

Benchmarks achieved during our comprehensive 3-phased treatment



1 SAFETY

Health:

- Meet with a primary care physician
- Dental appointment
- Apply for health coverage

Education/Vocation:

- Complete educational assessment
- Take applicable tests and meet with academic advisors as appropriate
- Secure necessary documents

Financial:

- Identify debts
- Open savings account

Recovery/Mental Health/Substance Abuse:

- Attend meetings
- Begin treatment
- Identify spiritual needs, preferences and resources

Legal:

- Identify all legal needs and contacts
- Review conditions

Leadership:

- Meet with survivor leader and begin initial goal setting

Housing:

- Apply for Section 8

2 EXPRESSIONS

Health:

- Continue visits with PCP
- Health needs identified
- Medication management in place

Education/Vocation:

- Complete sample resume and job application
- Apply for jobs
- Begin volunteer work
- Enroll in classes or tutoring
- Learn bus routes/access transportation

Financial:

- Develop personal finance plan

Recovery/Mental Health/Substance Abuse:

- Continue treatment
- Access spiritual resources
- Develop list of triggers and associated coping skills
- Identify sponsor
- Attendance at a recovery/community meeting of choice

Legal:

- Payment plan / repay fines
- Maintain compliance with any conditions

Leadership:

- Participate in leadership training

Housing:

- Identify housing options with contracts

3 TRANSITIONS

Health:

- Identify and meet with physician for after program completion
- Identify and meet with dentist for after program completion
- Schedule healthcare appointments
- Medication management plan in place for after program completion

Education/Vocation:

- Education plan
- Jobs and/or secured income in place
- Secured references from work and volunteering
- Transportation plan in place

Financial:

- Financial plan in place
- Pay bills

Recovery/Mental Health/Substance Abuse:

- Continue treatment
- Therapist in place and have met with at least once
- Substance abuse resources and recovery meetings in place
- Spiritual resources in place
- Relapse prevention plan

Legal:

- Payment of fines
- Maintain compliance with any conditions

Leadership:

- Identified leadership supports/ mentors with plan for contact

Housing:

- Apply for housing
- Safe housing option in place
- Identified resources for obtaining housing items