

### Contract for Family Visits

As I have mentioned in several of my files, my family was used as a bargaining chip to get me to comply. Surprisingly, I found a "contract" of sorts that essentially shows almost exactly what I have been talking about.

This contract appears to be written following my 2002 stay at West Hills. It was a "deal" to shorten the length of time so that I can earn privileges to spend time with my family sooner. Likely because they realized that I wouldn't get to see my family for several months if they made me use the the normal program timing. It was great and all, but nearly impossible unless you're capable of acting flawlessly for the period of time noted. I clearly was not at the time, but I still tried because I really wanted to see my family. If I remember correctly, I am pretty sure I failed, but would have to look through other records to confirm. It was only 3 weeks, so I might have passed the test.

First, anything more than a day was a long-time during childhood. The system had four levels, plus an orientation level. Orientation was 2-4 weeks to move to level 1. Levels 1, 2, and 3 took 6 weeks to advance to the next level. Your level is what your privileges were based on.

To earn an 85% every day for nearly a month was impossible. We would get "marked" for doing things wrong. You started each day at 100%. Throughout the day, you would get "marked" on your point sheet for things you did wrong. Every "mark" counted as losing 5-10 points, depending on the type of mark. Based on your marks today, that would count toward your privileges tomorrow. The goal is to have ZERO marks. So 4 marks in a day would mean that the contract was null and void.

I was late for everything as a kid. If your bedtime was 9pm, you better be in your room at 8:59pm. If the clock hit 9pm, you got a mark for being late. I loved watching the end of my tv shows and was always late because they often ended right at 9pm. That and I was easily distracted. Showers needed to be no more than 10 minutes long or you would get a mark. I was always late from my shower because I would get lost in thought. You literally had only 10 minutes to get upstairs, undressed, in and out of the shower, dressed again, and back downstairs in 10 minutes. At minute 10, that was another mark. Most kids made it happen, but not me. I had OCD and ADHD, and I was often lost in thought, and I had to fully clean myself. This was the difference between me and other kids. I had 2 disorders that worked very much against me and still do. Lastly, having my planner signed was embarrassing because it was inching closer to people asking questions and finding out my foster care secret.

You will notice that my reward in the end was 4-6 hours with my family each week. I don't know about anyone else, but 4-6 hours a week is nothing. Either way, this contract is exactly the type of bargaining they would do so that I could see my family. No empathy for the fact that I hadn't seen them the majority of my life and that they were still strangers to me. What made me even more upset is that I had spent YEARS on the highest level in the program. I was on the level longer than anyone else had ever been. Despite having perfect behavior for a long period of time, I was still challenged. This was the control my foster father had on the situation to try and prevent me from leaving. This is why I ended up in West Hills in 2002. He couldn't handle the fact that I finally had my family in the picture. So he placed obstacles like this in the way knowing perfectly well how I would react. But everyone wanted to paint me as delusional and think that he would never do such a thing and that I was just paranoid. I wasn't perfect by any means, but it wasn't all in my head like he let people believe.

# Contract

Joseph Afzal  
April 12, 2002

Due to your inappropriate and disrespectful behavior, Kris Scilacci instructed us to place you back on Orientation. We would like to give you an opportunity to shorten the time required to move through the Phases of our program by demonstrating exemplary behavior during the next three weeks.

From today until May 3, 2002 you have the opportunity to establish that you are willing and capable of demonstrating Phase III behavior. To do this you must earn at least an 85% every day on your daily assessment sheet. You will be able to do this by following our rules and procedures which include taking your medications daily, completing assigned school work, getting your planner signed completely every day, taking your shower on time, finishing your laundry on the assigned day, getting to bed on time, lights out on time, remembering you are not in control of the room, and getting along with other staff/assistants that work in our program. In addition you may not join in ganging up on any one or "getting back" at anyone.

At the end of these three weeks, if you have successfully fulfilled this contract, you will be placed on Provisional Phase III. You must maintain appropriate acceptable behavior as outlined above. You will be on Provisional status for two weeks. If at any time you fail to meet the expectations of this contract or have any major behavior issues, you will return to Phase I and work your way through all of the levels. While you are on provisional status you may have two 4-6 hour visits with your family each week. If you successfully complete Provisional Phase III, you will move to Phase III. At that time you will be able to begin overnight visits with your family. Once you are officially back on Phase III, you will need 3 more weeks of 85 % on a daily basis to move to Phase IV.

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