

A person with a backpack is seen from behind, standing on a mountain ridge and looking out over a vast mountain range at sunset. The sky is a mix of orange, pink, and blue. The mountains are silhouetted against the bright sky. The person is wearing a dark jacket and has a backpack on. The overall mood is contemplative and serene.

END OF THE ROAD:

WHAT HAPPENS WHEN THE PROGRAM ENDS?



Judge Raquel "Rocky" Jones

203rd Judicial District Court

Dallas County, Texas

Presiding Judge of ATLAS Court





UNDERSTANDING DUAL DIAGNOSIS

- Co-occurring disorders:
mental health + substance use
- Importance of treating both
together
- Aftercare = long-term recovery



SPECIALTY COURTS

Co-occurring substance abuse problems and mental health issues are more common than many people realize. According to reports published in the *Journal of the American Medical Association*:

- Roughly 50 percent of individuals with severe mental disorders are affected by substance abuse.
- 37 percent of alcohol abusers and 53 percent of drug abusers also have at least one serious mental illness.
- Of all people diagnosed as mentally ill, 29 percent abuse alcohol or drugs.

SPECIALTY COURTS & DIVERSION PROGRAMS

ATLAS-Felony Mental Health Court

DDAC Court - Dual Diagnosis Program at the John Creuzot Treatment Center.

FDWI-Felony D.W.I Court

Felony Domestic Violence Court

MDWI-Misdemeanor D.W.I Court

Veterans Court

STAR-Felony Prostitution Court

4C Re-entry Court

**I.I.P Intensive Intervention Program
Court**

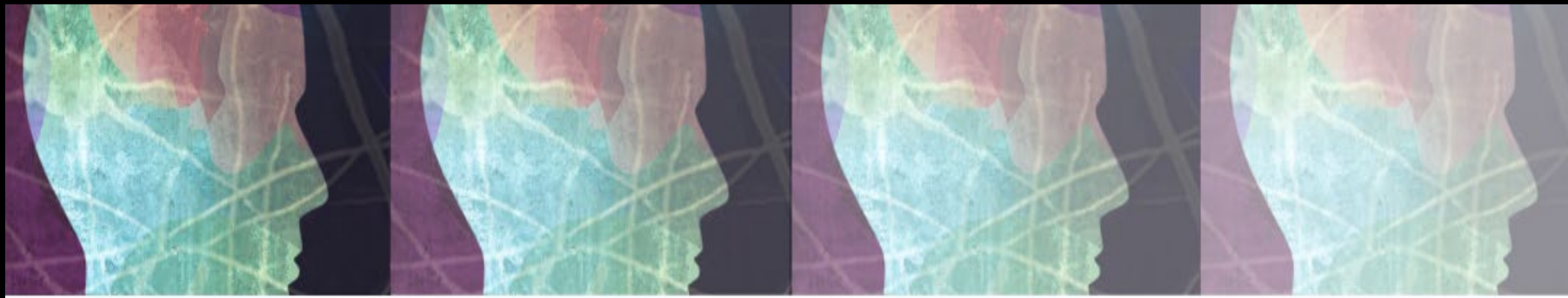
Diversion Programs

Divert Court (Pre-Trial Diversion)

**S.T.A.C. - Successful Treatment of
Addiction through Collaboration**

AIM Court (Pre-Trial Diversion)

MISD Mental Health-SET Court (Pre-Trial Diversion)



NATIONAL JUDICIAL TASK FORCE TO EXAMINE STATE COURTS' RESPONSE TO MENTAL ILLNESS

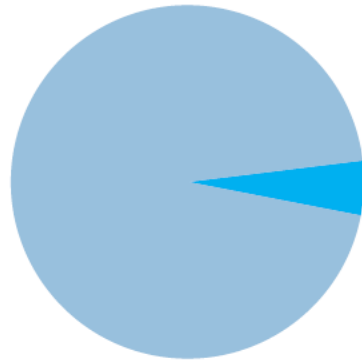
Decriminalize Mental Illness The Miami Model 2024

Richard Schwermer, Utah State Court Administrator (ret.), Court Consultant,
National Center for State Courts

SMI in U.S. Jails

General Population

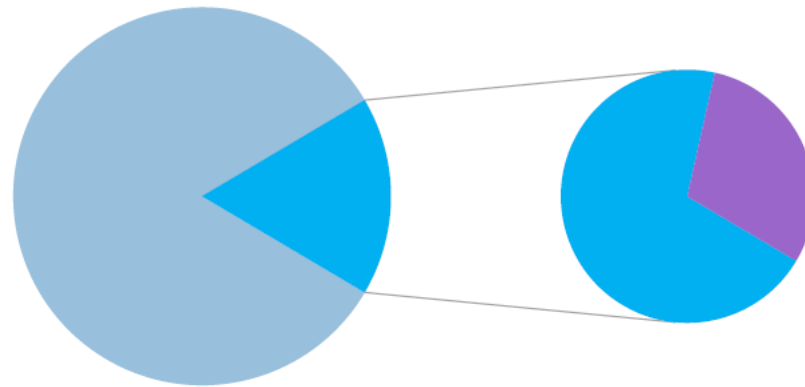
4% Serious
Mental Illness



Jail Population

17% Serious
Mental Illness

72% Co-Occurring
Substance
Use Disorder



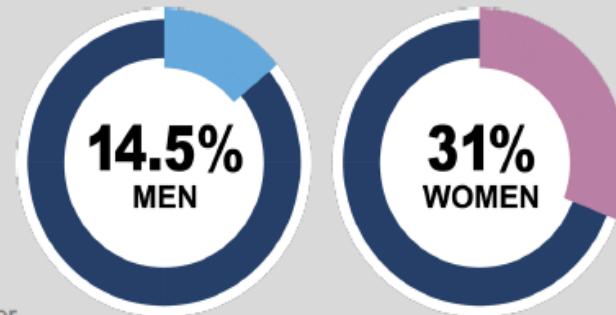
SAMHSA GAINS

Mental Illness is Overrepresented in the Courts



serious mental illness is
four to six times higher
in jail than in the general population*

*14.5% of men and
31% of women in jails



Sources: Vera Institute of Justice, Council of State Governments Justice Center.

Criminogenic Risk: Relationship to Mental Illness

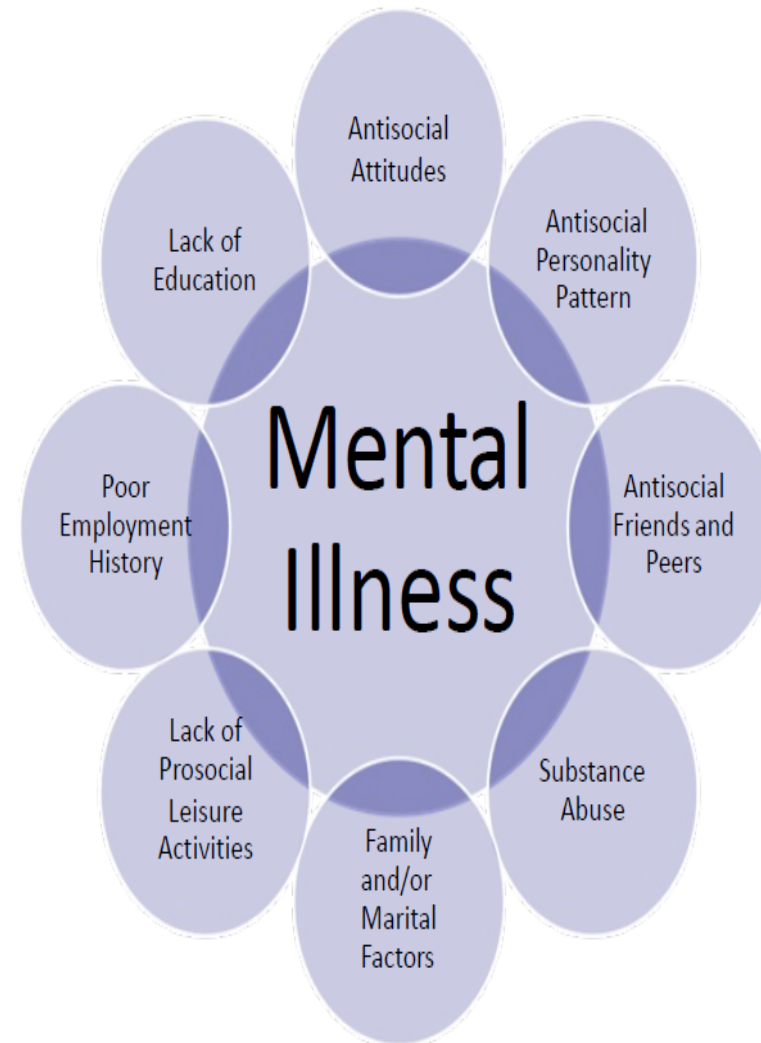
Mental Illness doesn't cause crime

But...

People with mental illness have more criminogenic risk factors.

And...

You can't effectively address dynamic risk factors without treating the mental illness.



WHAT IS CIT?

Crisis Intervention Teams (CITs) are local initiatives designed to improve the way law enforcement and the community respond to people experiencing mental health crises.

They are built on strong partnerships between law enforcement, mental health provider agencies, and individuals and families affected by mental illness.



CIT INTERNATIONAL

MISSION:

CIT International, Inc. aspires to be a leader in promoting safe and humane responses to those experiencing a mental health crisis.



VISION:

To promote community collaboration using the CIT Program to assist people living with mental illness and/or addiction who are in crisis.



The End of the Road: What It Means



Symbolizes
transition, not
defeat



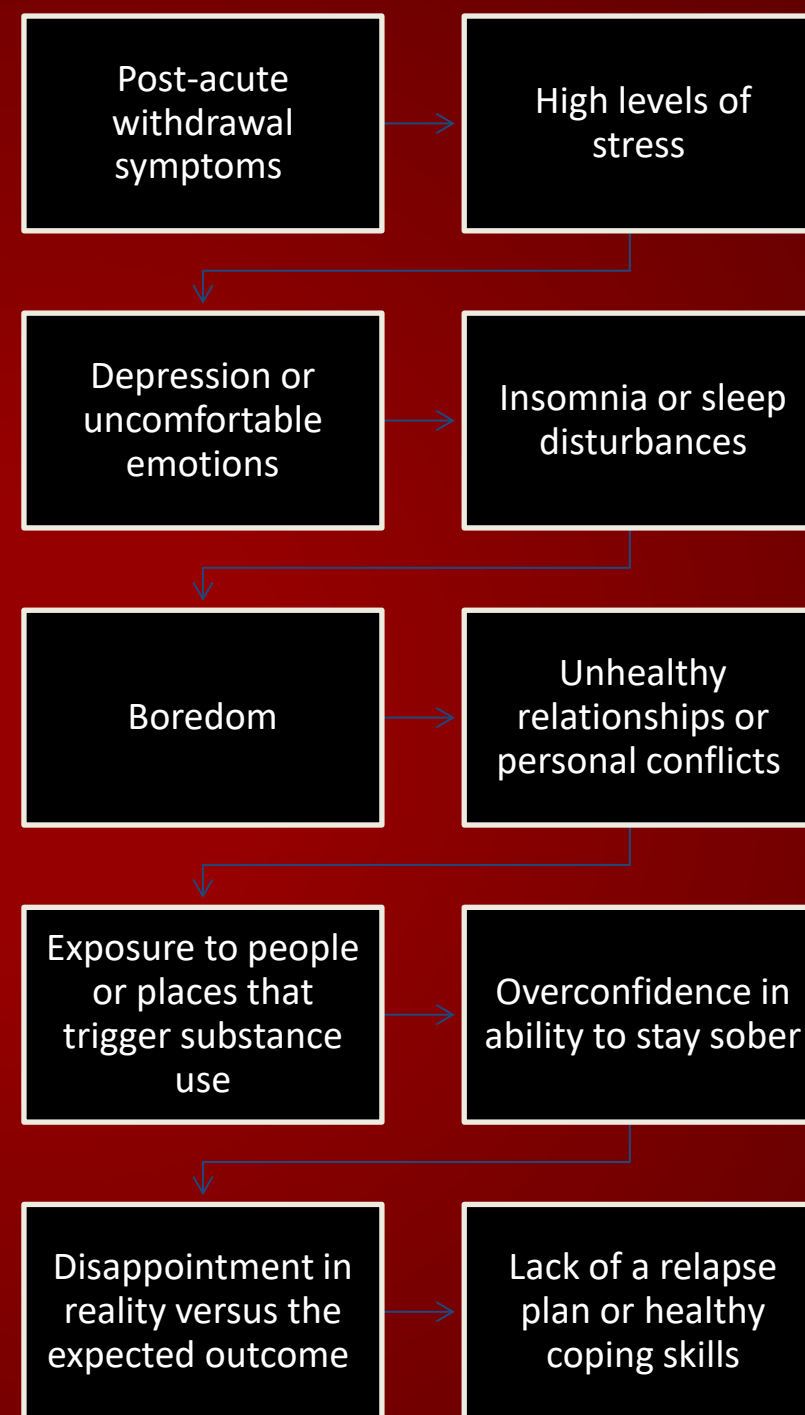
Moving from
treatment to real
life



Opportunity for
growth, support,
and stability

“Healing & Hope Beyond Dual Diagnosis”

WHY DO PEOPLE RELAPSE AFTER REHAB?





Community Support Elements	Benefits	Effect on Recovery
Social Connections	Reduces feelings of isolation	Enhances motivation to stay sober
Employment Opportunities	Provides structure and purpose	Lowers relapse rates
Volunteer Activities	Fosters a sense of community	Builds self-esteem and responsibility



New Edition
"Is This The End?"
Cany Girl
Warlock Records/Streetwise Records
Artist Info on VH1Classic.com





A bend in the road is not the end of
the road...Unless you fail to make
the turn.

— *Helen Keller* —

**AT THE END OF
THE ROAD IS
THE BEGINNING
OF A NEW
ADVENTURE.**

quoteslife101.net

Understanding the Basics of Aftercare

Aftercare is a personalized program designed to meet the unique needs of each individual in recovery. Various components such:

- ✓ Ongoing therapy and counseling
- ✓ Support groups and peer support
- ✓ Relapse prevention strategies
- ✓ Healthy lifestyle choices (e.g. exercise, nutrition)
- ✓ Addressing co-occurring mental health issues

THE NEW PATH FORWARD: *AFTERCARE GOALS*



PREVENT
RELAPSE



MAINTAIN
MENTAL HEALTH
STABILITY



BUILD COPING
SKILLS



STRENGTHEN
SUPPORT
SYSTEMS

Importance of an Aftercare Plan

Recovery is a lifelong process that requires ongoing commitment and support.

Think of it as a roadmap that guides them through the ups and downs of post-rehab life, ensuring they have the tools and support they need to succeed.



KEY COMPONENTS OF AFTERCARE

Therapy & Counseling
(individual and group)

Medication management
(if needed)

Relapse prevention
planning

Life skills and wellness

THE ROAD AHEAD: HOPE & RESILIENCE



- Recovery is not a straight line
- Every ending opens a new beginning
- Don't let them walk alone

WALKING THE ROAD TOGETHER

- Accountability partners
- Regular check-ins with providers
- Emergency plan for crises
- Family involvement
- Peer support groups (NA, AA, Dual Recovery Anonymous)
- Faith-based and community resources



Phase 1: Foundational Planning & Community Partnership

Form a community

coalition: Identify and engage a diverse group of community stakeholders who have a shared vision for promoting mental health and reducing substance abuse.

- **Stakeholders:** Include local government agencies, non-profit organizations, faith-based leaders, law enforcement, healthcare providers, school officials, and individuals with lived experience.

Define a clear mission and

goals: Work with your coalition to establish the core purpose and objectives of the program.

- **Mission statement:** Create a statement that defines the program's purpose and target population.
- **Goals:** Focus on objectives like maintaining sobriety, developing healthy coping skills, and fostering a sense of belonging for participants.

Conduct a needs and resource

assessment: Evaluate the existing services and gaps in your community to avoid duplicating efforts and to identify potential partners.

- **Identify gaps:** Determine what services are missing, such as affordable housing, job training, or specialized therapy.
- **Map resources:** Compile a list of all local assets, including community centers, libraries, and food banks, that can be integrated into your program.

Phase 2: Program Components & Design

Create personalized aftercare plans: Acknowledge that recovery is unique to each individual by designing plans tailored to their specific needs and goals.

- **Relapse prevention:** Equip individuals with coping strategies for recognizing and managing triggers.
- **Co-occurring disorders:** Address co-occurring mental health issues, such as anxiety or depression, through integrated treatment.

Establish robust peer support networks: Leverage the power of shared experiences to foster trust and accountability among program participants.

- **Formal groups:** Integrate established programs like Alcoholics Anonymous (AA), Narcotics Anonymous (NA), and SMART Recovery.
- **Mentorship:** Create a system that connects new members with experienced mentors in recovery who can provide guidance and encouragement.

Offer clinical support: Integrate professional therapy and counseling services to address underlying issues.

- **Therapy options:** Provide access to individual, group, or family therapy sessions.
- **Medication management:** If necessary, incorporate medication-assisted treatment (MAT) into plans.



4. Connect participants with housing and employment: Address basic needs by helping participants find stable housing and develop vocational skills.

Sober living homes: Offer a structured, supportive living environment for individuals transitioning from intensive treatment.

Vocational training: Partner with local businesses or community colleges to provide job training and employment assistance.



5. Provide opportunities for social engagement: Organize healthy, substance-free social activities and events to reduce isolation.

Activities: Plan group outings, potlucks, game nights, and volunteer opportunities.

Purpose: Emphasize volunteerism to build a sense of purpose and self-esteem.



SETTING REALISTIC GOALS

- Setting realistic, achievable goals is a fundamental part of any aftercare plan. Goals should be specific, measurable, and time-bound, helping you track your progress and stay motivated.
- Whether it's finding a job, mending relationships, or improving your physical health, having clear objectives will keep you focused and determined.

WHY COMMUNITY SUPPORT IN AFTERCARE MAKES A DIFFERENCE



- Validation**: Sharing experiences in a peer support group acknowledges and affirms feelings, thoughts, and experiences.

- Empathy**: Support groups are made up of people with similar experiences, allowing individuals to empathize with one another & provide intrinsic support.

- Bond**: Similar experiences of people, sharing builds a level of emotional bond, a feeling highly supported & understood.

- Empowerment**: An environment of mutual support helps people know they can achieve recovery.

Tips for Creating a Successful Aftercare Plan

- **Engage Professional Help**

Work with therapists, counselors, and case managers. Mental health professionals understand challenges and can help you develop an aftercare plan.

- **Involve Loved Ones**

Important to include family members and friends in the aftercare process for additional support, accountability, and encouragement during your journey to lasting sobriety.

- **Utilize Available Resources**

Mental health professionals at your treatment centers can connect you with community resources that promote sobriety.

- **Be Patient and Persistent**

Experts estimate that 40-60% of people in recovery have at least one relapse. Recognize that recovery is a process that takes time.

Key Components of an Aftercare Plan

- ✓ **Personalized & Comprehensive**
- ✓ **Relapse Prevention Strategy**
- ✓ **Crisis Management Plan**
- ✓ **Ongoing Therapy**
- ✓ **Support Groups and Peer Support**
- ✓ **Alumni Programs**
- ✓ **Lifestyle & Environmental Changes**
- ✓ **Healthy Routines**
- ✓ **Hobbies & Interests**
- ✓ **Physical Activity & Nutrition**

Build a Support Network:

Connect with supportive family, friends, and professionals to avoid isolation and ensure you have people to turn to for guidance.

Find an Accountability Partner:

A sponsor or trusted individual can help keep you on track, provide encouragement, and offer guidance.

Involve Family:

Family involvement is a crucial component of aftercare, helping to create a supportive home environment.

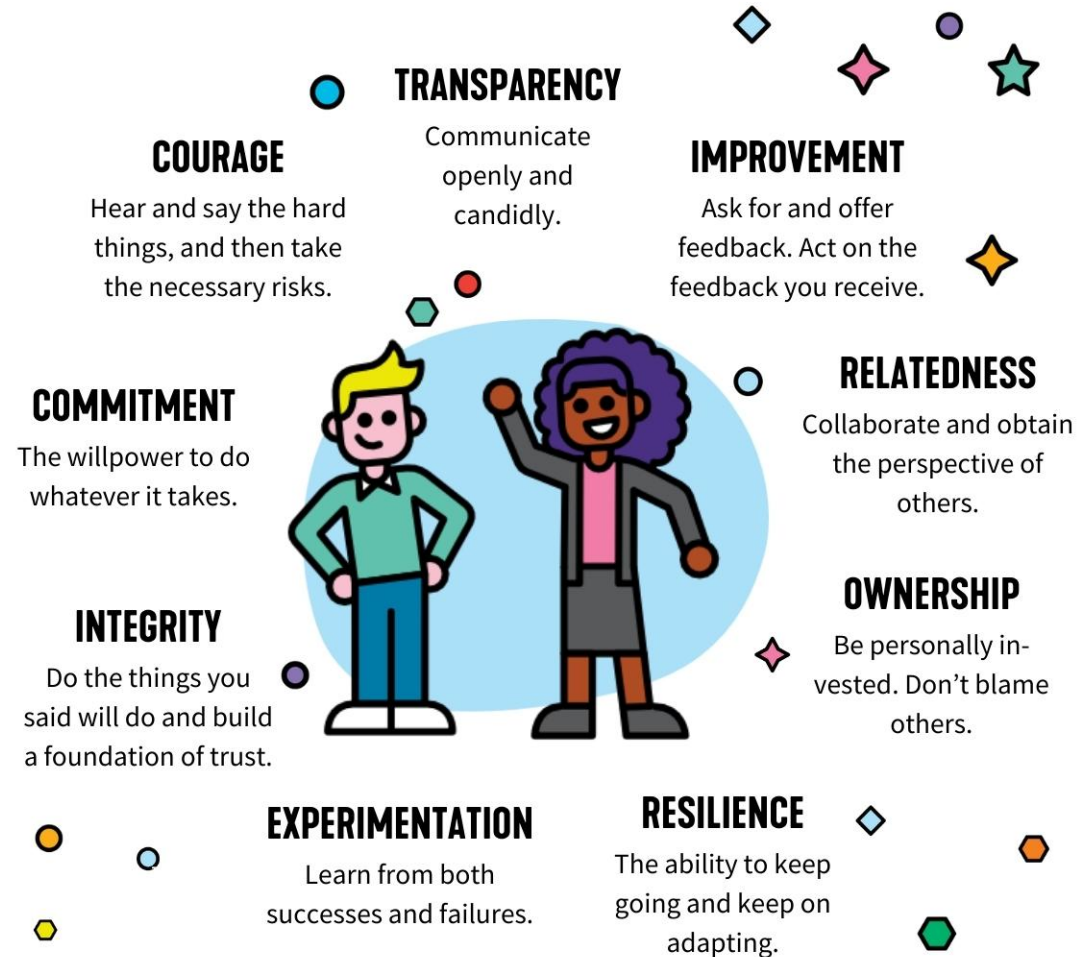
Address Co-occurring Disorders:

If you have a co-occurring mental health disorder, ensure your aftercare plan includes treatment for both conditions.

SUPPORT & ACCOUNTABILITY

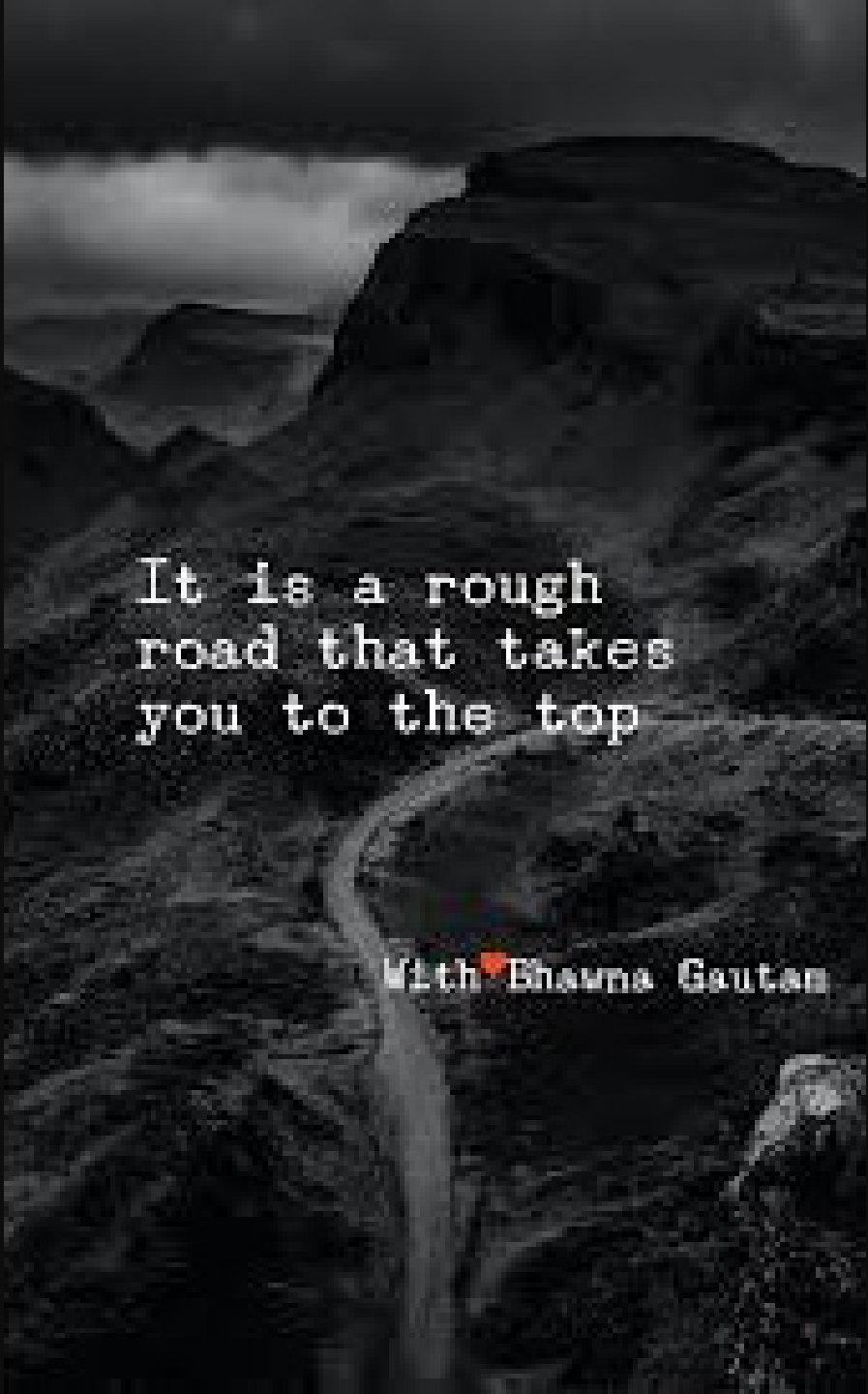


9 *main traits of* ACCOUNTABLE PEOPLE



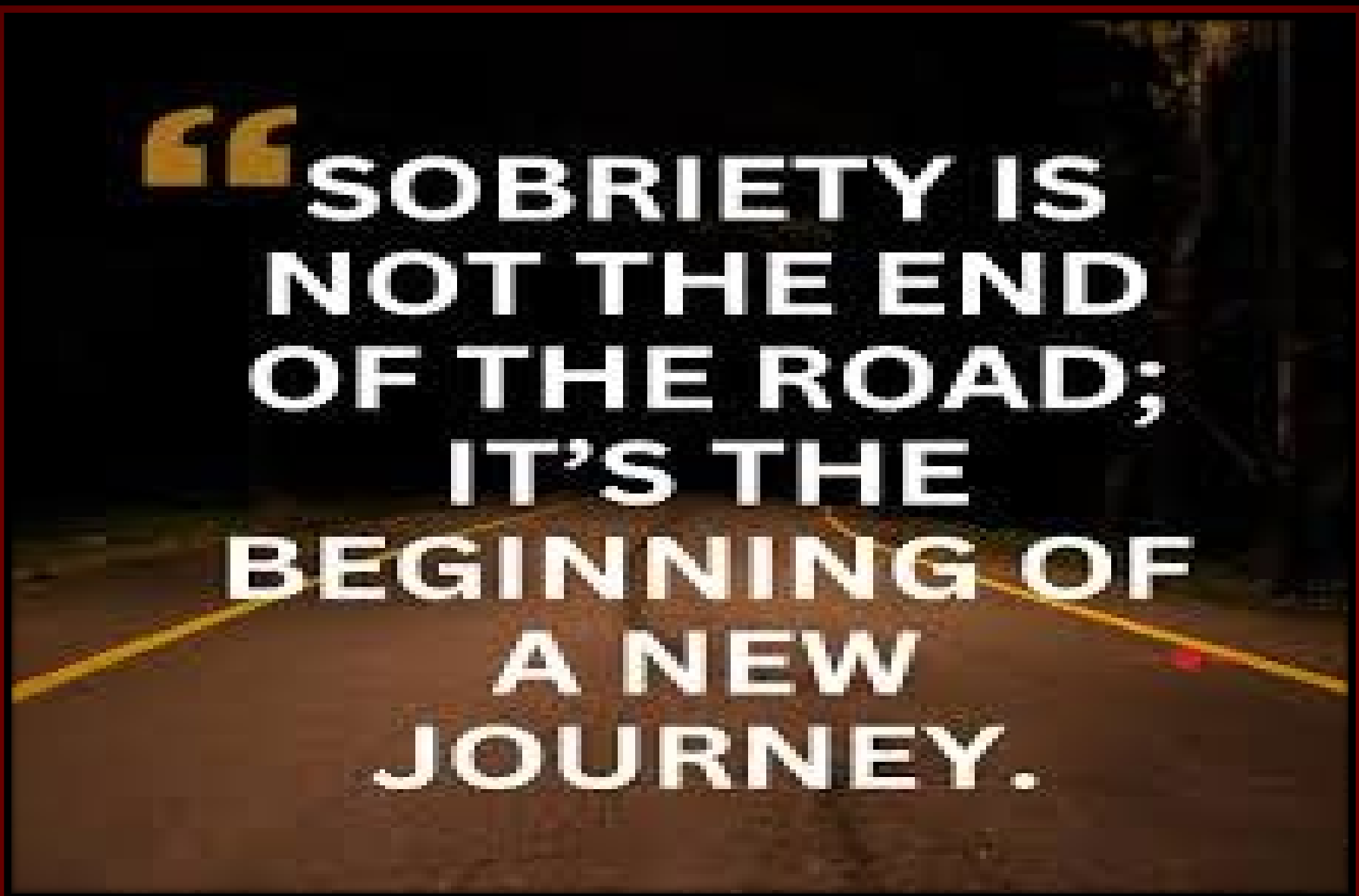
CONCLUSION

Aftercare is undeniably a cornerstone of successful reintegration into society post-recovery. From facilitating emotional and social support to offering structured programs, aftercare serves as an essential road between treatment and independent living.



It is a rough
road that takes
you to the top

With  Eshwina Gautam



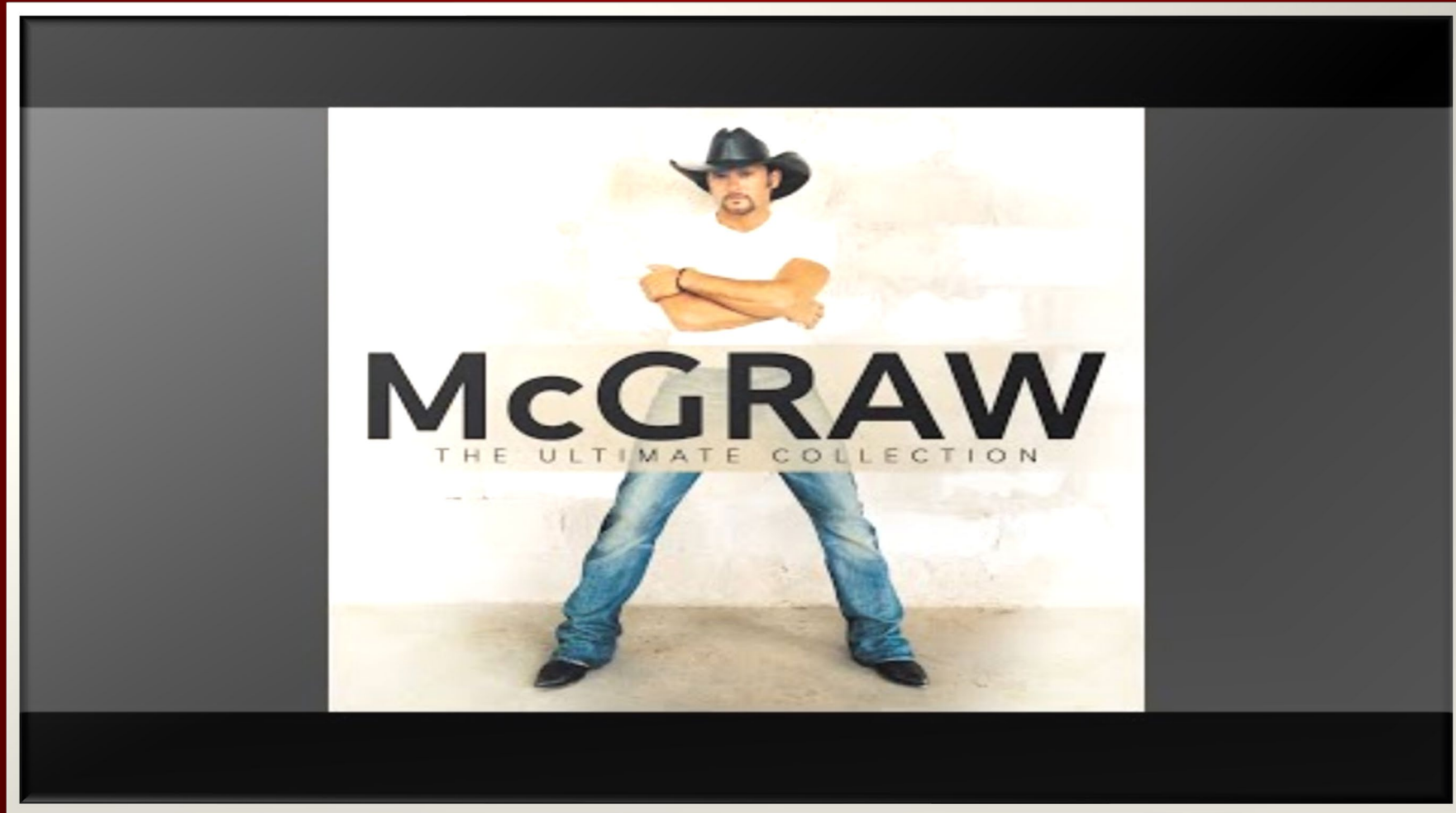
“SOBRIETY IS
NOT THE END
OF THE ROAD;
IT’S THE
BEGINNING OF
A NEW
JOURNEY.

"Aftercare is not the end—it's the start of lifelong healing"

ANY QUESTIONS ?????



**BY THE WAY
THERE WILL BE AN EVALUATION.....**





That's all Folks!



Special Thanks...



Judge Raquel "Rocky" Jones

203rd Judicial District Court

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*Thank
you!*