**FTC Request to Move Up to Level 3**

The focus in Level 2 has been change. Change is critical if you want to close your case and live a healthier life by the end of this program. The idea is for you to do the hard work now so that you and your family do not come back into the system.

In Level 3, the purpose is stability for you and your family. The team wants to ensure that you have the support you need financially, medically and emotionally as well as stable housing. The team may not be with you for very much longer, so we want you to use this time to practice advocating for yourself, setting up services and connecting with resources while we are all still a phone call away.

1. What sober activities do you participate in outside of treatment for fun?

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1. What parenting skills do you use now that you didn’t when you were using?

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1. What coping skill do you find the most helpful in your recovery? Why?

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1. How do you use your sponsor in your recovery? What steps are you currently working

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1. Identify 3 goals that you would like to work on while in Level 3 of FTC.

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**TO BE ELIGIBLE TO MOVE TO LEVEL 3:**

* **YOU MUST HAVE AT LEAST 120 DAYS CLEAN**
* **MAINTAIN A SPONSOR**
* **CONSISTENTLY ATTEND YOUR VISITS**
* **ATTEND ALL YOUR COURT HEARINGS**
* **COMPLETE THE RELAPSE PREVENTION PACKET AND MEET WITH TREATMENT SPECIALIST**
* **BE CAUGHT UP ON ALL YOUR SOBER SUPPORTS**
* **BE ENGAGED IN YOUR COURT ORDERED SERVICES**
* **AND TURN IN FOR REVIEW THIS ASSIGNMENT TO FTC STAFF.**