

# Improving Public Safety by Positively Changing Lives

## Cognitive Behavioral Interventions

Fact Sheet  
October 2024



### Fiscal Year 2024 Program Participation

#### Thinking for a Change (T4C)

Prison: 1157  
Community: 895

#### Moving On

Prison: 96  
Community: 13

#### Aggression Replacement Training (DOCART)

Prison: 87

#### Beyond Violence

Prison: 59

#### Decision Points

Prison: 77  
Community: 371

### Overview

The Cognitive Behavioral Interventions (CBIs) unit employs full-time facilitators who deliver evidence-based cognitive-behavioral interventions, with measured fidelity, to our populations of incarcerated individuals. By utilizing a dedicated staff delivery model, the unit can maximize experiential learning benefits, intrinsic motivation, and training resources. Current evaluations of intervention efficacy in recidivism reduction are quite promising, showing a significant reduction in three-year return-to-prison rates for participants.

Each CBI utilizes Risk Needs Responsivity in determining an incarcerated individual's suitability for a specific curriculum, as each one focuses on a different criminogenic need. Participants who are at a higher risk to recidivate and have high needs in the criminogenic area will be targeted with a specific intervention. Once selected, attendance is mandatory, and successful completion is expected.

There are four distinct interventions currently delivered, two male and two female, across 11 main and camp facilities.

### Programs

#### Thinking for a Change (T4C)

Thinking for a Change is the most widely used intervention and is delivered in five of our six major facilities and camps and the community for those on supervision. This CBI is delivered to the male population in prisons (both male and female in the field) and addresses antisocial attitudes and behaviors as well as antisocial peer networks.

#### Moving On


Moving On is a female-specific intervention developed by Marilyn Van Dieten. Facilitators are trained by staff employed by Marilyn and the Orbis Group. Just as with T4C, this intervention addresses antisocial attitudes and behaviors as well as antisocial peer networks. This intervention was developed specifically for justice-involved females. Staff delivering this intervention have been trained in the provision of Trauma Informed Care. Moving On is delivered at both of our female facilities. A pilot was implemented at the Yakima field office during this fiscal year.

#### Aggression Replacement Training (DOCART)

DOCART is the CBI used to address individuals who have exhibited impulsive aggression/violence within our facilities and have been referred to Maximum custody. Each potential participant is screened for suitability and if found appropriate is directed to successfully participate in and complete the intervention. DOCART is currently delivered at Clallam Bay Corrections Center in their Restricted Housing Unit as well as one of the close custody units.

#### Beyond Violence

Beyond Violence is a female-specific intervention, developed and trained by Stephanie Covington, that addresses aggression needs in the female population. As



with Moving On, this intervention was developed specifically for justice-involved females and all staff who deliver Beyond Violence have been trained in the provision of Trauma Informed Care. This program is delivered at both of our female facilities.

### **Decision Points**

Decision Points is a program constructed to address a similar risk/needs profile to T4C but allows for open-ended participation. It targets identified criminogenic needs and skill deficits through an interactive, open-group cognitive-behavioral intervention approach. The program is developed for medium to high-risk individuals and constructed of four comprehensive and repetitive learner-centered lessons fostering continuous delivery through its open-ended design. Decision Points is delivered throughout our community field offices.

### **Impacts of Unit Consolidation and Staff Shortages**

In July of 2023, facilitators who were tasked with delivering CBIs to our supervised population transitioned from the Community Corrections Division to the Reentry Division, specifically the CBIs unit. This move consolidated all dedicated facilitators under one chain of command. Consequently, this fiscal year has been one of transition, both in the way the work was done and in those that perform that work. Many facilitator positions were held vacant for an extended period while the transition was in process. Even with this staff shortage, participant numbers were up from the previous fiscal year. Some of the increase can be attributed to the “return to normal” after the COVID-19 pandemic, but much of it is due to a streamlined and informed chain of command with improved recruitment and retention processes. We anticipate that the CBIs unit will be nearly fully staffed before the end of the first quarter of fiscal year 2025.

#### **For more information:**

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