
| ☐ Sore throat | ☐ _____ |

On a scale from 1-10 (1 lowest, 10 highest) where would you rate yourself?

Physical health	_____	Mental health	_____
Exercise level	_____	Happy with self	_____
Eating healthy	_____	Connected to others	_____
Sleep quality	_____	Access to services	_____

What do you usually do to manage the issue(s) you are experiencing?

What barriers prevent you from accessing the help you need? (finances, insurance, transportation, feeling safe, etc.)

Medical Information

Have primary doctor? ☐ Yes ☐ No
Have insurance? ☐ Yes ☐ No
Have co-pay? How much? _____
Distance from home to dr? _____
How do you get to dr? _____
What are setting up appointments like?

Mental Health Information

Feel safe at home? ☐ Yes ☐ No
Connected to others? ☐ Yes ☐ No
Know where to get help? ☐ Yes ☐ No
Insurance covers MH tx? ☐ Yes ☐ No
MH tx accessible? ☐ Yes ☐ No
times you exercise a week? _____
Last time you were happy? _____

What are the top 5 issue affecting your life in recovery?

Pick one issue out of the five identified you want to work through and write it down.

Medical Need



What is the issue you identified as wanting to address? _____

Who is able to assist you to address this issue? _____

What do you need to address this issue? (*money, transportation, insurance, support, ect*)

Action Planning

An action plan is a checklist for the steps or tasks you need to complete to achieve your goal. Be clear in what you want to accomplish when filling in the steps.

Step 1: _____

What to do if I hit a barrier? _____

Step 2: _____

What to do if I hit a barrier? _____

Step 3: _____

What to do if I hit a barrier? _____

Continue on next page

Medical Need



Step 4: _____

What to do if I hit a barrier? _____

Step 5: _____

What to do if I hit a barrier? _____

If you need more steps, continue on back of worksheet or blank paper

Advocating for yourself

Sometimes we feel like our voice or need is not heard. Sometimes this happens when we are uncomfortable or when we feel powerless. Prepare your self by completing the 4 *W*'s and an *H* to meet your needs and ensure your issue is heard.

What is the issue: _____

When did it start: _____

Why is it important for you to get this addressed: _____

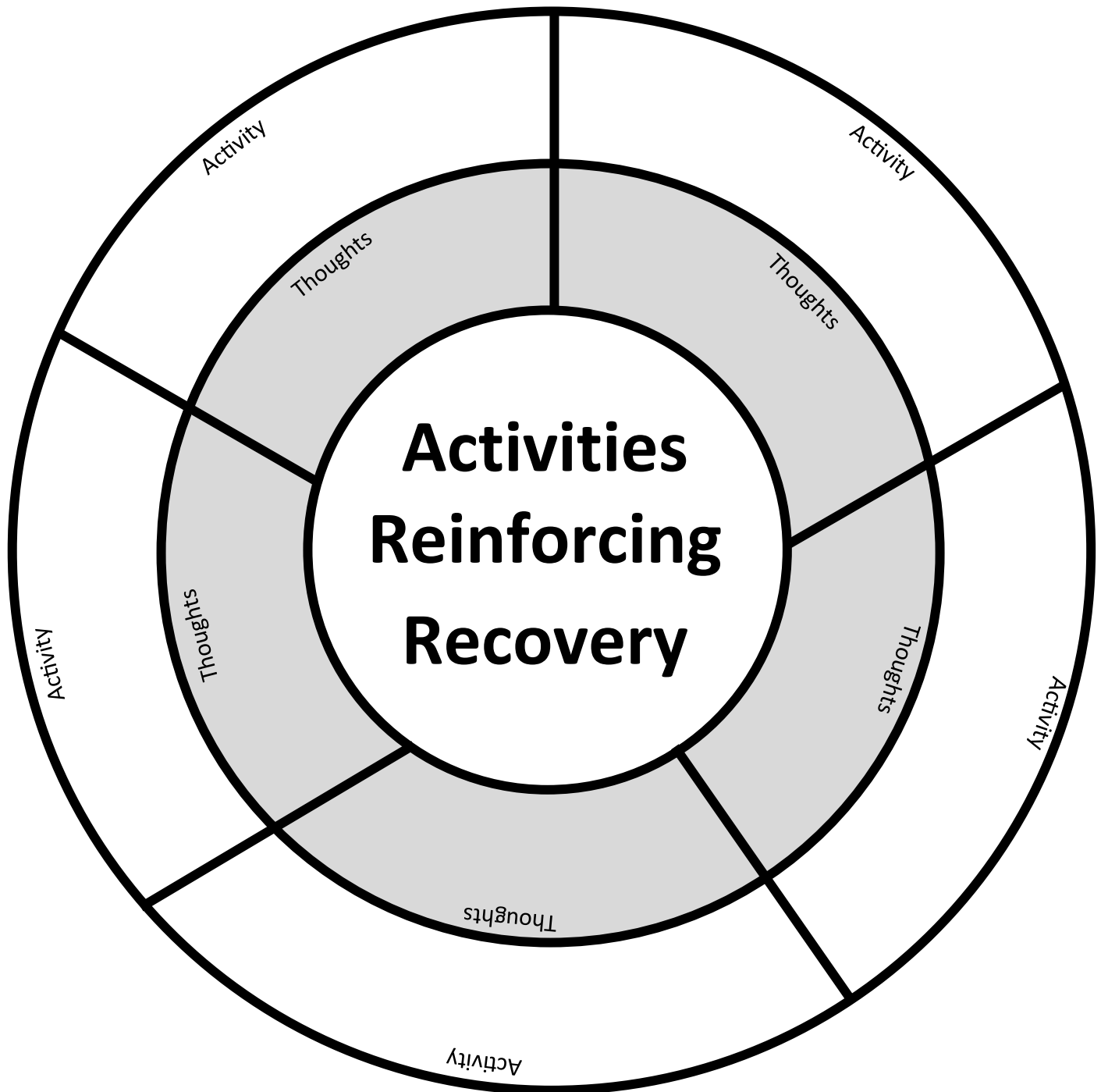
Who is affected by this issue: _____

How you want this issue to be resolved: _____

Name _____

Date _____

We want you to explore having fun in a positive way that supports recovery. Write down five activities you are willing to do and go out and try them. After you do each activity, write down your thoughts about the activity. Once all five activities accomplished, reflect about the experience and complete the bottom questions.



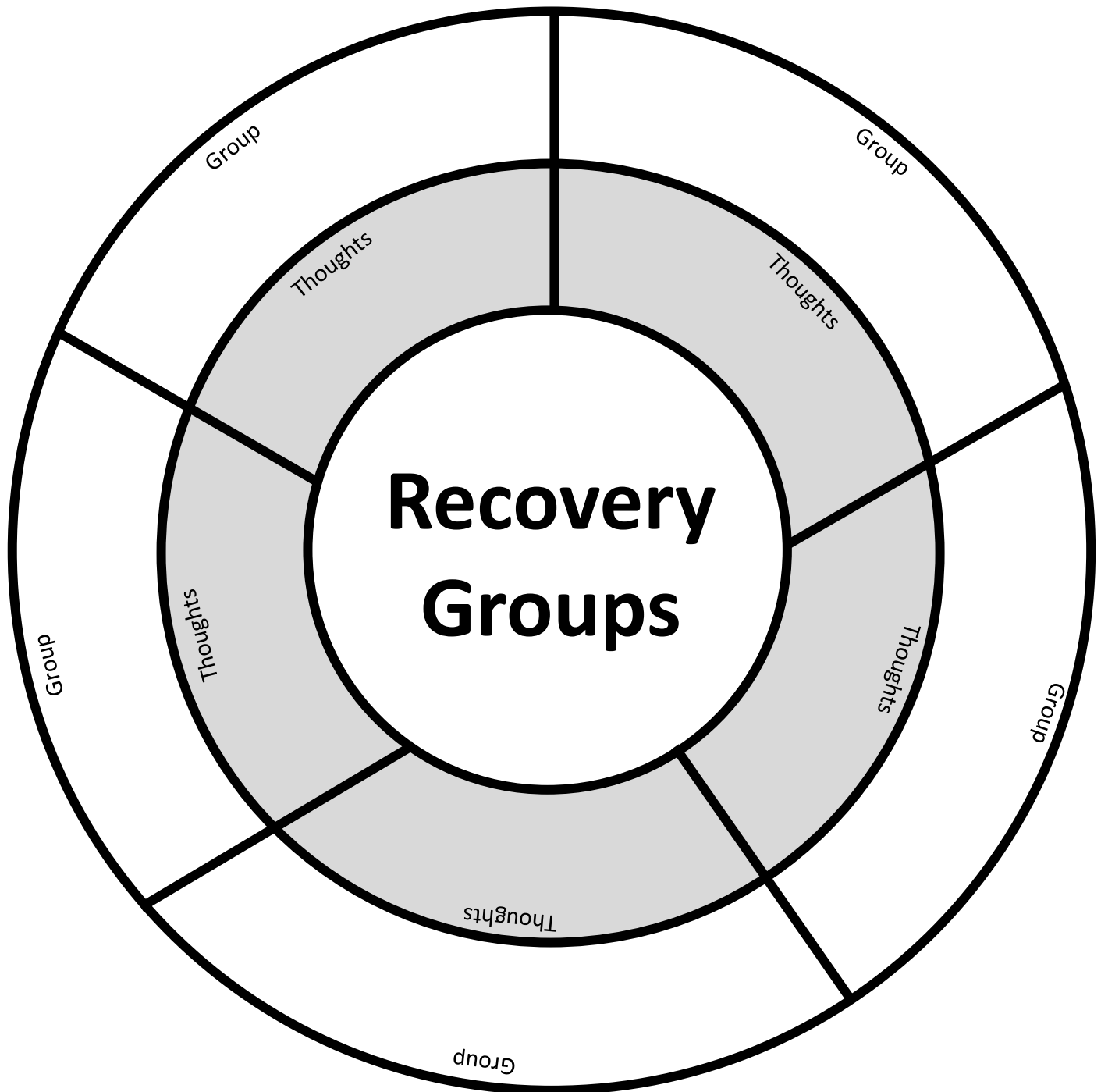
What types of activities are you interested in attending more? Why? _____

What value do you find in attending these activities? _____

Name _____

Date _____

We want you to explore getting connected to your community that will support your recovery. Write down five recovery groups you are willing to visit. After visiting them, write down your thoughts about the experience. Once all five recovery groups are attended, reflect about the experience and complete the bottom questions.



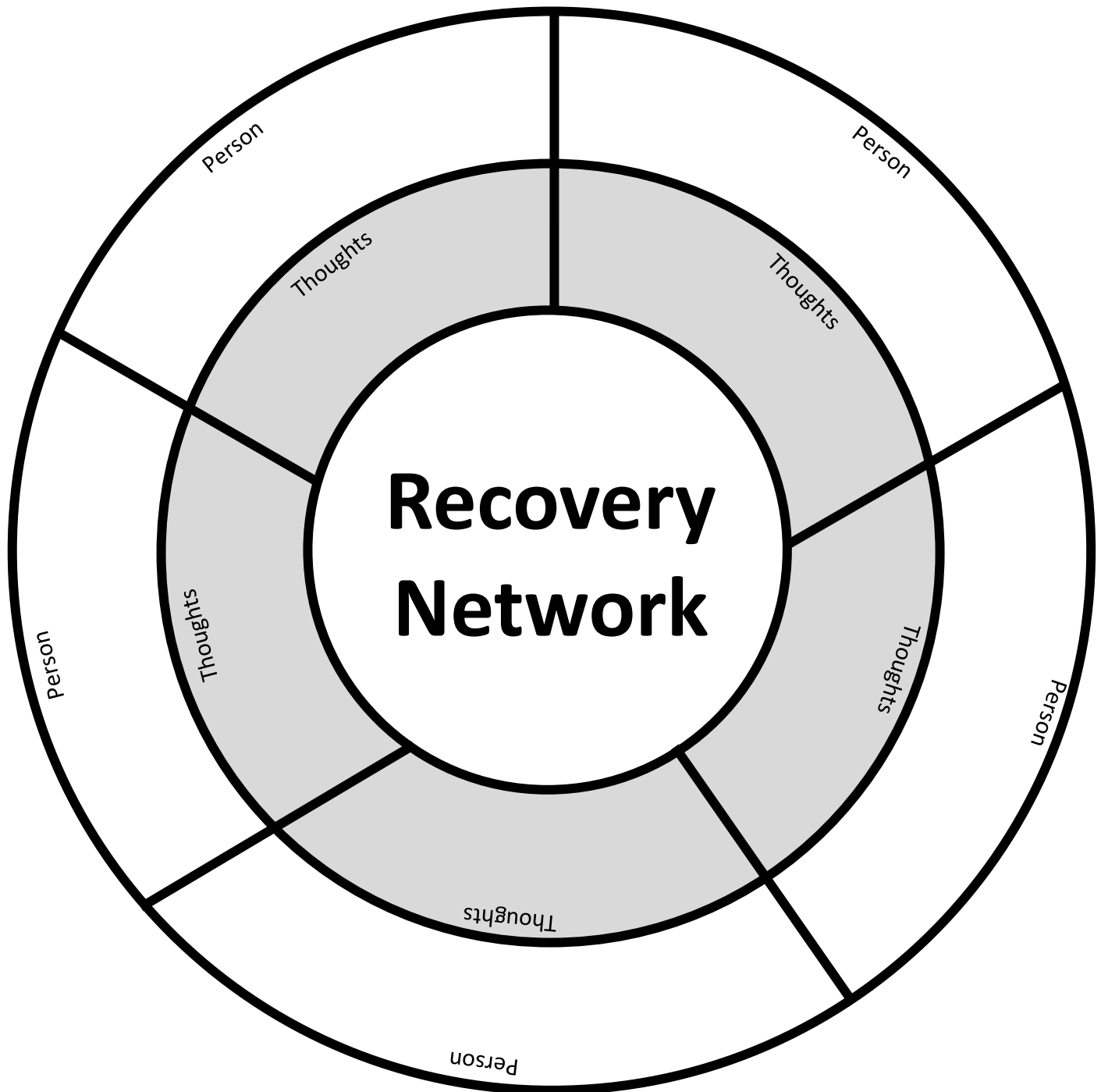
What types of groups are you interested in attending more? Why? _____

What value do you find in attending these groups? _____

Name _____

Date _____

We want you to explore having fun in a positive way that supports recovery. Write down five individuals that you can connect with to be a part of your recovery network. After you identify them, please write down your thoughts about how they may assist you. At the bottom, reflect on your experience.



What are qualities you need from people in your recovery network? _____

What are ways you can strengthen your recovery network? _____

Transportation Need

Explore your transportation needs and how you meet them. Complete each box and continue the activity on the next page.

Why is having reliable transportation important to you?

What is your life like when you don't have reliable transportation?

What is your ideal way to meet your transportation need?

Transportation Barriers

- ☐ Suspended driver's license
- ☐ No vehicle insurance
- ☐ No vehicle
- ☐ Limited/no public transportation
- ☐ Money issues
- ☐ Schedule/Time to get places
- ☐ Childcare/transporting kids
- ☐ Other _____
- ☐ Other _____

Looking at barriers to transportation, what are your biggest stressors? Why?

What barrier do you want to start working on first?

Transportation Need

Goal setting is a good way to stay focused on what you want to achieve. Write what you want to accomplish in the next six months (short-term) and year (long-term).

Short-Term Goal
(6 months)

Long-Term Goal
(12 months)

You have a clearer picture of where you want to be in the future when addressing your transportation need. Write the barrier you identified on the previous page of what you want to start working on.

Action Planning

An action plan is a checklist for the steps or tasks you need to complete to achieve your goal. Be clear in what you want to accomplish when filling in the steps. Each step should be related to the identified barrier. This activity can be completed with your case manager if you are having difficulties thinking of steps.

Step 1: _____

What to do if I hit a barrier? _____

Step 2: _____

What to do if I hit a barrier? _____

Continue on next page

Transportation Need

Step 3: _____

What to do if I hit a barrier? _____

Step 4: _____

What to do if I hit a barrier? _____

If you need more steps, continue on back of worksheet or blank paper

Advocating for yourself

Sometimes we feel like our voice or need is not heard. Sometimes this happens when we are uncomfortable or when we feel powerless. Prepare your self by completing the 4 *W*'s and an *H* to meet your needs and ensure your issue is heard.

What is the issue: _____

When did it start: _____

Why is it important for you to get this addressed: _____

Who is affected by this issue: _____

How you want this issue to be resolved: _____
