

Contract Templates

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DISRESPECT

Doga's behavior will be considered **disrespectful** if he does one or more of the following:

- **Does not comply with adult requests the first time he is asked to do something**
- **Argues, nags**
- **Uses inappropriate language (profanity & phrases such as “shut up,” “stupid”)**
- **Mumbles under breath**
- **Rolls eyes, sucks teeth, mimics parent**
- **Balls up fists, play fights**
- **& any other behaviors mother identifies as disrespectful**

REWARDS:

Daily Reward = 1 ticket	What tickets can get you: 1 = extra 30 minutes of TV <u>or</u> computer 3 = 1 hour late bedtime 10 = medium pizza 20 = new video or CD 40 = hip hop shirt 100 = \$20
Bonus Rewards: 7 straight days = 2 extra tickets 14 straight days = 5 extra tickets 30 straight days = 10 extra tickets + \$5 Next 30 straight days = 20 extra tickets	

Tickets can only be redeemed on days Doga is in good standing with no offenses.

CONSEQUENCES

1st Offense = no ticket + no TV (in any room) for 24 hours

2nd Offense = no ticket + no TV (in any room) & no computer for 48 hours

3rd Offense = no ticket + no TV (in any room), computer, & phone for 72 hours

Problems: With TV, dad disconnects cable; with computer, mom disables password; with phone, mom suspends service, with Doga paying reactivation fee to reconnect.

Mother's role:

One verbal warning per day (if needed)

Consequences will be administered with short & to the point language, with calm voice.

If Doga gets angry or argues, mother will exit & wait. Doga following mother = Walmart shoes for 24 hours.

Village role:

Maternal aunts, maternal grandmother, & family friend Hawa will help mother smother Doga with love (hugs, kind words, homemade meals).

WILLIE’S CHORE CONTRACT

Clean his bedroom by 4:30 pm every day

- Bed Made
- Dirty clothes in hamper
- No items on floor or on/behind bed; no trash or dirty dishes anywhere in room
- No food or dishes

Water for dogs by 4:30 pm everyday

Take out trash by Monday night and Tuesday night by 7pm

Recycle by 7pm

Each week, Willie is to complete the following chore once a week by Sat before 1:00 pm:

Mow yard (as needed)

REWARDS:

Daily Reward = Willie will receive \$1 dollar per day at the end of the day (can earn up to \$7 per week)

Bonus Rewards:

7 days straight = \$3 extra dollars on Sunday

CONSEQUENCES

1st Offense = no \$1 + XBOX*** removed for 24 hours

2nd Offense = no \$1 + TV removed from room for 48 hours

3rd Offense = no \$1 + XBOX and TV removed for 72 hours

***If Willie refuses to give up XBOX immediately – Fine of two games given to charity + 48 hours no XBOX

Each Monday, Willie starts over at 1st Offense

Mother and Father’s role:

- Consequences will be administered with short & to the point language, with calm voice.
- Mother or father will exit & wait If Willie gets angry or argues. If Willie follows either = No computer for 48 hours.

DAD’S SIGNATURE: _____ DATE: _____

MOM’S SIGNATURE: _____ DATE: _____

WILLIE’S SIGNATURE: _____ DATE: _____

My “Super Nanny” Role to Help You “Jump Start This Contract

To help jump start the family, I will come by the house @ 4:30pm on Monday to make sure Willie went to school and be there with the contract in hand. I will be there to coach and help the parent deliver the rewards or consequences on chores. Right before 4:30, I will huddle up with parents in kitchen to go over the contract and get everyone “battle ready”.

If Willie does not complete chore, I will hold up a sign that says “exit and wait” and will coach mom or dad to remove XBOX or TV in a calm and consistent fashion.

Contract for No Drug or Alcohol Use

Hayden will be in violation of the no drug or alcohol use rule if he does one or more of the following:

- Test dirty or levels rise (one time only grace period) on a randomly assigned UA or refuses to take the UA when asked by either parent
- Test on any alcohol level on a Breathalyzer or refuses to take the Breathalyzer when asked by either parent.
- Parents will test randomly at least 2 x per month or when needed.

If Hayden comes home and has red eyes or it looks like he has been smoking or smells of alcohol or drugs a UA or alcohol test will be administered immediately.

If Hayden DOES NOT have raising levels after the first UA only and then tests 100% clean for each test thereafter or does not have any levels on a Breathalyzer AND TAKES THE TEST WHEN ASKED. Hayden will receive the following reward:

Reward

- First time he has a drop in levels after 1st Random Test or 100% clean = Gets to keep phone (cell phone + landline) & Friends + Gift Card -\$25 value
- Each test thereafter at 100% Clean= Gets to keep phone (cell phone + landline) & Friends + Gift Card

Bonus Rewards

2 consecutive clean tests = Road Trip with 2 friends to be mutually decided by parents and Hayden + gift card or dinner with friends

Consequences

If Hayden tests dirty or has raising levels or refuses either test the following will occur:

1st Offense = Hayden will immediately surrender his cell phone and landline + no friends until next random test is 100% clean.

2nd Offense*= Hayden will immediately surrender his cell phone and landline + no friends + no TV until next random test is 100% clean.

***He will have 24-48 hours to complete extra chore list on refrigerator at a minimum wage value or personal items sold equal to UA test value will be sold on E-Bay**

3rd Offense*= Hayden will immediately surrender his cell phone and landline + no friends + no TV + Personal Item until next random test is 100% clean.

TYLER'S NO VIOLENCE CONTRACT

If Tyler commits any of the following aggressive behaviors, he will receive consequences listed below, with no warnings given.

Aggressive Behaviors (Accountability - Healthy Undercurrent - for both caregiver and child)

- Shoving, hitting, or any other act of physical aggression to any adult or sibling
- Hitting or throwing any objects in anger
- Threatening language (determined by parent)
- Threatening body language, such as squaring off, etc. (determined by parent)

Consequences:

- **For any acts of violence (1st and 2nd behaviors on list above) =(Accountability - Healthy Undercurrent)**
 - 1st Offense = Grounded (no TV, phone, video games, no friends, etc) for 14 straight days + personal items held in storage for 30 days**
 - 2nd Offense = If any aggressive behaviors in 30 days personal items held in storage will be sold on EBay through an EBAY store in Tampa** and parents keep the money + Police will be called immediately & charges filed. (Safety undercurrent)**
 - 3rd Offense = Grounded (no TV, phone, video games, no friends, etc) for 21 straight days + personal items immediately sold + Police will be called immediately & charges filed. (Safety undercurrent)**
- **For any threats of violence= 1st Offense grounding will happen any time threats occur**

Any Property Damage- (Accountability - Healthy Undercurrent)

- **Parent assesses cost of damage**
- **Parent posts extra chores at minimum wage to cover cost or large % of cost on refrigerator. If chores not completed within 24 hours of posting and to parents satisfaction Tyler's personal items sold immediately at E-Bay store to cover the cost.**
- **If Tyler cannot fix must pay for someone to fix and cost added to final amount**

Parent Role:

- If Tyler is escalating, parent is to **exit & wait** immediately & refrain from any further interaction with youth.- (De-escalation Tactic + Safety= Healthy Undercurrents)
- Issue a positive teen report for once a day to catch Tyler doing something right—(Playfulness Softness-Healthy Undercurrent)
- 1st 30 straight days of no threats or acts of aggression = celebration day- (Softness Nurturance-HC)
- Next 60 straight days of no threats or acts of aggression = camping trip
- Parents will have on Refrig. A no violence calendar and mark of days with Tyler- (De-escalation Tactic- Healthy Undercurrent)

My "Super Nanny" Role

- To help jump start the family, I will come by the house and review the contract and role play exit and wait strategies
- If violence occurs, please contact me immediately and I will come over ASAP to be a support, remind you of your role in the contract, and coordinate with your therapist.

CURFEW

Jeffrey will be considered late if he is one minute past **9:00 pm** according to his parents' watch. He must be physically inside the house & must check in with his parents upon return home. If he needs assistance with a ride home, he must ask his parents by 7:00 pm.

REWARDS:

Daily Reward = 1 hour computer time

Bonus Rewards:

6 straight days = pizza with Louis, David, & Melvin

14 straight days = 2 movie tickets; call from Uncle John

30 straight days = cell phone with ____ pre-paid minutes

CONSEQUENCES:

1st Offense = No daily or bonus rewards + no video games for 24 hours

2nd Offense = No daily or bonus rewards + no video games for 72 hours
+ police called

3rd Offense = No daily or bonus rewards

+ police called

+ game system & games sold (items of comparable value can also be
used)

The first day of each month, Jeffrey starts over at 1st offense.

Family role:

Marie & Yves will work as a team & will help each be consistent with Jeffrey.

Consequences will be administered with short & to the point language.

If Jeffrey escalates, parents will exit & wait.

Family will participate in game night or outing together once a week.

No Ditching School- Truancy

<p>Rule #1: Delvon will break our “no ditching” school rule if he does one or more of the following:</p> <ul style="list-style-type: none"> • Not get up for school on his own at 7 am and be downstairs dressed and showered and on the bus at 8 am. • The parent confirms with the attendance officer each day that Delvon is in school on time with full attendance of all class with no tardiness. • If you are sick and cannot attend it must be confirmed by me, a medical doctor, or the school nurse. 	<p><u>Mom's Top Three List</u></p> <p>#1- Cell phone</p> <p>#2- Money or Tokens</p> <p>#3- Material Items</p>
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REWARDS:

<p>Daily Reward = 1 token* For each day that you get up for school on your own and to the bus stop on time and it is confirmed by the attendance officer that you attended all classes with no tardiness you will receive 1 token</p>	<p>What tokens can get you: 1 = extra 30 minutes cell phone card 3 = 2 hour cell phone card 10 = \$10 20 = new video or cd 40 = hip hop shirt 100 = \$100</p>
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**Tickets can only be redeemed on days Delvon is in good standing with no offenses*

Negative Consequence: For each day you fail to get up for school on your own, miss the bus, or fail to attend all classes with no tardiness the following will take place:

1st Offense = No token that day + cell phone removed for rest of that day plus two straight additional days (you will also have to start all over on bonus rewards)

2nd Offense = No token that day + cell phone removed for rest of that day plus **five** straight additional days (you will also have to start all over on bonus rewards)

3rd Offense = No token that day + cell phone removed for rest of that day plus **seven** straight additional days + one of your favorite video games will be sold or given away to charity (you will also have to start all over on bonus rewards)

Homework Contract for Cherry

Cherry agrees to the following school homework terms:

- Put together with her father a daily assignment book like the one below:

Days of Week	Math	Science	English	Social Studies	General Comments
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					

- Mom or dad will give Cherry and introduction letter to take to each teacher and ask them to put their signature on if they agree to initial Cherry's daily planner.
- Cherry will write down her assignment for each teacher who signs the introduction letter and at the end of class will ask the teacher to initial it. If there is no homework for that class, Cherry will mark "No homework" and have teacher initial.

After school Cherry will do the following:

- Until 5:45pm, Cherry will have free time to have a snack and relax- she can use the computer time if she has left over unused coupons from previous days and wants to cash them in;
- At 5:45pm, Cherry will show her completed progress report to mother and/or father and begin doing her homework- Neither parent will nag or remind her- Cherry will be responsible to do it on her own;
- Immediately after dinner, Cherry will continue and complete her homework;
- Cherry will complete her homework by 8:00pm each evening;
- Cherry's parents will check completed homework assignments and cross check these with her planner before computer time begins;

If the above happens, Cherry will receive the following rewards below:

Rewards

- 1 Coupon for 30 minutes of computer time to use at 8pm with a lot of praise and appreciation by both parents.

Parents and not Cherry will determine the time of when she uses the computer and can cash in her coupon.

Additional Possible Bonus Rewards

- 3 consecutive school days of doing homework and planner = 30min + 30min = 1hr of computer time
- 5 consecutive school days of doing homework and planner = 2 ½ hours of computer time on weekend
- 2 consecutive weeks or 10 school days of doing homework and planner = 2 or 3 hours of special activity that Cherry chooses with mom or dad.

** If Cherry refuses to get off the computer when her computer time runs out and mom or dad asks her = Fine of her next 30 minute computer coupon will be taken away.

Negative Consequences

- If Cherry does not hand in her planner with all of the teacher's initials or complete her homework by 8pm, Cherry does not receive her 30-minute coupon for that day.
- In addition, Cherry will be required to complete an additional chore.

** .Additional chores to be written down on small pieces of paper and put into a bowl. Cherry will pick a chore out of the bowl as her consequence. Chore ideas to include in the bowl are as follows:

Clean baseboards (in a specific area or room in the house) Clean blinds (in a specific area or room in the house) Sweep driveway	Clean out refrigerator Organize a closet (be specific) Clean out a junk drawer or dusting
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Dad and Daughter's (Sue's) Improved Communication Contract to Decrease Our Stress by 70% or More

Together we will follow these steps:

#1- Practice with our coach on how “not to” communicate and “how to” communicate

- Before Role Reversal- (Playful)- Have short argument –Freeze it- And then physically switch chairs-Sue plays Dad and Dad plays Sue-freeze role play to highlight points of what not to do- Write on Board-
- After Role Reversal –What would Sue be doing or saying in the future that would be supportive, soft, or nurturing? –write answers on board-
- Dad what would your daughter be saying or doing that would be supportive?-write answers on board- Then redo argument with this new information both role play their parts

#2- Practice with coach- the Pen Technique-

- Using new tools – each person who has pen says something-other person cannot interrupt or say anything when person has the pen
- After person with pen speaks then hands pen to other person and must repeat back what they say in own words- If correct interpretation high five if not process repeated until successful.
- Practice Feedback on what other person did well-how they said it well

#3- Practice Pen Technique once a day after dinner like working out

- Mike will purchase a micro cassette recorder from Radio Shack
- Record pen conversation 1x per day using new tools. Anytime mess up do a role reversal
- Bring back to coach for Review