

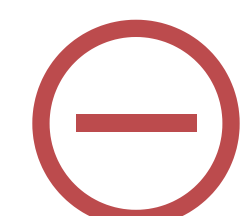
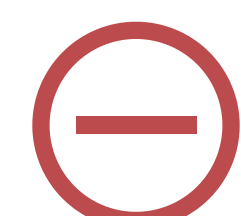
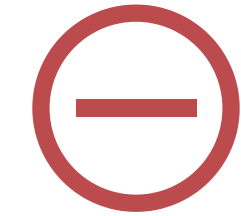
# 2024 Family Treatment Court Practice Academy

## *Sustained Recovery:* **Don't Make Aftercare an Afterthought**

### Companion Guide



## Six DOs and DON'Ts of Aftercare Planning

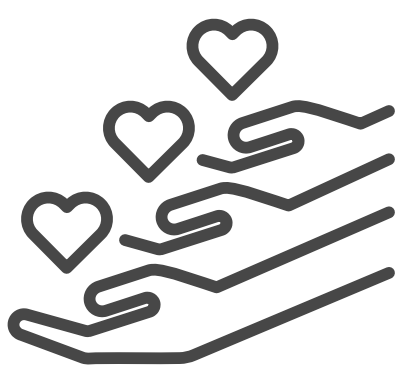
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|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------|
|  DO guide families to understand substance use disorder as a long-term condition that requires ongoing management using a chronic care model |  DON'T downplay the importance of continuing care for sustained recovery |
|  DO support creation of individualized, inclusive, coordinated, and realistic aftercare plans                                                |  DON'T forget about the family                                           |
|  DO get creative about how to support parents after case closure                                                                             |  DON'T leave parents without a way to reconnect with treatment if needed |

**Contact us with questions and technical assistance requests!**



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**Effective continuing care interventions include:**

- ✓ a duration of at least 12 months
- ✓ commitment to plan before treatment discharge
- ✓ active engagement efforts throughout continuing care period
- ✓ regular and ongoing monitoring of symptoms, status, and functioning
- ✓ formal and natural supports

(McKay, 2021)\*

**Successful plans are:**

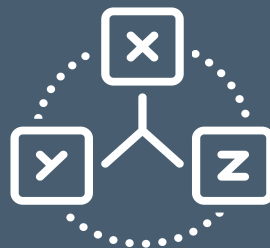


**Individualized**  
to the parent's and family's needs, goals, and lifestyle

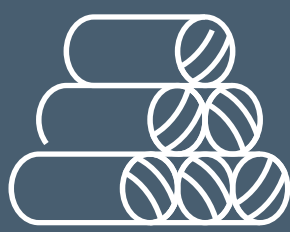


**Inclusive**  
of all recovery needs

**Realistic**  
of a parent's capacity, interests, and willingness



**Coordinated**  
with remaining treatment plans or requirements



**Bolstered**  
by both formal and natural support systems



**Practiced**  
by parents prior to case closure

**Support Approaches**



**Aftercare Tracks**  
voluntary or mandatory "phase" after Family Treatment Court (FTC) closure to provide continued support

**Alumni Groups**

FTC-associated groups offering activities, peer connections, and ongoing support after case closure



**Recovery Management Checkups**  
long-term clinical approach including quarterly assessments, urine testing, and service linkages

**Telephone-Based Continuing Care**

ongoing and titrated phone-based monitoring and brief therapy



**Mobile Health Technology**  
apps that offer monitoring, emergency support, resources, or self-testing options

\*Visit the [Practice Academy webpage](#) for a list of citations and accompanying resources.