

Stages of Behavior Change

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Behavior Modification in a Drug Court

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Define Success

- What is your mission?
- What are your goals?

Why Are Your Clients In Drug Court?

What Strategies Don't Work?

- Sanctions alone
- Deficit-oriented approaches
- Short-term, unsupervised, uncoordinated treatment

What Are The Challenges?

- | | |
|-------------------|--------------|
| ■ Housing | ■ Education |
| ■ Transportation | ■ Family |
| ■ Safety | ■ Legal |
| ■ Mental Health | ■ Financial |
| ■ Physical Health | ■ Recreation |
| ■ Employment | |

What Tools Does Your Program Have To Influence The Behavior Of The Participant?

- Treatment
- Drug Testing
- Education
- Support
- Supervision
- Case Management
- Team-oriented Coordination
- Sanctions and Incentives

Preliminary Issues

- Who are you working with?
- What behaviors need to be promoted?
- What behaviors need to be discouraged?
- What skills must the participant have?

Preliminary Issues (cont.)

- What do you want them to do?
- Why do you want them to do it?
- How do you want them to do it?
- When do you want them to do it?
- Where do you want them to do it?

Program Structure

- Phase I – Orientation
- Phase II – Treatment
- Phase III – Preparation to succeed
- Phase IV – Aftercare/maintenance

What Are The Behavior Goals For Each Phase?

Phase I

- Attendance
- Understand program expectations
- Begin compliance
- Detox
- Begin treatment

Phase II

- Compliance
- Performance
- Treatment progress
- Addressing issues
- Accountability

Phase III

- Treatment Achievement
- Self-reliance
- Success is its own reward
- Personal development
- Responsibility
- Get healthy
- Get happy

Phase IV

- Prepare to leave
- Personal planning
- Give back

Program Structure Issues

- Objective/subjective advancement criteria
- What are the skills needed?
- How are the skills obtained?
- What are the challenges?

Program Structure Issues (cont.)

- What are the minimum/average times for phase advancements?
- Who/when/where do program failures occur?
- What sanction issues occur most frequently?
- What achievements are hardest to attain?
- What are the problem populations?
- What are the responsibilities of each team member?
- How are team achievements/failures addressed?

Team/Participant Accountability

- How does the targeted behavior fit into the goals?
- Does the sanction/incentive relate to the targeted behavior?
- What are the reasons for participants' behavior?
- How do we know what the behaviors are?

Ten Guidelines For Behavior Modification

- Immediate and certain
- Developmentally appropriate
- Consistent and fair
- Individualized
- Goal-oriented
- Competency based
- Culturally responsive
- Therapeutically appropriate
- Sufficient intensity
- Not painful, humiliating, or injurious

Considerations

- Responses are in the eye of the beholder
- Responses should be delivered for every targeted behavior
- Undesirable behavior should be reliably detected
- Responses should be predictable and controllable

Considerations (cont.)

- Behavior does not change by sanctions alone
- The method of delivery can be as important as the response itself
- Distinguish between criminal justice responses, treatment strategies, and drug court programming
- Treatment is not a sanction

Final Considerations

- Make sure that the participant has the ability to do what you expect.
- Some people are not equipped to follow our orders.
- Remember why you're not in traditional court.
- Refer to your mission.
- Why are your clients in Drug Court?

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