

Phases

At Fire Mountain each resident progresses through three “phases” during their stay. The phases are designed to give structure and goals to the teen, and to offer staff a way to measure the teen’s progress. Each phase has a typical emotional process inherent within it. Post treatment, the resident will participate in Phase 4, Living Supported.

1. Phase 1: Recovery and Detox

- The Gung-Ho week
- Ready to take on the world
- Realization they are not getting out early
- Anger, emotional ups and downs, numbness
- Not eating, over eating, crankiness, cravings
- Frustration, “I made a mistake in coming here”
- Sober realizations (guilt, sadness)
- Surfacing of BIG feelings that are usually drowned out by drugs
- Default behavior surfacing, “you are wasting your money”
- Lots of writing
- “Too many chores,” boot camp
- Isolation from family
- Relief
- “HAVE to contact my friends,” and sneaking onto Facebook
- “This isn’t working.” Trying to convince parents to remove them from the program

*Residents are allowed an on-site visit during this phase after the first two weeks.

2. Phase 2: Emotional Growth

- Settling in
- Family dynamics manifesting in paralleling fights with peers
- Self-deprecation
- Realization of family contribution to pain and sadness, realization of self-contribution to family’s pain
- Application to step work in earnest
- Deepening into the therapeutic process
- Realization of true friends and “frenemies”
- Missing siblings and parents
- Attempts to interrupt work with relationships
- “I hate it here”
- Deep connection with staff
- Safety with routine
- Strength building
- Awareness of a lack of preparation for the “outside” world

*Residents can have a 12 hour off-site pass during Phase 2. In Phase 2.5, residents can have overnights up to a week home.

3. Phase 3: Re-Integration

- Counting days to go home
- Pride in work
- Clearer expectations of life after FMRTC
- Reconnection with parents
- Emotional relapses
- Short-timers disease

- Trying to re-establish relationships with friends via phone and Facebook
- Pain about letting go of frenemies
- Relief
- Stress around school
- Calling FMRTC “home”
- Sadness around ending FMRTC relationships
- Deep emotional work and safety
- Realization of work that must continue
- Coming Home Contract frustration and negotiation
- Family one-on-one sessions?
- Confidence of sobriety or secret plans of relapse
- Disconnect to protect feelings
- Happiness and pride over accomplishments

*Residents are allowed a week home pass during this phase if previous passes have been successful.

4. Phase 4: Living Supported

- “90 Days of Darkness”
- Re-integration into life, either at home, boarding school, or a new, supportive environment
- Aftercare sessions at Fire Mountain
- Fear (in family and in self)
- Finding new friends
- Celebrating successes

Phase Change Process and Bear Tribunal

As a part of each phase move the teen must complete a list of items for school, therapy, their mentor, NA, relapse prevention, and some general items as part of the program, as well as take part in their Bear Tribunal. Residents must complete an application and a checklist as part of this process. If a resident doesn't receive the proper scores or support to change phases, then they are able to gather information from the clinical and direct care staff and create a “remediation plan” that they can put into action which demonstrates their ability and willingness to take responsibility and show growth. Once this is put into place, they can ask for feedback and attempt to move phases again.

The Bear Tribunal is an opportunity for the resident to present their efforts, successes, and challenges to the clinical team as they are ready to move phases.

When ready, each resident shall be given a copy of the ‘Resident’ version of the Bear Tribunal checklist. The resident can then ask one Direct Care staff member to help him or her prepare for the meeting, which is held during the weekly Clinical Meeting. In addition, the resident can invite this staff member to participate in the meeting.

The scoring system on the Bear Tribunal checklist allows each staff member to determine if the resident then, according to each staff member’s checklist, is approved for a phase change.

It is vitally important to remember that the responsibility of a phase change lies with the resident, and this includes the responsibilities of gathering the right paperwork, creating a plan, and getting all of the required signatures. Successful completion of this is evidence of growth in the program.