**Name:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Court Date:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
|  | **Date** | **Time In** | **Time Out** | **Event** | **Signature** | **Phone** | **Contact** |
| 1 |  |  |  |  |  |  | Meeting  Phone Call |
| 2 |  |  |  |  |  |  | Meeting  Phone Call |
| 3 |  |  |  |  |  |  | Meeting  Phone Call |
| 4 |  |  |  |  |  |  | Meeting  Phone Call |
| 5 |  |  |  |  |  |  | Meeting  Phone Call |
| 6 |  |  |  |  |  |  | Meeting  Phone Call |
| 7 |  |  |  |  |  |  | Meeting  Phone Call |
| 8 |  |  |  |  |  |  | Meeting  Phone Call |
| 9 |  |  |  |  |  |  | Meeting  Phone Call |
| 10 |  |  |  |  |  |  | Meeting  Phone Call |
| 11 |  |  |  |  |  |  | Meeting  Phone Call |
| 12 |  |  |  |  |  |  | Meeting  Phone Call |
| 13 |  |  |  |  |  |  | Meeting  Phone Call |
| 14 |  |  |  |  |  |  | Meeting  Phone Call |
| 15 |  |  |  |  |  |  | Meeting  Phone Call |
| 16 |  |  |  |  |  |  | Meeting  Phone Call |
| 17 |  |  |  |  |  |  | Meeting  Phone Call |
| 18 |  |  |  |  |  |  | Meeting  Phone Call |
| 19 |  |  |  |  |  |  | Meeting  Phone Call |
| 20 |  |  |  |  |  |  | Meeting  Phone Call |
| 21 |  |  |  |  |  |  | Meeting  Phone Call |
| 22 |  |  |  |  |  |  | Meeting  Phone Call |
| 23 |  |  |  |  |  |  | Meeting  Phone Call |

**SOBER SUPPORT GUIDELINES**

1. You will be required to do sober supports and bring verification of your attendance to your hearings while participating in Family Treatment Court. Sober supports may be verified by FTC team members. Please contact your attorney or check your court order for your individualized requirements.
2. Sober supports should be tracked on the **Participant Service Log** that is available at FTC hearings. All sober supports should include the date, time, type of support group, secretary/facilitator’s name and contact information. *You will not receive credit for incomplete listings.*
3. The following are examples of meetings that will count as sober supports:

* Alcoholic Anonymous (AA)
* Narcotics Anonymous (NA)
* Cocaine Anonymous (CA)
* Marijuana Anonymous (MA)
* Recovery Café meetings and events
* SMART Recovery meetings
* Alano Club meetings and events
* Meetings with sponsor
* Recovery based church service (No more than 1 ½ hours per service will be counted)
* An Alumni meeting that is approved by the FTC Treatment Liaison.
* For Level 3 participants, 3 phone calls or meetings in a 6-week period to your sponsor may be counted as sober supports.

1. Culturally specific or church events related to recovery may also be approved at the discretion of the Treatment Specialist. For Seattle participants, please contact Michelle Szozda at (206) 205-9554 to verify that an event will count as a sober support. Kent participants should contact Cathy Lehmann at (206) 477-2565 or April Wilson (206) 477-4072.
2. You will be required to bring your sober support list to all hearings. If you do not bring in your sober support list to your hearing, you may bring them in person to your next court date or fax them to (206) 432-3694.
3. Not attending sober supports as required in the court order will prevent you from leveling up or graduating.