

**TAOS PUEBLO'S SACRED PATH  
WELLNESS & RECOVERY PROGRAM (WRP)**



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**“We must be the change we wish to see”**

**Ghandi**

**Taos Pueblo’s Sacred Path Wellness & Recovery Program (WRP)**

## **Section One: The Conceptual Framework**

### **I. Introduction**

Life is a journey. We each choose our path. Our path or journey is determined by the many choices, big and small, that we make each and every day. Taos Pueblo's Sacred Path Wellness & Recovery Program (WRP) draws upon traditional culture and contemporary neuroscience to provide a state of the art, evidence-based, holistic approach to the treatment of addictions. Contemporary neuroscience shows that all addictions, whether it be compulsive gambling, uncontrollable eating, or alcoholism, share the same neurobiological causal pathway in the brain. Addiction is now understood to be a physiological disease, much like diabetes, that results when a certain behavior or substance is engaged in or consumed repeatedly leading to physical dysfunctions and changes in the brain. The physiological dysfunctions associated with the disease of addiction become the driving force behind the destruction that occurs in virtually all areas of a person's life, including their emotional and psychological wellbeing, their social relationships, and their spirituality.

Unfortunately, until recently efforts to help those in the throes of addiction have ignored the physiological basis of the disease, the "hardware problems", and focused almost exclusively on the social aspects, thinking, behavior, and other "software problems". As a result, the effectiveness of such treatments has been limited. In fact, it is estimated that 80% of the people who receive conventional help, which includes the standard treatment programs and self-help groups, for alcohol and other drug addictions relapse and return to their addiction behavior following treatment. In order to be more successful, programs, like Taos Pueblo's Sacred Path Wellness & Recovery Program, must go well beyond what has been done before and address all aspects of the illness, including its physiological foundation and the related psychological, social, and spiritual dimensions. To do this, the program and its participants must have a solid understanding of the biological basis of the disease of addiction.

## **II. The Disease of Addiction: The Dopamine Model**

Understanding the brain's role in addiction and treatment can be instrumental in freeing people from the chains of addiction. In order to understand the disease of addiction, it is helpful to first review how the healthy, well-functioning brain works. The human brain is the supercomputer that runs your nervous system and your life. This supercomputer weighs about 3 pounds, consists of approximately 100 billion neurons, 50 trillion glial or support cells, and hundreds of trillions of connections, known as synapses. The brain is soft, with a consistency much like tofu or jello. It is protected by a thick skull and floats suspended in a thick fluid called cerebral spinal fluid. The cells within the brain communicate to each other and with the rest of the body through a combination of chemical exchanges (these chemicals are called neurotransmitters) and electrical discharges. In order for the brain to work well, it must be able to produce and efficiently use these neurotransmitters in balance with one another; similarly, it must maintain a balance in its levels of electrical activity. The brain is divided into two halves or hemispheres, and most brain parts are symmetrical with a corresponding left and right side component. The various locations and parts of the brain have distinct functions, much like the different instruments in an orchestra have their unique sounds. The proper workings of the brain are much like a symphony in which each component does its part and comes together in concert to create a whole that is harmonious and beautiful.

The human brain is actually the product of millions of years of evolution and includes three inter-related but distinct systems: the brain stem or the reptilian brain, the limbic system or mammalian brain, and the cerebral cortex or human brain. The cerebral cortex is what most of us think of as the brain. It forms the top layer of the brain, accounts for about 76 per cent of the brain mass, and is the center for those functions that separate humans from other animals, including reason, language, and creativity. For most people without a solid understanding of the brain, the cerebral cortex is the brain, and this limited understanding makes it impossible to understand why people often behave in such seemingly irrational and even self-destructive ways, such as when a person continues to perceive themselves as ugly or stupid when in fact they are attractive and intelligent, when a person continues to relive their past abuse even when they are loved and safe in the present, or when a person continues to consume alcohol, smoke cigarettes, gamble, or over-eat when they are suffering profound negative consequences such as serious health issues, financial problems, and distress to the entire family and community.

In order to understand these apparent paradoxes, including addictions, we must first understand the complexity of the human brain. As humans evolved, we did not drop earlier brain forms and replace them with newer versions; in contrast, much like a typical Taos house, we simply kept adding on, room after room, brain part after brain part, with the result being a system of three brains in one, known as the triune brain. The brain stem or reptilian brain is virtually identical to the brain found in modern day reptiles and contributes to those functions and abilities that a

lizard has, e.g. the cycle for sleeping and waking, the basic arousal level, appetite, walking, etc. The limbic system or the mammalian brain is virtually identical to the brain of a horse or dog and contributes to those functions and abilities possessed by these animals. In particular, the limbic system or mammalian brain in conjunction with the lizard brain has the key task of keeping us alive and insuring our survival. In order to do this, it has two primary jobs: protection and pursuit. Because these jobs are so critical to our survival, as the brain evolved, it limited the ability of the cortex to get in the way and muddle our swift responses by giving the cortex limited power to override or interfere with the primary tasks of protection and pursuit.

### **III. The Limbic Brain's Protection Function**

To protect us from harm, the limbic portion of our brain activates what is often called the “flight or fight” response within the nervous system. The “flight or fight” response refers to the brain’s identification of a threat, and it’s attempt to protect us by releasing the stress hormones, namely adrenaline and cortisol, that prepare the body to respond to danger by activating the sympathetic nervous system, e.g. by stepping on the body’s accelerator, enabling us to mobilize great energy and strength to fight the enemy or to escape the danger as needed. In order to do this, the brain limits the ability of the cortex to "get in the way". For example, if a person is walking through the forest and glances at a dark, slender, curved object laying in the leaves, the limbic brain will quickly register this object as a "threat" and immediately mobilize the "threat response", which we experience consciously as a chill down our back, rapid breathing, increased mental alertness, a surge of energy in our legs and arms, and we may even sense the tiny hairs on our back standing up. All this happens without conscious effort and prepares us to run or to fight, in order to protect us from the danger at hand. Soon after the limbic or mammalian brain activates our protection response system, our cortex finishes its analysis of the object and likely decides that this object is not dangerous, e.g. it is not a snake but rather a stick, and we calmly continue our walk, without ever realizing that these two parts of our brain, separated by ages of evolution, just did a remarkable feat of coordination.

Unfortunately, in the modern world most of our threats are not short-lived and momentary, like the unexpected presence of a snake or saber tooth tiger, but lingering and chronic, like the demands of working too hard for too many hours, or juggling family duties, finances, work obligations, or health challenges, in a world that is increasingly fast paced and stressful. This condition of chronic stress keeps the limbic protection response system engaged which in turn leads many to chronically overproduce (and then possibly deplete) cortisol and adrenaline, which in turn have catastrophic negative effects on all aspects of our health. In fact, many of the major health conditions of our time, such as hypertension, heart disease, diabetes, arthritis, chronic pain, and other physical ailments can be linked to a chronic stress response and associated neurochemical changes in the body. A key point here is that in the same way that we can't simply will or think our way out of high blood pressure (the limbic brain's protection system or accelerator on

overdrive), it is not possible to simply will or think our way out of addiction (the limbic brain's pursuit system on overdrive). Moreover, effective treatment and prevention of addiction and other health conditions must help people avoid or shift out of chronic, limbic-driven stress responses. In fact, research shows that over 95% of those with a substance abuse problem report that their major reason for using alcohol or drugs is to cope with stress. An understanding of the brain's role in addiction, in turn, shows that the more we use alcohol or other drugs to cope with stress, the more we lose our natural ability to cope with stress because of the damage being done to our brain by these substances. The result is a downward spiral: the more we use, the more stressed we become, the more stressed we become, the more we use, and so on.

#### **IV. The Limbic Brain's Pursuit Function**

In order to fully understand addiction, we must also look more closely at the second, related function of the limbic system or mammalian brain, namely that of pursuit. Just as the limbic system has been entrusted with the job of keeping us safe by mobilizing our energy to avoid danger, it also has the primary job to identify and mobilize us to pursue those things that will help us to survive. In doing so, the limbic brain serves as our primary reward and navigational system. The major neurotransmitter involved with this pursuit or navigation function is dopamine. In short, through the ages our brain's navigation system has worked in this simple but effective manner: when we engage in a behavior that is good for our survival or consume a substance that is good for our survival, our brain releases a chemical (a neurotransmitter) called dopamine which is taken in at a particular site deep inside the brain called the nucleus accumbens. When stimulated with dopamine, the nucleus accumbens responds by creating a sense of well-being, satisfaction, and pleasure. This positive sensation is often called the "reward" and we have evolved to do those things and to consume those things that produce this sense of satisfaction or reward, while ignoring those things that do not produce such an effect on us.

As an example of the dopamine-driven reward/navigation system, we can look at the life of the bee. For their survival and for the survival of the hive, bees with their tiny brains must "figure out" and "remember" where to fly in order to gather the nectar they need while expending no more energy than necessary to accomplish this task. On their gathering expeditions, bees instinctively land on blossoms, testing how much nectar they contain. If a blossom contains a large amount of nectar, octopamine (the bee's version of dopamine) is released in their brain and taken up by a single neuron. If the blossom does not contain much nectar, the octopamine is not released and is not taken up by their navigational neuron. After sampling a meadow filled with blossoms, a bee will travel up to five miles to return to its hive before setting out again in search of more nectar. The bee will return to the blossom with ample nectar amidst of field of competing options because its navigation or pursuit system was locked onto this blossom by the release of octopamine, which acts as a honing device. In contrast, it will ignore the blossoms with less nectar which did not produce a release of the neurotransmitter octopamine.

Neuroscience shows that the pursuit system of humans is very similar: we lock onto substances and actions that activate dopamine release at the nucleus accumbens. Over the ages this navigation system worked well for guiding and directing our behavior. For example, when we engage in acts of closeness or bonding, like giving or receiving a hug, when we consume a food good for our survival, like blueberries, or when we work hard or do something we are proud of, dopamine is released and taken in at the nucleus accumbens. By doing so, our brain stamps this substance or behavior as “good” or even necessary for our well-being and survival. In addition, the limbic brain will cling to any information or cues associated with the dopamine activation in order to never forget where and how it got it. Similar to the bee who "remembers" the path back to the nectar-filled blossom, the limbic brain stamps as indelible those memories or cues associated with getting the dopamine. The result is that seeing, hearing, smelling, or even thinking about anything related to the dopamine release becomes seared into the primitive brain and will actually activate a dopamine release by itself.

As a species, our survival has depended upon the ability of dopamine release and the activation of the nucleus accumbens to direct our pursuits. Spurred and motivated by the unconscious desire to achieve dopamine release and activation at the nucleus accumbens, we have evolved with the ability to endure much in order to pursue what our limbic brain labels as good or necessary. For example, many of the things we are most proud of require a good deal of hardship, of varying forms, to achieve. Many of us endured countless hours of less-than-enjoyable studying, work sheets, lectures, and early morning risings in order to achieve the goal of graduating from high school. We were able to stay on track and persevere in part because even thinking of this goal or receiving loving encouragement from others released at least small amounts of dopamine that stimulated the nucleus accumbens and “rewarded” our efforts. We have evolved to lock onto courses of action or to consume substances that even mildly activate via dopamine the nucleus accumbens. The activation of the nucleus accumbens is actually the final step in a cascade of neurochemical processes that starts with serotonin and culminates with dopamine, known as the Reward Cascade.

Unfortunately, as we evolved, our brains were not prepared for the massive dopamine flooding associated with alcohol and other drugs or with certain contemporary conditions, such as easy and ready access to fatty, sugar-filled, and greasy foods. Although the various drugs, including alcohol and addictive behaviors impact the reward cascade in different ways, the end result is the same: they increase the availability of dopamine to the nucleus accumbens and, in doing so, they trick the brain into locking onto them as something good or necessary for our survival. As examples, cocaine triples the level of dopamine in our system by keeping what we have in circulation longer; nicotine triples the dopamine level by directly releasing dopamine into the brain; and alcohol doubles the amount of dopamine in the brain indirectly by inhibiting processes that otherwise would limit the amount of dopamine available. Though different in their route of action, all addictive substances and behaviors result in activating the nucleus accumbens via dopamine.

Over time, the very substances or addictive behaviors that initially flood the brain with dopamine actually cripple the brain's ability to produce and process dopamine, creating a chronic state of deprivation and the associated inability to sustain a sense of pleasure, satisfaction, and well-being. The method for crippling the natural system of dopamine release varies according to the particular drug or addictive behavior, but they all do so by disrupting the Reward Cascade, e.g. by altering the brain's ability to produce or process serotonin, endorphins, or dopamine. Alcohol for example directly attacks cellular functions, damages the cells RNA (the working blue print for making neurotransmitters from available amino acids), which in turn causes an under-production of serotonin, endorphins, and dopamine, and reduces the number of receptors for these neurotransmitters.

The impairment of the dopamine-driven reward system has profound effects: it creates tolerance for the drug or behavior, meaning that the same amount or intensity of the drug or behavior no longer has the same effect because the activation of the nucleus accumbens is diminished (from the reduced production of dopamine and/or the reduced number of dopamine receptors). In other words, as the substance or addictive behavior does more and more damage to the brain, the person must use more and more of the drug or do more and more of the behavior to get the same effects. As the brain's ability to process and produce dopamine decreases, the person's ability to experience pleasure and satisfaction from other things also diminishes. The bowl of blueberries, the hug, the accomplishment that once brought a sense of pleasure and reward are no longer able to bring satisfaction. When the brain is starved for dopamine, the condition is known as Reward Deficiency Syndrome (RDS). When this physical condition occurs, the individual is profoundly changed and varying degrees of misery set in. Individuals with RDS have limited ability to derive pleasure from most activities, their moods are irritable and shifting, they tend to be anxious, depressed, or angry often; they have difficulty with sleep, either falling asleep or staying asleep, and often they report feeling as if their "mind won't shut up", as the brain goes and goes, ruminates, and is unable to find sustained pleasure or relief. Needless to say, this brain condition, in turn, often leads people to relapse and resume using the addictive substance or engaging in the addictive behavior that caused the condition in order to gain momentary respite from the suffering.

Moreover, as addiction sets in through the process of dopamine deprivation other areas of the brain that depend on dopamine to work well are no longer able to do their jobs. This is particularly true for the prefrontal cortex, which is the area of the cerebral cortex (the human brain) most responsible for self-control, judgment, delay of gratification, analyzing the potential consequences of our actions, and other important jobs, collectively known as the "executive functions". The prefrontal cortex has the job of trying to harness, manage, and calm the limbic system: a job made more and more difficult by addiction and the associated increased reactivity in the limbic system and by the decreased functioning within the prefrontal cortex.

## **V. The Disease of Addiction: The Brainwave Model**

A complimentary understanding of the disease of addiction comes from understanding the role

that brainwave patterns play in the etiology and treatment of the condition. The human brain evolved within the earth's geomagnetic field, which pulsates at frequencies from 0 to 30 hz (0 to 30 times per second). The fundamental pulsation of the earth's atmosphere is called the "Heart Beat of the Earth" or the Schuman Resonance, which is 7.83 hz. In other words, the strongest naturally occurring pulsation occurs between 7 and 8 times per second. Our bodies and our brains soak in the earth-based electromagnetic pulsations and need them for our well-being and survival. Extensive research conducted by NASA and leading universities has shown that without these electromagnetic energies, our health and the functioning of our nervous system is greatly compromised, including muscle atrophy, depression, insomnia, and other conditions. Our brains and our bodies respond to these naturally occurring electromagnetic energies in two important ways: 1) our cells use the energy to boost our metabolism and to power critical cellular functions; and 2) our brains fire in concert with these pulsations through a process called entrainment. The brain wave pattern associated with the "Heart Beat of the Earth" is called alpha, and is associated with deep relaxation, a sense of feeling "grounded" and open, and is associated with peak performance. Consumption of alcohol produces a temporary increase in alpha brain waves, which in turn contribute to the pleasurable effects of the drug. One way to view this temporary effect is that alcohol attains its pleasurable effects by hijacking our fundamental, energetic connection with Mother Earth. Unfortunately, over time the cellular damage done by alcohol use cripples our ability to produce alpha brain wave patterns, e.g. it severely limits our ability to resonate with the Earth. As our ability to resonate with the earth diminishes, alcohol, in effect, becomes our God or Higher Power, and we become less and less able to relax and to feel our fundamental connection with the Earth and with others. As this connection diminishes, we turn more and more alcohol, the source of our pain, for comfort.

## **VI. The Disease of Addiction: A Summary**

Here is the vicious loop called addiction: the more we use the dopamine-enhancing substance or engage in the addictive behavior, the more our brain becomes locked into thinking it needs it for our survival and the more it clings to memories and stimuli (places, people, circumstances) related to use. The more we use, the more our brain is damaged at a cellular level, the more we need of the substance to achieve the initial effect and to feel "satisfied", the more we physically lose the ability to derive pleasure from other things, and the more imbalanced and impaired we become, e.g. unable to sleep well, irritable, anxious, depressed, and unable to execute control over our behavior. In short, the more we use, the more damaged our brain becomes, and the more likely we are to continue to use.

Addiction is when the brain's natural circuit for pursuit, pleasure, and navigation is hijacked by something that is actually harmful to us and the brain's capacity for self-control and self-soothing is simultaneously diminished. This underlying brain dysfunction in turn drives the individual into behaviors and choices that create chaos and destruction in virtually all areas of a person's life,

through misdirected efforts to restore their brain's proper functioning. As the core pillars of a person's life, such as their moods, relationships, health, and spirituality, begin to crumble the protection function of the limbic system is also overwhelmed and becomes ever more stressed and stuck in chronic stress responses. The end result is a spiraling loop: the pursuit system becomes impaired and locked onto the addiction, the protection system becomes besieged with distress, and each of these vital survival functions fuel the other: like a vehicle with the accelerator stuck to the floor, with the steering locked in place, and with the usual override mechanisms, e.g. the brakes, inadequate and faulty, soon the vehicle careens out of control and crashes, injuring those inside and those in its path.

## **VII. Implications for Treatment**

Based upon an understanding of the physical disease of addiction, it is clear that treatments are effective to the extent that they do the following: pull back on the stuck accelerator (by calming the limbic brain), free the steering wheel (by addressing the Reward Deficiency Syndrome), and repair the brakes (by optimizing frontal lobe functions).

Importantly, we also know that addiction is an incurable disease that can be managed but never fully eradicated. Once the brain becomes addicted to anything, the brain, via the changes in the pursuit or reward system, is permanently reprogrammed to addiction, meaning it will forever be susceptible to the original addiction and for developing addictions for other substances and behaviors. This is why many who remain sober for years will quickly relapse and crash again if they reignite the addiction with a few beers. This is also why many who successfully abstain from engaging in one addiction often replace it with another, e.g. they stop using cocaine but become addicted to marijuana, they stop drinking alcohol but begin over-eating or gambling compulsively. Neuroscience and extensive research also indicate that in order to be maximally effective, treatment must encourage the person to make a life-long commitment to recovery which involves not merely abstaining from the alcohol or addiction but developing wellness in all areas of life: health, emotions, relationships, work, recreation, spirituality, and meaningful contribution to the community.

We also know that addiction is not a disease that strikes those with the lowest willpower, those that lack moral fortitude, or even those that have used the most of an addictive substance. Because addiction results from the disruption of the Reward Cascade any genetic variation related to the synthesis, vesicular storage, metabolism, receptor formation, or catabolism of any of the neurotransmitters impacts the risk for addiction. For example, a common genetic variation involved in an increased risk for alcohol addiction is having fewer dopamine receptors to begin with, an exaggerated release of dopamine upon drinking, and the associated tendency to lose dopamine receptors more quickly after repeated exposure to alcohol. Taken together, these genetic variations make it far more likely that a person with a parent or grandparent with a severe

alcohol addiction will develop an alcohol addiction.

Another interesting way to look at the genetic risk of developing alcohol addiction comes from findings related to differences in the electrical activity in the brain of those predisposed to alcohol addiction. Numerous studies have shown that those with an increased risk of alcohol addiction are born hard-wired to have difficulty relaxing. This tendency is evident by the fact that those with a family history of alcohol addiction are likely to have higher amounts of fast brain wave activity and lower amounts of calming, slower brain waves. This combination of excessive fast brain waves and insufficient slower brain wave activity is associated with anxiety and sleep problems, which often predate and fuel the use of alcohol in order to self-medicate as alcohol initially increases the level of slower brain wave activity, hence the calming effect. Unfortunately, chronic alcohol use results in increased imbalances in the brain's electrical activity, e.g. even more pronounced excessive fast brain wave activity and reduced levels of calming, slower brain waves.

## The Sacred Path Wellness & Recovery Program (WRP)

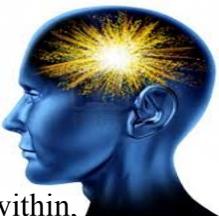
### Section Two: WRP Program Overview

#### I. Four Tools for Recovery

Four tools for recovery emphasized throughout the WRP program are Vision, Wisdom, Wellness, and Wilderness. These tools are grounded in traditional culture and healthy brain function.



Vision, which stems in large part from the prefrontal cortex, refers to the ability to see clearly the Sacred Path we choose to follow. Vision is knowing where we want to be and what we want to avoid. For many in the throes of addiction, it means seeing beyond the temporary high, beyond the cravings and challenges, and never losing sight of the life you want and deserve. Vision is reinforced throughout the program; for example, participants regularly draw, paint, sculpt, or write about where they want to be, what they want to avoid, and what they want to pursue. Vision is deeply personal and it's the key ingredient in motivation, which is the heart of recovery, e.g. no one gets better or recovers from addiction unless they want to, and are willing and able to do the work.



within, Wisdom, which involves the entire brain and requires deep self-awareness, refers to accepting the reality of your addiction, knowing how to stay on your chosen Path, how to avoid what pulls you down, and how to keep on going even when the sober road is difficult. Wisdom comes from from others, from self-help groups like AA, and from our traditions and culture. Wisdom includes knowing the importance of reaching out for support before succumbing to the pressures of addiction. The WRP maintains a 24 hour, 7 day a week, on call service (575 770-9863) which offers support and crisis response for participants and community members.



mind, Wellness, which stems in large part from a healthy brain, refers to the ability to make your chosen Path one of joy, wholeness, and satisfaction. Wellness comes from sustaining a healthy body and brain, a healthy healthy relationships, and a healthy spirituality. Nutrition and healthy eating are vital to recovery and are emphasized throughout the program. Related to Wellness, participants receive WRP credit for participation in traditional doings, and they are strongly encouraged to strengthen their bonds with the community, its traditions, and its culture. WRP groups and activities include professional peer support specialists and/or therapists who speak Tiwa and are rooted in the traditional culture. Participants

are free to speak in English or in their native tongue, based upon their individual preference, in all aspects of the program.



Wilderness refers to one's relationship with all of the natural world.

The traditions and teachings of Taos Pueblo are rooted in an intimate and respectful relationship with Nature. Unfortunately as addiction sets in, many of the traditional ways of interacting with Nature such as gathering wood or local foods, hunting, and spending time in the mountains becomes tainted and fundamentally altered by the presence of alcohol. Rather than being a time for connection, it too often becomes a place and time for partying and littering. Re-establishing a sacred, respectful relationship with Nature is vital to one's recovery and wellness; it is emphasized in all phases of the WRP program. Many of the exercise groups include walks or hikes in the mountains, and we have wilderness trips in the Spring, Summer, and Fall. These wilderness trips are generally 2-3 day outings and include gender specific, family-oriented, and mixed gender adventures. WRP participants earn a week's credit for participation in a wilderness trip.

Each participant in WRP is assigned a primary counselor who meets with the participant for individual sessions and serves as the point person for WRP matters. WRP staff are trained in Motivational Interviewing, an empirically-proven method for helping to build and sustain the motivation for change. Individual therapy is a part of the program at all phases; however, the frequency and focus of this work is identified in the individualized recovery plan. Clinical staff are trained in the use of EMDR, EFT, DBT, and CBT, which are proven methods for promoting the emotional healing and transformations necessary for sustained sobriety and wellness. In addition to the clinical staff, the WRP has interns who serve as mentors and guides. WRP interns have completed the program and maintained at least one year of sobriety.

In all phases, participants are encouraged to keep a daily planner to help them prioritize their schedules. In addition, participants are encouraged to keep a daily journal to reflect on their day and their journey of recovery.

## **The Sacred Path Wellness & Recovery Program (WRP)**

### **II. Program Description**

## **A. Core Groups**

The WRP offers a daytime program, which serves most of our participants, and an evening program, which is solely for those who work full-time and are unable to attend the day program. The WRP is a nine month program. It includes a six month intensive outpatient program followed by a three month step-down program. The six month intensive program is divided into 6 levels with 2 distinct Phases. The stepdown or aftercare program represents the 7<sup>th</sup> Level and the third phase of treatment. Compliance throughout the program is determined by participation and documented sobriety. Four weeks of compliance are necessary for advancing to the next level (levels 1 through 6). The specific groups and sessions required for compliance vary according to a participant's phase in the program. The three Phases are Early Recovery, Recovery, and Wellness. The central component of the program, known as the Core Groups, remains the same throughout the six month intensive program, e.g. levels 1-6. The Core Group Schedule includes the twice weekly Core Groups and the monthly Family Night. The WRP follows the Taos Municipal School's with regards to closure or delays for inclement weather.

The daytime Core Groups are gender-specific. The evening Core Groups are mixed with both men and women. The Women's Core Groups are held Monday & Thursday, from 8:30 am until 11:30 am, while the Men's Core Groups are on Tuesday & Fridays, from 8:30 am until 11:00 am. The evening program's Core Groups are held Tuesday & Thursday evenings from 5:30 pm to 7:00 pm. Each Core Group includes a social support component, a relapse prevention component, and an exercise or auricular acupuncture component.

## **B. WRP Components**

### Mindfulness Clinic/Acudetox

The Auricular Acupuncture & Mindfulness Clinics are open to the community and offer the Acudetox protocol and a quiet space for reflection, journaling, prayer, or other forms of mindfulness. The Acudetox protocol includes the insertion of 5 small pins in each ear. This protocol has been shown to be effective in treating addictions and trauma by helping the limbic brain shift out of a threat-response, by promoting a deep sense of calm and balance, and by helping the body detoxify from high levels of toxic substances, including stress-induced adrenaline and cortisol. The Acudetox protocol has also been shown to reduce cravings for alcohol, opiates, methamphetamines, and other addictive substances, including sugar. Responses from community members involved with our Auricular Acupuncture & Mindfulness Clinics indicate that the vast majority of participants are very satisfied with the sessions. More specifically, 95% of the participants indicate that they "strongly agree" that the session: "will help me reach my goals", "will help my recovery and/or wellness", and "was good for me". The Auricular Acupuncture & Mindfulness clinics are held Wednesday mornings from 8:30 am until 9:15 am and Tuesday evenings from 5:30 pm to 6 pm.

## Social Support

The Social Support component is devoted to helping group members identify and get relief from the stressors in their life by sharing their struggles and challenges. Equally important, the Social Support component encourages group members to build upon each other's successes by sharing their accomplishments and what is working well for them in their sobriety. The Social Support helps participants cope with the challenges of recovering from an addiction, relearn a sense of trust and safety, and feel emotionally connected to others. WRP participants are encouraged to address their personal issues related to alcohol while working to reduce the negative impact of alcohol within the community.

## Relapse Prevention

The Relapse Prevention component follows a curriculum based upon the integration of the Matrix Curriculum, The Integrity Recovery Curriculum, DBT, White Bison, and the Seven Challenges. These curriculums have been shown through research to be effective in the treatment of addiction to methamphetamines, alcohol, and other substances. The Matrix program and curriculum is considered “best-practice” by the Substance Abuse and Mental Health Services Administration (SAMHSA). The Relapse Prevention curriculum is educational in nature and helps the participants learn skills and knowledge needed for sobriety. The curriculum covers important topics such as repairing relationships, reducing stress, managing anger, truthfulness, dealing with feelings, and avoiding relapse. Art activities and other right-brain, expressive modalities are used in presenting the teachings. Therapy assignments are generally completed during the group session; however, some assignments require work outside of group time. Failure to complete assigned work is grounds for noncompliance.

## Physical Health

The Physical Health Component often includes going to the High Altitude Fitness Center and engaging in a physical activity of choice. Aerobic exercise has been clinically shown to support one’s recovery by increasing blood flow to the brain, providing natural sources of dopamine and other “feel good”, stabilizing neurotransmitters, and by reducing cravings related to one’s addiction. Participants in the WRP program are also provided free access to the High Altitude Fitness Center and are encouraged to go on their own throughout the week. Many of the successful WRP participants have found that working out at the Fitness Center and other forms of physical activity is one of the best ways to resist cravings and to rebuild a sense of confidence and well-being. WRP participants sign in using the WRP log at the High Altitude Fitness Center in order to

gain access to the facility.

### Family Night

Another required session within the Core Group schedule is the monthly Family Night. Addiction takes its toll on everyone in our lives; the closer they are to us, the more they get hurt by our addiction. Similarly, the closer they are to us, the more powerful they can be in our sustained recovery. Wellness depends upon our ability to repair broken or strained relationships and to find joy and happiness in our families and support system. Family Nights are big events with great food, a lively mix of ages, and a blend of sober enjoyment, education, and support. Family Nights typically occur on the second Thursday of the month. WRP participants are encouraged to bring family or friends to these important gatherings.

### Life Skills Group

On Wednesdays, the WRP program offers a Life Skills group which is mixed gender and focuses on life skills such as communication skills or job skills, and on relevant themes for recovery, such as nutrition, self-care, or dealing with grief and loss. The Life Skills block includes nutrition information, sessions using curriculum based on Cognitive Behavioral Therapy (CBT) and Dialectic Behavior Therapy (DBT), and group art therapy sessions. In the art therapy groups, clients are encouraged to address themes related to their recovery in more right-brain oriented ways. Teachings related to the traditional use of local herbs and treks into the mountains to gather local foods and herbs are also part of the Life Skills Group. The Life Skills component also includes frequent recreational outings, designed to promote having fun in sober ways. Recreational outings occur once a month and are generally full day activities. They count as 2 noncore groups. Recent recreational outings include going to the Hooper Pool in Colorado, bowling in Espanola, fishing at various lakes and streams, and hikes along local trails.

### Individual Therapy

In addition to the group sessions which are the foundation of the WRP program, individual therapy sessions are provided. Individual therapy sessions can be substituted for a non-core group therapy block in meeting the program requirements. The frequency and emphasis of these sessions is identified in the individualized treatment plan. Individual sessions are often important for addressing issues that benefit from a more intensive and private focus. The content of individual therapy sessions is not shared with other group members and is shared on a limited, need-to-know basis with other team members. Individual therapy can include a number of evidence-based modalities, including EMDR, EFT, art therapy, cognitive behavioral therapy, PEMF therapy, and

neurotherapy.

PEMF is the term used to describe a set of non-pharmacological, energy-based interventions and technology that have been extensively studied and found to be effective in optimizing a person's health at the cellular level, including brain wave patterns. NASA has done much of the PEMF research and has shown that the electromagnetic energies created by the earth and our atmosphere range from 0 to 30 hz and are critical to our health and well-being. Astronauts who leave the earth's atmosphere and its electromagnetic energies become depressed, depleted, and unhealthy to such an extent that NASA and the Russian space agency provide PEMF devices on all their space shuttles. As a result of chronic substance abuse and chronic stress, our physical bodies and brain also become depleted and low in the vital, life-supporting energies. WRP participants are offered a variety of energy-based tools for enhancing their physical and brain-related health at the cellular level. While not a substitute for medical care, these interventions have been shown to help restore the body and brain, and thereby greatly improve one's quality of life and reduce the likelihood of relapse. PEMF and neurotherapy have been shown through extensive research and clinical practice to effectively treat substance abuse, including alcoholism, by addressing the unstable mood, depression, anxiety, obsessive thinking, impaired executive functions, and head injuries that often predate and are exacerbated by the addiction. The PEMF and neurotherapy approaches incorporated into the WRP program include the following: HeartMath, Neurofield, Loreta Neurofeedback training, and Real Time Z score Training (RTZ).

Neurotherapy and PEMF interventions address the problems that often precede and are exacerbated by addiction. The brain profile most typical for those with alcohol addiction shows excessive fast brain wave activity and insufficient slower more calming brain wave activity. Individuals with this pattern of excessive cortical excitability are seven times more likely to relapse after treatment. When the brain shifts itself out of these “overdrive” patterns by increasing slower, more calming brain waves, the chance for sustained sobriety and wellness increases dramatically. Research has shown that when individuals become more able to soothe and calm themselves by learning how to generate calming brain waves, the rate of relapse among those with severe alcohol addiction drops from 80% to 20%.

### Medication Management

Medication-assisted recovery is available to WRP participants by scheduling an appointment with our contracted, licensed psychiatrist on Mondays between 12 pm and 4 pm. A WRP staff person attends these appointments to provide continuity of care.

### Nutritional Supplements

As part of the WRP program, we encourage participants to maintain a brain-healthy diet and we also provide two types of over-the-counter nutritional supplements. Synaptagenx, a formula developed by the leading scientific team on Reward Deficiency Syndrome, has been shown in 26 clinical trials to greatly improve the rate of sobriety, by effectively reducing cravings, helping the brain achieve a state of satisfaction, increasing endogenous production of dopamine, and restoring lost receptors. SynapatgenX addresses both the genetic anomalies that predispose one to addiction and the cellular damage done by the addictive substance. It has also been used successfully to address the cravings related to unhealthy eating habits. SynaptagenX includes amino acids, vitamins, and other neuronutrients necessary for optimal brain function. Those in the WRP program who have taken the SynaptagenX consistently report benefits including reduced cravings, improved sleep, and improved mood. The WRP program also offers Arctic Ruby Oil, a natural source of the Omega-3 fatty acids, to help with mental clarity, vitality, and endurance. Those who have taken the Arctic Ruby Oil consistently report higher energy levels and an increased sense of well-being.

### Nutritious Foods

During WRP activities, nutritious foods and snacks are available to assist participants in making the lifestyle and nutrition changes related to sustained recovery. A rainbow-colored array of brain-boosting foods, such as fruits and vegetables and provisions for making a smoothie are provided. This is especially important not only because our diet determines whether or not we get the nutrients our brain and body need, but also because sugar intake has been shown to stimulate cravings for alcohol. In other words, the sweets and sugar that many turn to for comfort while in recovery actually work against you by increasing the risk of relapse.

### Community Service

Reaching out and helping others in the community is a vital part of the WRP program. Doing good for others helps those in need while simultaneously offering a sense of purpose and a positive connection for those providing the service. In the past year, WRP participants have helped sponsor a Game Day for seniors, planted and tended a vegetable garden at the senior center, planted fruit trees at the senior center, sponsored several bake sales for worthy causes, helped to restore the Ponce de Leon Hot Springs, assisted with the community clean up days, and pitched in to help with the Summer Block Party.

### **C. The WRP Women's Group Schedule**

Shown below are the daytime WRP sessions offered each week for women. The sessions required for "Compliance" vary according to a person's Phase in the program.

| Women's Group Schedule |        |   |   |  |  |   |          |  |  |  |  |
|------------------------|--------|---|---|--|--|---|----------|--|--|--|--|
|                        | Sunday | Monday  | Tuesday                                     | Wednesday  | Thursday   | Friday                                      | Saturday |  |  |  |  |
|                        |        | <b>Core Group Day</b>   |   |  | <b>Core Group Day</b>  |   |          |  |  |  |  |
| 8:30                   |        | <b>Group 8:30 - 11:30</b><br>Physical Health,<br>Relapse Prevention,<br>Social Support. | <b>Group 8:30 - 10:00</b><br>Social Support | <b>Group 8:30 - 10:00</b><br>Auricular Acupuncture<br>Mindfulness, Life Skills, Art<br>Therapy, Support.<br><i>(Group outing on the third Wednesday of the month).</i> | <b>Group 8:30 - 11:30</b><br>Physical Health,<br>Relapse Prevention,<br>Social Support.                        | <b>Group 8:30 - 10:30</b><br>Social Support |          |  |  |  |  |
| 9:00                   |        |   |   |  |  |   |          |  |  |  | <b>Group 9:00 - 10:15</b><br>Saturday Social Support Group |
| 9:30                   |        |   |   |  |  |   |          |  |  |  |  |
| 10:00                  |        |   |   |  |  |   |          |  |  |  |  |
| 10:30                  |        |   |   |  |  |   |          |  |  |  |  |
| 11:00                  |        |   |   |  |  |   |          |  |  |  |  |
|                        |        |   |   |  |  |   |          |  |  |  |  |
| 5:30                   |        |   |   |  |  |   |          |  |  |  |  |
| 6:00                   |        |   |   |  | <b>FAMILY NIGHT 5:30-7:00</b><br>Second Thursday of the month.<br>Bring family member(s) - <b>(REQUIRED)</b> . |   |          |  |  |  |  |
| 6:30                   |        |   |   |  |  |   |          |  |  |  |  |
| 7:00                   |        |   |   |  |  |   |          |  |  |  |  |
| 7:30                   |        |   |   |  |  |   |          |  |  |  |  |
| 8:00                   |        |   |   |  |  |   |          |  |  |  |  |
|                        |        |   |   |  |  |   |          |  |  |  |  |

### D. The WRP Men's Group Schedule

Shown below are the daytime WRP sessions offered each week for men. The sessions required for "Compliance" vary according to a person's Phase in the program.

| Men's Group Schedule |        |  |  |   |  |  |  |
|----------------------|--------|--|--|---|--|--|--|
|                      | Sunday | Monday                                     | Tuesday  | Wednesday   | Thursday   | Friday   | Saturday   |
|                      |        |  | <b>Core Group Day</b>  |   |  | <b>Core Group Day</b>  |  |
| 8:30                 |        | <b>Group 8:30 - 9:30</b><br>Social Support | <b>Group 8:30 - 10:30</b><br>Physical Health,<br>Relapse Prevention<br>Social Support. | <b>Group 8:30 - 10:00</b><br>Auricular Acupuncture<br>Mindfulness, Life Skills, Art Therapy, Support.<br><i>(Group outing on the third Wednesday of the month).</i> | <b>Group 8:30 - 9:30</b><br>Social Support   | <b>Group 8:30 - 10:30</b><br>Physical Health,<br>Relapse Prevention<br>Social Support. |  |
| 9:00                 |        |  |  |   |  |  | <b>Group 9:00 - 10:15</b><br>Saturday Social Support Group |
| 9:30                 |        |  |  |   |  |  |  |
| 10:00                |        |  |  |   |  |  |  |
| 10:30                |        |  |  |   |  |  |  |
| 11:00                |        |  |  |   |  |  |  |
|                      |        |  |  |   |  |  |  |
| 5:30                 |        |  |  |   |  |  |  |
| 6:00                 |        |  |  |   | <b>FAMILY NIGHT 5:30-7:00</b><br>Second Thursday of the month.<br>Bring family member(s) - <b>(REQUIRED)</b> . |  |  |
| 6:30                 |        |  |  |   |  |  |  |
| 7:00                 |        |  |  |   |  |  |  |
| 7:30                 |        |  |  |   |  |  |  |
| 8:00                 |        |  |  |   |  |  |  |
|                      |        |  |  |   |  |  |  |

**E. WRP Evening Group Schedule.**

The sessions required for "Compliance" vary according to a person's Phase in the program.

| <b>Evening Group Schedule</b> |               |               |  |                  |  |               |   |
|-------------------------------|---------------|---------------|--|------------------|--|---------------|---|
|                               | <b>Sunday</b> | <b>Monday</b> | <b>Tuesday</b>   | <b>Wednesday</b> | <b>Thursday</b>  | <b>Friday</b> | <b>Saturday</b>   |
| 8:30                          |               |               |  |                  |  |               |   |
| 9:00                          |               |               |  |                  |  |               | <b>Group<br/>9:00 - 10:15<br/>Saturday<br/>Social<br/>Support<br/>Group</b> |
| 9:30                          |               |               |  |                  |  |               |   |
| 10:00                         |               |               |  |                  |  |               |   |
| 10:30                         |               |               |  |                  |  |               |   |
| 11:00                         |               |               |  |                  |  |               |   |
|                               |               |               | <b>Core Group<br/>Block</b>  |                  | <b>Core Group<br/>Block</b>  |               |   |
| 5:30                          |               |               | <b>Group<br/>5:30 - 7:00</b><br><br>Auricular<br>Acupuncture/<br>Mindfulness<br><br>Relapse<br>Prevention<br><br>Social<br>Support |                  | <b>Group<br/>5:30 - 7:00</b><br>Relapse<br>Prevention<br><br>Social Support.<br><br>Physical Health<br><br><b>FAMILY NIGHT</b><br>2nd Thurs. of<br>month. Bring<br>family member |               |   |
| 6:00                          |               |               |  |                  |  |               |   |
| 6:30                          |               |               |  |                  |  |               |   |
| 7:00                          |               |               |  |                  |  |               |   |
| 7:30                          |               |               |  |                  |  |               |   |

## **F. The Three Phases of the WRP program**

### **The Early Recovery Phase**

The Early Recovery Phase includes levels 1, 2 and 3. The focus of this phase is learning and practicing the life skills necessary for sustained recovery. In addition to the Core Groups, day program participants maintain at least 2 other contacts, e.g. a combination of individual sessions and/or group blocks.

### **The Recovery Phase**

The Recovery Phase includes levels 4, 5 and 6. In this phase, the requirements for day program participants lessen to include the 2 core groups and one additional contact per week, e.g. either an individual session or group block session.

### **The Wellness Phase**

The Wellness Phase, which is Level 7, lasts for 3 months and builds upon the sobriety skills and the regeneration attained in the intensive part of the WRP program. In this phase, the schedule is individualized and participants are encouraged to look beyond sobriety towards a life of wellness, fulfillment, and balance. The Wellness phase involves identifying the underlying conditions and factors that left unchanged will increase a person's chances of relapse, and conversely, that if changed will contribute to a person's long-term wellness and recovery. There are three major tracks within this phase, but individuals may target goals within more than one track. The three tracks are: 1) Health and Wellness; 2) Career and Job Readiness; and, 3) Adult Living (housing, transportation, healthy relationships, etc.).

In the Health and Wellness track, participants identify the physical conditions and functions of the nervous system to target for improvement, such as overall physical health and stamina, weight loss, cigarette use, chronic pain or specific functions of the nervous system, such as the ability to maintain stable, positive mood; the ability to get adequate, restorative sleep; the ability to sustain adequate energy and focus; the ability to perform critical executive functions, such as judgment and self-control; or, learning and remembering. As part of the Health and Wellness track, participants develop an individualized wellness plan which may draw upon one or more of the following resources: PEMF energy-based interventions, neurofeedback, working with a personal trainer at the High Altitude Fitness Center, nutrition/weight loss classes, or other classes available through the Spa such as yoga, zumba, water aerobics, etc. The services of a certified nutritionist is available as part of this phase.

In the Career and Job Readiness Track, participants identify where they are in terms of developing the skills and knowledge necessary for meaningful, profitable employment. As part of the Career and Job Readiness Track, participants develop an individualized Wellness Plan which may draw upon one or more of the following resources: UNM classes and vocational guidance, GED preparatory classes, DVR participation and funding, or learning job-related skills, such as time management, job interview skills, diplomacy, or frustration tolerance.

In the Adult Living track, participants identify the skills, tools, and resources needed for achieving the key adult developmental tasks of maintaining meaningful long-term relationships and sustaining a safe, sober, and positive home environment. In this track, participants may focus on building a sober social support system, or obtaining a driver's license, bank account, adequate housing, transportation, money management, parenting skills, relationship skills, or other daily living skills. The services of a financial consultant are available as needed as part of this phase.

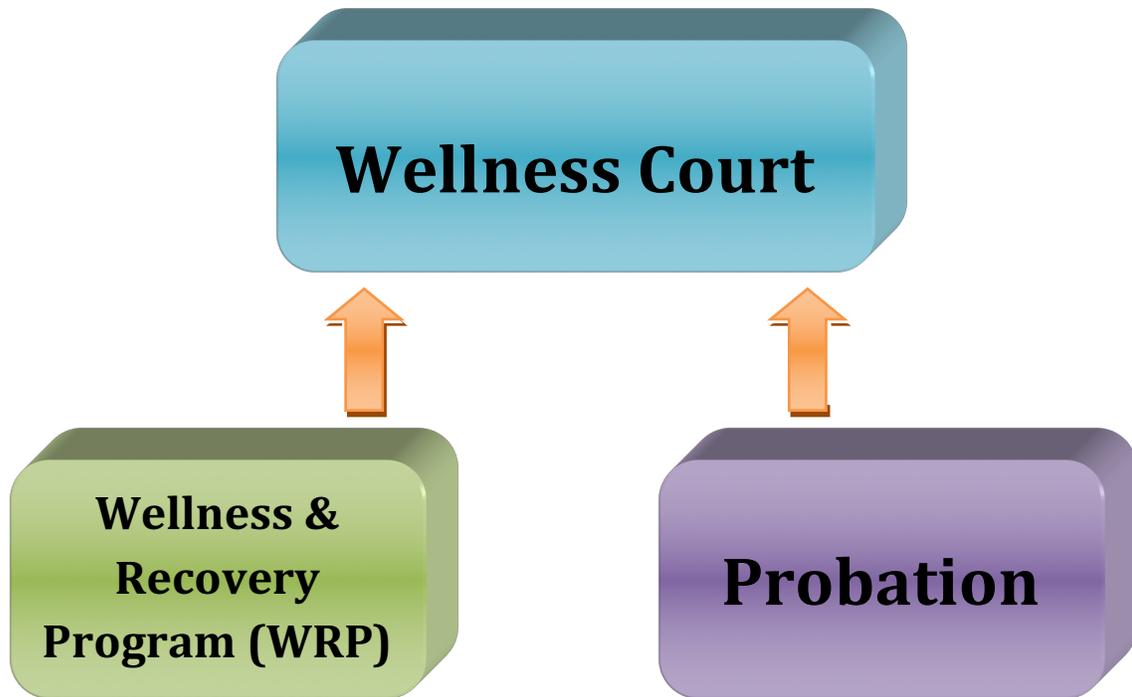
**F. WRP Sessions Required for Compliance**

In summary, the minimum group requirements for compliance in each Phase are shown below.

| <u>PHASE</u>   | <u>LEVELS</u> | <u>WEEKLY SCHEDULE (DAY PROGRAM)</u> |
|----------------|---------------|--------------------------------------|
| Early Recovery | 1, 2, 3       | Core Groups + 2 Additional Sessions  |
| Recovery       | 4, 5, 6       | Core Groups + 1 Additional Session   |
| Wellness       | 7             | Individualized Schedule              |

| <u>PHASE</u>   | <u>LEVELS</u> | <u>WEEKLY SCHEDULE (EVENING PROGRAM)</u> |
|----------------|---------------|--|
| Early Recovery | 1, 2, 3       | Core Groups + Saturday Group             |
| Recovery       | 4, 5, 6       | Core Groups + Saturday Group             |
| Wellness       | 7             | Individualized Schedule                  |

In addition to the group requirements, all WRP participants are required to submit random UA's. More information on the tests used and the testing process is available in the following section. Individual therapy sessions count as a non-core group.



### **Section Three: The Wellness Court**

#### **I. An Overview**

When an individual is referred by the Taos Pueblo Tribal Court for an assessment by Taos Pueblo Behavioral Health, the assessment includes an interview, a review of collateral information, and measures used to assess a person's use of alcohol and other drugs. WRP is the treatment option recommended to the court when a person's use of alcohol or other drugs is determined to be compulsive, e.g. when there is a physiological addiction to the substance and/or continued use despite significant negative consequences. When the tribal court orders completion of WRP, the participant is typically required to participate in the Wellness Court, which is a partnership of the Taos Pueblo Tribal Court and the WRP program. For those in the Wellness Court, all conditions of probation and WRP treatment compliance are addressed under the overarching structure of the Wellness Court. The Wellness Court for those in the day program meets on Tuesday afternoons at 4:15 pm. Those in the evening program attend Wellness Court at 5 pm on Tuesdays. Those referred to the Wellness Court as part of an adult-in-need-of-care petition attend at 4:00 pm on Tuesdays. Wellness Court sessions are scheduled once a week for those on Levels 1 through 3, twice a month for those on Levels 4-6 (the 1<sup>st</sup> and 3<sup>rd</sup> Tuesdays of the month), and once a month (1<sup>st</sup> Tuesday of the month) for those on Level 7. A person advances to the next Level when recognized for doing so by the Wellness Court. If tribal court is closed on a Tuesday due to a holiday or closure, Wellness Court is held the next day that the court is open for business. Wellness Court sessions are conducted by the tribal judge and attended by the probation officer or social services worker, WRP staff, and the WRP participants scheduled for that day and time.

Participants are required to attend the entire Wellness Court, which involves being present for the compliance reviews of others in the WRP. The Court staff and WRP staff meet prior to the Wellness Court to discuss each participant's progress. Those who successfully complete the WRP program are honored through the Wellness Court for their hard work towards recovery. Those on probation for six months graduate from Wellness Court at the completion of Level 6. Those with longer periods of probation complete the entire WRP program and graduate from Wellness Court at the completion of Level 7. Wellness Court follows Taos Municipal Schools with regards to closure for inclement weather.

Wellness Court participants can only be excused from attending by the Judge. If a person fails to appear for a scheduled Wellness Court session without the Judge's permission, a warrant is issued for their arrest during the Wellness Court proceedings. They may be held in detention without bond until they come before the Judge at the next available court date. If a person misses Wellness Court for any reason, they must attend the following week. Compliance with the WRP requirements is tracked along two paths: participation and sobriety. Participation refers to attending the required sessions each week. Sobriety refers to abstaining from alcohol and other drugs. The following sanction schedule is followed at the judge's discretion:

### Wellness Court Sanction Schedule

#### I. Participation Noncompliance, e.g. failure to attend groups/sessions as mandated by the court:

##### **A. Flagrant noncompliance: Attending one session or less in a given week, without a valid excuse, e.g. illness or other maintenance factors.**

First major offense: Write essay for the Wellness Court identifying the reasons for the noncompliance, motivations for completing probation successfully, and a plan for maintaining compliance (see Noncompliance Analysis). Attend 4 weeks of weekly Wellness Court (regardless of level).

Second major offense: 4 hours of Community Service plus written Noncompliance Analysis. Attend 4 weeks of weekly Wellness Court.

Third major offense: 24 hr jail sanction plus written Noncompliance Analysis. Attend 4 weeks of weekly Wellness Court.

Fourth major offense: 48 hr jail sanction, written Noncompliance Analysis, plus hearing to revoke probation. Attend 4 weeks of weekly Wellness Court.

Fifth major offense: Residential treatment and/or probation revocation.

**B. Partial Compliance: Attending at least 2 sessions, but not all the required sessions, in a given week, without a valid excuse, such as illness or other maintenance factors.**

First minor participation offense: Client does not get credit for the partial week (e.g. does not advance).

Second minor participation offense: Every 2 minor offenses for participation noncompliance equals one major offense.

II. Failure to maintain sobriety: The use of alcohol or other drugs when prohibited by the conditions of probation

First offense: Write Noncompliance Analysis for the Wellness Court identifying the reasons for the substance use, motivations for completing probation successfully, and a plan for maintaining sobriety. Attend 4 weeks of weekly Wellness Court, regardless of Level.

Second offense: SCRAM unit for 30 days, if alcohol-related. Daily or thrice weekly UA's for minimum of 14 days, for missed UAs or for tests that are positive for drugs other than alcohol. Write Noncompliance Analysis for the Wellness Court. Attend 4 weeks of weekly Wellness Court.

Third offense: SCRAM unit for 60 days, if alcohol-related. Daily or thrice weekly UA's for minimum of 30 days, for missed UAs or for tests positive for drugs other than alcohol. Write Noncompliance Analysis for the Wellness Court. Attend 4 weeks of weekly Wellness Court. Complete application(s) for residential treatment within one week.

Fourth offense: Residential treatment and/or probation revocation.

**II. Compliance with Wellness Court**

As part of Wellness Court, WRP participants are required to participate in the sessions designated for their Phase. There is some flexibility in the requirements as indicated by the following possible adjustments:

- Individual therapy or neurotherapy sessions count as a non-core group block.
- Documented attendance at AA meetings or the local Men's Sober Fellowship may be used to substitute for a non-core group.
- Participants are given WRP credit for participation in traditional doings.

- Other adjustments to the weekly requirements may be made as part of a person's individualized recovery plan.

Compliance is monitored by calendar week, e.g. each Sunday through the following Saturday constitutes one week. Participation in the required sessions for a participant's phase is necessary for "Compliance". Failure to attend the required sessions during a given week or testing positive for the use of alcohol or other drugs is termed "Noncompliance". If a participant is unable to fully participate in WRP for a given week due to life circumstances, the participant may be placed on "Maintenance" status due to "excused absence". "Maintenance" means the person does not advance but he or she is not penalized as noncompliant. Reasons for being on "Maintenance" for a given week include excused absence(s) for serving jail time, medical illness with doctor's release, or bereavement. **WRP participants are expected to notify their primary any time they are unable to make a scheduled session, including absence due to involvement with traditional doings. Failure to provide prior notification of an absence will result in a finding of "Noncompliance", except under dire circumstances.**

The accurate and reliable monitoring of sobriety is a cornerstone of effective treatment. Until recently, testing methods for alcohol consumption have been unreliable and limited in their ability to detect past usage beyond a few hours. The Wellness Court uses the most accurate and sensitive technology available for the testing of alcohol and other drugs. Participants are given random UA's through the probation office. These UA's include EtG (80 hour look backs) and multi-panel UA's that test for the presence of drugs other than alcohol. EtG stands for Ethyl Glucuronide, which is a metabolite produced by the body after the consumption of alcohol. The EtG tests are conducted by Redwood Toxicology Laboratory and the results are available within a few days after they receive the specimen. EtG tests reliably detect even small amounts of alcohol consumption.

Failure to complete testing as scheduled is considered a positive test and will result in a finding of Noncompliance. Wellness Court participants who test positive for the use of alcohol or who fail to comply with the testing protocol may be placed on the SCRAM unit per the sanction schedule. The SCRAM unit is provided by HRDA and consists of an ankle monitor that provides a continuous assessment of alcohol consumption. Attempts to falsify the testing through dilution of urine or other methods will be considered grounds for removal from the program with attendant legal consequences. Wellness Court follows the scientifically validated measures employed by the testing laboratories and the SCRAM monitoring service to determine whether alcohol or other drugs has been consumed and whether tampering has occurred.

### **III. Summary of Wellness Court Requirements**

Compliance with Wellness Court involves completing all probationary/social service requirements, such as fines or community service, and meeting the requirements of the WRP program. The following table summarizes the Wellness Court requirements for each level of the program.

| <u>LEVELS</u> | <u>WEEKLY REQUIREMENTS FOR DAY PROGRAM</u>                                     |
|---------------|--|
| 1-3           | Core Groups + 2 Additional Sessions + Weekly Wellness Court +Random UA's       |
| 4-6           | Core Groups + 1 Additional Session + Twice Monthly Wellness Court +Random UA's |
| 7             | Individualized Schedule + Monthly Wellness Court + Random UA's                 |

| <u>LEVELS</u> | <u>WEEKLY REQUIREMENTS FOR EVENING PROGRAM</u>                             |
|---------------|--|
| 1-3           | Core Groups + Saturday Session + Weekly Wellness Court + Random UA's       |
| 4-6           | Core Groups + Saturday Session + Twice Monthly Wellness Court +Random UA's |
| 7             | Individualized Schedule + Monthly Wellness Court + Random UA's             |

### **V. Foundational Agreements**

1) All WRP/Wellness Court participants must maintain the confidentiality of others in the program. Participants are encouraged to share with others outside the group whatever they choose regarding their personal work. Any information about another specific participant, e.g. what they say in group or even whether or not they are in the WRP program, is held in strict confidence by the group facilitators and all group members.

2) All WRP/Wellness Court participants are responsible for maintaining a safe and therapeutic space for healing and learning. Participants must be sober to participate in a session. Participants who arrive under the influence will be asked to leave. If a participant refuses to leave, creates a disturbance, or attempts to drive under the influence, the tribal police will be notified immediately. Participants who arrive more than 15 minutes late or who leave early will not receive credit for attendance, except under special circumstances, e.g. a medical emergency.

3) Physical health is a cornerstone of recovery and wellness. Each WRP participant must complete a thorough physical within the first week of treatment and must sign a release for information exchange between their primary care physician and the WRP program. Meetings

involving the participant, the primary care physician, and the primary counselor are held as needed. In addition, Medical Releases are required for participation in the physical activities which are integrated into each Core Group session.

4) Participants are ultimately responsible for how much they benefit from the WRP and Wellness Court programs. The more a person puts in and the more they are open to change, the more they benefit.

A lifetime without Love is of no account  
Love is the water of Life  
Drink it down with heart and soul  
Rumi

By signing below, the undersigned acknowledge an understanding of the components, requirements, and procedures of the WRP/Wellness Court program:

\_\_\_\_\_  
Participant Signature

\_\_\_\_\_  
Date

\_\_\_\_\_  
Counselor Signature

\_\_\_\_\_  
Date

## Noncompliance Analysis

Name: \_\_\_\_\_

Date: \_\_\_\_\_

I. Please describe your recent noncompliance:

II. What external circumstances, obstacles, or influences contributed to your recent noncompliance?

B. What thoughts, emotions, and behaviors led to your noncompliance?

IV. On a scale of 0 to 10, what is your motivation for successfully completing your probation?  
Why did you choose this number?

V. On a scale of 0 to 10, what is your ability to successfully complete the terms of your probation? Why did you choose this number?

VI. What do you anticipate happening in your life if you continue to use alcohol or other drugs?

VII. What do you anticipate happening in your life if you successfully stop your use of alcohol and other drugs?

IIIX. What do you anticipate happening in your life if your probation is revoked?

IX. What do you anticipate happening in your life if you successfully complete your probation?

X. What is your plan for staying sober and for attending the treatment sessions as mandated by your probation?