**Two Track Hybrid: Safety Playbook & Stabilization**

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| **Safety Playbook** | **Hybrid Behavioral Contract** |
| **Who:**   * Leo (Father), FST therapist (Coordinator), Mike (Leo’s best friend), Marie (Mother), Local Pastor, Mindy and Jack (Mother’s best friends) and Elena (the daughter)   **What:**   * Leo agrees to take Marie out every Friday night instead of going out by himself in order to begin to repair their relationship. Leo will drink NO alcohol that night. *(For the first couple of weeks, to jump start this process, Mike will come over at 6pm to see Leo and Marie “off”/out the door together)* * If Leo goes out on Saturday, he agrees to text Mike after the first drink (while he is still sober) and again when he is on his way home (Maria will text Mike that Leo has gone out)   + Mike will meet Leo at home and will administer a Breathalyzer. If any alcohol is in Leo’s system, he agrees to spend the night with Mike   + If Leo does not call Mike, for safety reasons, Marie will lock the doors and not allow Leo entrance until Mike comes over. * The next day, without shame or malice, Leo will apologize to both Marie (his wife) and Elena with the Pastor and Mike present. Pastor will pray over Leo with the rest of the family. The FST therapist will also be present to help facilitate this apology. * Leo will place a black mark on his wife’s heart in the living room picture. After 5 X’s, Maria agrees to take Elena and leave home to stay with relatives for a minimum of 30 days. At the end of 30 days, will reevaluate with the FST therapist. * If any further acts of emotional abuse outside of drinking on the weekends, an apology session will be called for. Marie will call Mike to arrange the meeting. (If Elena sees the emotional abuse and mom does not call Mike, Elena will call Mike) * Any acts of future physical abuse will result in the police being called and charges being filed. Marie or Elena will immediately call Mike and additionally, Marie will take Elena and immediately leave to stay with relatives for a minimum of 30 days or more depending on circumstances.   **When:**   * Each Friday or Saturday night that Leo is going out, Mike is the designated monitor until further notice * Apology sessions as needed the next day (see above)   **Where:**   * At the House   **How:**   * See the What Section Above   Important to Note:   * Each time Leo relapses, it will further break his wife’s (Marie) heart, causing emotional death. It will also continue a stressful home environment that makes his daughter (Elena) to continue to smoke pot to medicate her pain. This cycle is also creating risk for harder drug use later and lack of motivation to succeed in school. * Each time Leo relapses, it hurts Leo’s heart and causes him spiritual pain. This is because when you hurt others, you hurt yourself. * Each time Leo relapses, his daughter’s (Elena) wounds never heal because she continues to see the father she loves hurt the mom she loves. Risk increases that she will not grow up and marry a healthy man, but instead may also marry a man who will abuse her and put at risk Leo’s future unborn grandchildren. | Elena will break out No Drug Use Rule if she does one or more of the following:   * Test dirty on a randomly assigned UA (kit bought at local drug store) or refuses to take the UA when asked by either parent. * Parents will test randomly at least 2 x per month or when they see Elena come home with red eyes, smell pot on her, or find pot in her room.   Rewards/Celebrations:   * Every Clean UA test = Retain the privilege of keeping her cell phone and internet privileges + praise and appreciation expressed by both mom and dad along with a celebration dinner * 2 Consecutive Clean UA tests = Privilege of a sleep over with friends   Consequences:  If Elena tests dirty or refuses to take the UA test, the following will occur:   * Mindy and Jack (Mother’s best friends) will sponsor two “Acts of Kindness” weekends. They will pick up Elena on Saturday at 9am for two consecutive weekends and will return Elena home at 10am Sunday morning. Saturday will be full of helping others with acts of kindness. Acts of kindness can include visiting the elderly in local Nursing Homes, volunteering work at local homeless shelters, helping local neighbors with extra chores, etc. (If Elena refuses to participate in the “Acts of Kindness” activities, she must surrender her cell phone immediately or it will be deactivated and the internet password will be changed until the next random test is 100% clean (not for 14 days until THC leaves her system)   **Emotional Warm-Up Special Outings**  **Who:** Elena and Dad  **What:** Special Daughter and Dad Outing 1 x per week  **When:** Anytime on Sunday  **Where:** Dad gets to decide where they go one week, then Elena decides the next week, and they continue to alternate. (\*\*Outings cannot be going to a movie that does not provide for “face time” and conversation)  **How:** Dad provides transportation to the location of their outing. If Elena refuses to go, Dad will call Mike for assistance to get the outing jumpstarted  Important to Note:   * Since Dad and Elena are not “used to spending time together”, expect the first few outings to not be fun and to feel awkward. This is normal and to be expected. Therefore, “fake it until you make it”! |