

TRIBAL JUVENILE HEALING TO WELLNESS COURT

TIP SHEET: CONSEQUENCES AND REWARDS

The Tribal Juvenile Healing to Wellness Court (TJHWC) is a judicial intervention that promotes accountability, healing, and tribal life-ways for court involved youth who suffer from addiction to alcohol and illegal substances. A system of rewards and consequences (*also called sanctions and incentives*) may be implemented with the TJHWC to support youth behavior change. This system can be helpful for youth as they work toward the development new habits on their path to wellness. Included below are a few tips on creating a consequences and rewards system for youth participants.

Developing Rewards and Consequences

- 1. Understand Youth Behavior.** The team should spend time considering how the rewards system will be developed and implemented. Research indicates that the system of consequences and rewards (sanctions and incentives) should be: immediate, certain, fair, graduated, goal oriented, individualized, and therapeutically sound. (*JDTC Guidelines, 2016*) Additionally, the team should share the possible consequences and rewards with the youth participant at orientation or as early as possible in the case process.
- 2. Confer with the Team:** What processes will be implemented to support youth participants? Take the time to discuss how rewards and consequences will be administered. Consistency is key in the effective system of consequences and rewards.
- 3. Be Creative.** There are many example lists of consequences and rewards (sanctions and incentives). However, individualizing the rewards and consequences based on what is available within the unique community will support a sustainable system of rewards and consequences. See an example list here: <http://www.ndcrc.org/content/list-incentives-and-sanctions> (*NDRC, 2012*)
- 4. Look to the Community:** Community values related to honor, respect, and tradition can play an integral role the development of community centered rewards and consequences.
- 5. Reflect.** Consistent review by the TJHWC team of implemented processes such as the system consequences and rewards will improve the services offered to tribal youth.

Learn More:

1. *Juvenile Drug Treatment Court Guidelines, Office of Juvenile Justice and Delinquency Prevention, December 2016*
2. *National Drug Court Resource Center, List of Sanctions and Incentives, 2012*

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