



## **Carroll County Mental Health Advocates Diversion Program Overview**

### ***Program Pathways***

#### **Mental Health Pretrial Diversion (MHPD)**

Mental Health Pretrial Diversion is a voluntary, recovery-oriented, four-phase program for people with mental health needs who are facing criminal charges.

Peers who successfully complete the program may have their charges dismissed.

MHPD connects people we serve with community-based supports, peer services, and treatment that build stability, safety, and long-term recovery outside of the justice system.

#### **Substance Misuse Pretrial Diversion (SMPD)**

Substance Misuse Pretrial Diversion is a voluntary, recovery-oriented, four-phase program for program participants with substance misuse needs who are facing criminal charges.

Participants who successfully complete the program may have their charges dismissed.

This track focuses on recovery from substance use through structured support, peer services, and evidence-based curriculum.

#### **Mental Health Accountability Track (MHAT)**

The Mental Health Accountability Track follows the same four-phase recovery model as MHPD but serves program participants who are not eligible for charge dismissal.

Peers may enter MHAT through:

- A court sentence
- Magistrate Court referral after release from jail
- Law enforcement referral following contact, even without charges

MHAT provides structured support, accountability, and coordinated service connection, creating a pathway toward stability and reduced justice system involvement.

#### **Substance Misuse Accountability Track (SMAT)**

The Substance Misuse Accountability Track follows the same four-phase recovery model but serves program participants with substance misuse needs who are not eligible for pretrial diversion. Peers may enter SMAT through:

- A court sentence
- Magistrate Court referral after release from jail
- Law enforcement referral following contact, even without charges

SMAT provides structured support, accountability, and coordinated service connection, creating a pathway toward stability and reduced justice system involvement.



## **Program Entry Requirements**

*Before* entering the program, the following must occur:

- A Behavioral Health Assessment (BHA) completed by a licensed provider
- A background check completed by Carrollton Police Department
- Their first mental health appointment must be scheduled
- Approval from CMHA staff and, when applicable, the Court
- Space availability within the program

Referrals are reviewed for both eligibility and capacity.

## **Program Participation Expectations**

Program participants agree to:

- Recovery Planning
- Collaborate with CMHA staff to create and follow a personalized recovery and case plan
- Connection & Communication
- Attend scheduled meetings and maintain weekly contact
- Treatment Engagement
- Participate in required mental health and/or substance use services
- Support & Skill Building
- Attend assigned peer groups, classes, or recovery activities
- Legal & Program Accountability
- Follow all court orders, bond conditions, and CMHA requirements

If a peer is struggling to meet expectations, the response is support-focused and problem-solving-oriented, not punitive.

However, ongoing non-participation may result in a review of program eligibility.

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## **How to Refer**

Completed referral forms may be delivered in person to the CMHA office or emailed securely to Diversion Program Director, Hannah Grant:

[hgrant@ccmentalhealthadvocates.org](mailto:hgrant@ccmentalhealthadvocates.org)



## ***Four-Phase Diversion Recovery Program***

This program supports peers involved in the justice system who are seeking stability, recovery, and a path forward. Each phase builds on the last, allowing people we serve to grow at a sustainable, supported pace.

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### **Phase 1 — Foundations of Recovery**

**Focus:** Building connection, trust, and structure

**Duration:** Approximately 8 weeks (flexible based on progress)

#### **Program Participants Will:**

- Attend **2 Recovery Support Groups per week**
- Have **1 Peer Support contact per week** (one-on-one or check-in)
- Begin identifying recovery goals with a **Certified Peer Specialist at CMHA/RSWG**
- Complete program orientation and **Participant Consent Form**
- Practice basic recovery and life skills (communication, coping, motivation)

#### **Goal:**

To build **consistency, accountability, and trust** in oneself and in the peer support team.

### **Phase 2 — Growth & Accountability**

**Focus:** Core recovery curriculum and continued support

**Duration:** Approximately 12 weeks

#### **Program Participants Will:**

- *For MHPD/MHAT Participants-* Attend **1 weekly Whole Health Action Management (WHAM) core group and complete assignments in workbook**
- *For SMPD/SMAT Participants-* Attend **1 weekly Moral Reconciliation Therapy (MRT) core group and complete assignments in workbook**
- Attend **1 additional Recovery Support Group or Meeting**
- Have **1 Peer Support contact per week** (check-in, coaching, or goal review)
- Continue working on recovery goals and self-reflection



- Demonstrate reliability through consistent attendance and engagement

**Goal:**

To develop **healthier thinking patterns, accountability, and positive decision-making.**

**Phase 3 — Wellness & Empowerment**

**Focus:** Long-term recovery and life stability through WRAP

**Duration:** Approximately 12 weeks

**Program Participants Will:**

- Attend **1 WRAP group per week**
- Attend **1 additional Recovery Support Group**
- Have **1 Peer Support contact per week**
- Complete a **personalized Wellness Recovery Action Plan (WRAP)**
- Identify long-term goals such as employment, education, housing, or volunteering

**Goal:**

To create a **personal wellness plan** and strengthen independence and recovery stability.

**Phase 4 — Connection & Independence**

**Focus:** Maintaining recovery, community connection, and accountability

**Duration:** Approximately 8 weeks

**Program Participants Will:**

- Attend **2 Recovery Support Groups per week**
- Have **1 Peer Support contact per month**
- Remain connected to The Recovery Spot recovery community
- Continue using and updating their **WRAP plan**
- Prepare for program completion and next-step supports

**Goal:**

To sustain **long-term recovery through connection, accountability, and peer support.**

**Graduation & Continuing Connection**

When all four phases are completed, program participants will:



- Receive a **Certificate of Completion**
- Have **successful completion verified with the Court**
- Be **celebrated by CMHA/RSWG community**
- Be encouraged to stay connected through **alumni groups, volunteering, or peer mentorship**

### **Important Notes**

- Meetings and peer contacts must be in-person and meeting log must be signed
- Missed meetings should be communicated to CMHA staff as soon as possible
- This program is **support-based, not punishment-based** — it is about **progress, not perfection**