

First District Mental Health Court

Advancement Levels

Phase	Duration	Stage Model Associations			General Program Focus	
		Assimilation Theory	Transtheoretical Model	Hero Motif		
1	≈ 90 - 180 days	Anticipation	Contemplation	Departure	Functional Survival	Program entry, program orientation, development of treatment/recovery plans, completing needs assessments, functional living and community resource acquisition, housing, funding, primary data collection, benefit and entitlement applications, etc.
		Stage at which the individual begins planning for legal and clinical rehabilitation. Through planning the defendant anticipates the prospect of success and forms the commitments necessary for program completion.	Stage characterized by a movement away from defense mechanisms that promote denial (rationalization, projection of blame, etc.) and avoidance of personal responsibility, toward thought and consideration of the need for behavior change.	At the point of departure the individual must decide the context of their circumstance, whether to accept responsibility as a call to adventure and actively or passively resist the challenge, or accept the challenge and proceed through the hero's quest.		
2	≈ 90 - 180 days	Encounter	Preparation	Initiation	Functional Recovery	Further development and engagement in treatment and service planning and delivery, personal skills development and behavior management, learning coping strategies, and maintaining symptom remission.
		The initial point where new participants perceive discrepancies between their preconceptions of the program and actual judicial and rehabilitative engagement where planning takes more specific shape and direction.	Stage in which the individual begins to exercise forethought and intention to take action in the immediate future. Preparation involves the development of commitment strategies that will result in successful program completion.	Once the mental health court participant crosses the threshold into the realm of therapeutic jurisprudence they will essentially encounter a series of trials and tasks that ultimately prepare the individual to achieve the goal of program completion.		
3	≈ 90 - 180 days	Metamorphosis	Action	Fulfillment	Functional Mastery	Community re-integration - establishing and maintaining appropriate leisure, recreational, educational, vocational, social and rehabilitative and/or wellness support systems.
		Metamorphosis is the transition to full engagement and committed participation where the defendant begins to self-initiate program activity and shift from passivity to proactive self-determination.	Action is the stage in which the individual makes specific modifications in life-style. In this stage program participants must become focused on the acquisition of alternative activities that preclude problem behaviors.	Fulfillment or atonement in the hero's quest is the incorporation of the personal changes brought about by the heroic journey, where the individual is metaphorically "reborn" or fulfills the process of personal transformation.		
4	180 days	Disengagement	Maintenance	Return	Functional Fulfillment	Community re-investment through peer mentoring, coaching, guidance and support, as well as attainment and demonstration of relapse prevention and self-efficacy proficiency.
		Disengagement refers to the individual's graduation from the judicial aspects of the mental health court program. Although the individual is expected to continue in therapeutic services.	Successful change is an alteration in behavior sustained over time. The factors necessary for maintenance of change are sustained effort, and a restructured lifestyle. Work in this stage is to devalue previous behaviors in favor of healthier alternatives.	As the mental health court graduate arrives at an awareness of the personal gains of the program journey, the true spirit of the return is one's bestowal of these gains to the society in which they reside as acts of restoration which completes the quest.		

The mental health court program is organized into four specific phases or levels of participation designed to fuse the three models described above and incorporate the context and function of each applicable stage paradigm.