Welcome! In an effort to keep community stakeholders up to date on all of the happenings in the Collaborative Courts we are starting a quarterly newsletter which will highlight program updates and changes as well as current and past Mental Health Court (MHC) and Addiction Intervention Court (AIC) participants stories. We hope you enjoy hearing about all the exciting things taking place in the Collaborative Courts!

**Thinking for a Change and Healthy Living Groups**

In March we added a Thinking for a Change group. Thinking for a Change (T4C) is an integrated cognitive behavioral change program authored by Jack Bush, Ph.D., Barry Glick, Ph.D., and Juliana Taymans, Ph.D., under a cooperative agreement with the National Institute of Corrections (NIC). T4C incorporates research from cognitive restructuring theory, social skills development, and the learning and use of problem solving skills. Thinking for a Change is an Evidence Based Practice used with high risk offenders to help reduce criminal thinking. T4C is comprised of 25 lessons that build upon each other, and contains appendices that can be used to craft an aftercare program to meet ongoing cognitive behavioral needs of our participants.

In June we added a Healthy Living group. Too often our client’s physical health is not made a priority in their overall mental health recovery and wellness. The life expectancy of someone diagnosed with a Serious Mental Illness (SMI) is substantially lower than the general population (8.0 to 14.6 years for men and 9.8 to 17.5 years for women). We are taking a holistic approach to wellness by adding a group that will focus on physical health. Participants will learn about nutrition and other health related topics and will take part in a walking club.
We said goodbye to our MSW I and MSW II interns in May. The MSW II interns had been with the team since last summer and the MSW I interns since last fall. The interns provided case management, individual and group therapy, and conducted assessments. They became an invaluable part of the team and established great working relationships with the clients. They will be missed by staff and clients alike!

The Collaborative Court Team participated in the NAMI Walk in May. Staff from all 5 agencies attended: HHSA, Probation, the District Attorney’s Office, the Public Defender’s Office, and the Superior Court with retired Judge Janet Gaard’s attendance! It was a great event and a wonderful way to show our support for NAMI.
The Collaborative Court Team has been busy these last few months presenting the programs to staff at the DA’s Office, the Public Defender’s Office, and the Probation Department. In addition, the team presented at the DA’s Office Citizens Academy and the Woodland Rotary Club. The Collaborative Court team is committed to continuing to reach out to community partners to build relationships and spread the word on MHC and AIC.

Deputy Probation Officer Stephen Svetich
speaks to staff from the DA, PD, and
Probation about MHC and AIC.

Restorative Justice Comes to AIC

Restorative justice is a theory of justice that emphasizes repairing the harm caused by criminal behavior. It emphasizes accountability and making amends. Restorative Justice was added to MHC in March 2018 and has been an extremely successful and meaningful addition to the program. In February 2019 the Collaborative Court Team decided to add Restorative Justice to AIC and in May 2019 the first AIC graduate underwent the process. Upon entering Phase IV participants will begin the Restorative Justice process. They will meet weekly for 4-6 weeks with a facilitator. Participants are asked questions about their crime including who was harmed and how. The participant is asked to make an amends either in person at a Victim-Offender-Conference, by proxy at a Victim-Impact-Panel, or indirectly by writing apology letters. They then write an essay to the Court detailing what they have learned from the process, how they made amends, and how they plan on ensuring something like this doesn’t happen again.
Wellness Outings

These past few months have been chalk full of fun wellness outings for the MHC participants! MHC participants are required to attend monthly wellness outings to help increase socialization and build a natural support system with their peers.

In April the team went to Baker Beach in San Francisco. We got lucky with beautiful weather. The team enjoyed a picnic lunch in the sun, got their feet in the sand, and some even waded into the chilly water!

In May the participants went to the Jelly Belly Factory. They got to see how the jelly beans are made, taste some of the delicious treats, and even take a picture with Mr. Jelly Belly himself!

In June the team went to a Rivercats baseball game! Deputy Probation Officer Stephen Svetich and Clinical Supervisor Kristi Abbott were lucky enough to be able to join the group. We enjoyed dollar hot dogs and dollar ice creams. Unfortunately, we did not get to enjoy a Rivercats win!
Graduations!

We had 3 graduations in the Collaborative Courts this quarter! Two from AIC and one from MHC. The MHC graduate has chose to remain anonymous. The two AIC graduates have selected to share their stories.

Callie Garcia April 2nd, 2019

In March 2017 Ms. Garcia was arrested for vehicle theft. Ms. Garcia pled no contest to felony vehicle theft and was admitted to Addiction Intervention Court in September 2017. Ms. Garcia had a criminal record dating back to 2007, Ms. Garcia was convicted of drug charges on four occasions and served time in prison. At the time of the arrest, she was homeless with her 2 year old son. Ms. Garcia struggled for the first 6 months of the program, including a relapse in March 2018 after a personal loss. It was at that point that she went to Progress House, a residential substance use treatment which allows mother’s to bring their small children with them. Ms. Garcia began to flourish at Progress House, staff commented “She is a wonderful mother and demonstrates integrity, courage, and willingness to change. She has more self-esteem and has continued to work on her self-confidence.” Ms. Garcia completed job training and eventually got a job as a cook at a local restaurant. She got herself out of debt, got her driver’s license back, and moved into transitional housing with her son. At her graduation Ms Garcia said “surrender and give yourself a chance to change because the miracles and blessings in recovery are far beyond your wildest dreams. It’s not easy, but it is worth giving yourself a chance.”
On November 11, 2014 Mr. Alcaraz was arrested by the Woodland Police Department after leading them on a high speed chase through the streets of Woodland. Mr. Alcaraz had drugs on him and stolen property from his friend’s home he had burglarized. Mr. Alcaraz had been involved in the criminal justice system since he was juvenile and had spent time in State Prison as an adult. Mr. Alcaraz was referred to Addiction Intervention Court in May 2017. Initially, Mr. Alcaraz was not invested in the program and only was participating to avoid a State Prison sentence. As the months passed and with the support of the AIC team, Mr. Alcaraz became a believer and fully surrendered himself to the program. As a result of his dedicated efforts, he became a shining example for others in the program, leading up to his graduation. Mr. Alcaraz is also the first AIC graduate to participate in the restorative justice process where he made amends to all his victims by writing them letters, including the Woodland Police Department officer who arrested him. In his graduation essay Mr. Alcaraz wrote “First and foremost I would like to begin by thanking you all for the wonderful opportunity I have been given to turn my life around. When I first began my journey in AIC I was lost, broken, and confused. I believed my whole life was over. I had a hopeless mindset and thought process of a child, addict, & criminal. I was a liar, cheater, thief and a user. I will be working for the rest of my life to be clean and sober. There are very important steps I have taken in my recovery to become stronger. I’ve let go of old associates and I’ve cut some family members due to them still using. I have totally dropped my pride and ego to be able to accept help. I have come to enjoy my life for what it is. Today I live my life righteously and honestly.” Mr. Alcaraz has expressed interest staying involved in AIC as a mentor to current and future participants.
Alumni News

Jesse Fiero, who was the 2nd participant to graduate MHC back in late 2015, stopped by HHSA to check in with staff. Jesse has been working as a truck driver since his MHC graduation. His felony conviction has prevented him from getting the security clearance needed to make deliveries to Port areas. He shared that he recently elicited the help of the Public Defender’s Office to get that conviction expunged from his record and now has the security clearance. He shared that without the support of the MHC team he would not have had the tools needed to reach out to the Public Defender’s Office to get their help in the expungement. When his work does not have him out of state, Jesse attends the Alumni events and MHC graduations.

Consumer Corner

Who are you? - By A.Z.

I feel grateful and serene because of my recovery, either a 12-step world or mental health. Who are all these people who want me to succeed and give a damn about me? Kristi, Steve & Terri, Just to name a few. I now know I am able to make better choices because they keep me on my toes. I will not let crystal meth to take me down for it, It is deadly full of destruction if I choose to go back. I found my true self and my inner child is happy because I treat him so well. I found out that I am loveable, kind, generous and sweet. My life has transformed into a beautiful rose as it grows into a beautiful flow, Which has many colors as it changes colors like a chameleon it protects its self. I will thrive and excel as my life progresses on a day to day basis.
Collaborative Courts by the Numbers

4th Quarter Numbers: 4/1/19-6/30/19

**Referrals**
In the fourth quarter 21 people were referred to the Collaborative Courts. Of that number 6 were accepted into AIC and 3 into MHC which is an acceptance rate of 42%.

**Enrollment**
MHC averaged **14.33** enrolled participants and AIC averaged **15**.
The capacity for each program is 15.

**Exits**
3 graduations, 1 transition, 2 terminations

**Looking ahead**
On track for 2 graduations in next quarter

About Mental Health & Addiction Intervention Courts

MHC and AIC are 18 month long programs in which participants progress through four phases of treatment: Orientation and Treatment Plan Development, Early Recovery, Active Recovery, and Sustained Recovery. Participants are required to take their medication, abstain from drug and alcohol use, and make all of their appointments. Participants receive intensive case management, individual and group therapy, substance use disorder treatment, educational/vocational support, housing support and independent living skills training, and wellness outings designed to increase social skills and establish a natural support system peers.

In order to graduate participants must complete a minimum of 18 months, progress through all four phases of treatment, complete 120 volunteer hours, complete a restorative justice component, and create a wellness/aftercare plan.

MHC offers an Alumni program for graduates to stay involved in the program after graduation. The Alumni group meets monthly and Alumni are invited to the monthly wellness outings to socialize with and mentor current participants. They are also invited to graduations.

Funding & Expansion

The Collaborative applied for and received a grant from the Department of State Hospitals. This grant is focused on diverting Felony Incompetent to Stand Trial defendants into community based treatment as opposed to the criminal justice system and state hospital system. This grant will add both a clinician and a case manager to HHSA’s forensic team and will serve up to 8 people at any given time.

The Collaborative is also applying for a grant to expand Mental Health Court. The grant is due July 18th and awardees will be notified in September. This grant would add 3 positions to HHSA’s forensic team: a clinician, a case manager, and a peer support worker. The grant would double the clients served by MHC at any given time.