

TORONTO DRUG TREATMENT COURT - Program Flow Chart

Stages of Change
 Continuous Goal Setting & Care Plan Revisions
 Individualization
 Recovery Model
 Social Determinants of Health
 Risk, Need, Responsivity

- External Control Thinking & Motivation
- Harm Reduction
- Treatment Immersed

- Internal Control Thinking & Motivation
- Abstinence/Reduced: Use & Criminal Behaviour
- Community Integration

ASSESSMENT & ORIENTATION

- Screening
- Assessment Tools
- Peer Support
- Needs Assessment
- Bio-Psycho-Social Assessment
- Setting "small" goals
- Focus on "showing up"
- Safer/secure housing
- Income Supports
- Transportation Support

"PREPARATION" & EARLY RECOVERY

- Stabilization
- "30 Day Assessment"
- Physical Health
- ID/Health Card
- Peer Support
- Scheduling
- Grounding (trauma)
- Addiction "medicine"
- Psycho-ed
- CBT "Lite"
- Simple Goal-Setting
- Socialization
- Recreation
- Individual "case management"

INTENSIVE

- Residential
- Intensive Day Program
- Structured Relapse Prevention

note: release from residential treatment = danger zone

MAINTENANCE

- Criminal Thinking
- CBT Intensive
- Motivational Interviewing
- Choice Theory/RT
- Individual Goal Setting
- Group Therapy /Process Groups
- Individual Therapy
- "Feelings"
- More complex "psycho-ed"
- Life skills/recreation
- Accessing "community"

CONTINUING CARE & GRADUATION PREP

- Support Groups
- Working
- Volunteering
- Education
- Community Supports
- Trauma, Anger Management etc.
- Social Integration

GRADUATION AFTER CARE PROBATION

- Ongoing peer support
- Ongoing groups
- Ongoing "individual"

← 2+ weeks 3+ months 3+ weeks 4+ months 2-3 months 3+ months →

Trauma Informed...Culturally Competent...Concurrent Disorders Capable...Gender Appropriate...Motivational....Cognitive/Behavioral