Improving Public Safety by Positively Changing Lives Cognitive Behavioral Interventions

Fact Sheet October 2025





<u>Fiscal Year 2025</u> Program Participation

Thinking for a Change (T4C)

Prison: 1156 Community: 572

Moving On Prison: 57

Aggression Replacement Training (DOCART)

Prison: 53

Beyond Violence Prison: 43

Decision PointsCommunity: 1145

Overview

The Cognitive Behavioral Interventions (CBI) unit employs full-time facilitators, working under a trained chain of command, who deliver evidence-based cognitive-behavioral interventions, with focused fidelity, to our populations of incarcerated and supervised individuals. By utilizing a dedicated staff delivery model with an informed and trained chain of command, the unit can maximize staff experiential learning benefits, intrinsic motivation, and training/coaching resources.

The principles of Risk Needs Responsivity are used in determining an incarcerated or supervised 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(s) will be targeted with a specific intervention. Once selected, attendance is mandatory and successful completion is expected.

There were 5 distinct CBIs delivered in our facilities and community during this past fiscal year. Expected changes in the coming fiscal year are detailed below.

Programs

Thinking for a Change (T4C)

T4C is an integrated cognitive behavioral change program authored by Jack Bush, Ph.D., Barry Glick, Ph.D., and Juliana Taymans, Ph.D., under a cooperative agreement with the National Institute of Corrections (NIC). T4C incorporates research from cognitive restructuring theory, social skills development, and the learning and use of problem-solving skills. In simple terms, T4C works with the participant to understand how harmful or nonproductive thoughts and feelings often lead to harmful or nonproductive behaviors and outcomes. Additionally, it provides direction to those participants on how to recognize and restructure those thoughts and feelings so that they may more appropriately respond to otherwise challenging situations. T4C is a close-ended curriculum that is comprised of 25 lessons that are built upon each other. Entrance criteria are based upon high or moderate risk to recidivate with high or moderate needs in social influences and/or anti-social behavior or attitudes. Locations served this fiscal year: AHCC, AHCC MSU, WSP, WSP MSU, WSP RHU, CRCC, CRCC MSU, MCC TRU, MCC MSU, SCCC, SCCC MSU, and most Community Corrections field offices.

Moving On

Moving On is a female-specific intervention that addresses many risk factors that can lead to criminal behavior. It provides participants with alternatives to criminal activity by assisting them to identify and mobilize personal and community resources. Program content is organized around four main themes: encouraging personal responsibility and enhancing motivation to change, expanding connections and building healthy relationships, skill enhancement/development/maintenance, and relaxation and stress management skills. Entrance criteria for this program focuses on those who are a high or moderate risk to recidivate with high or moderate needs

in social influence and/or antisocial behavior or attitudes. Locations served this fiscal year: WCCW, WCCW MSC, and MCCCW.

Aggression Replacement Training (DOCART)

DOCART is an anger control training program based upon the Aggression Replacement Training program developed by Dr. Barry Glick and Dr. John Gibbs. DOCART is comprised of 3 parts: Motivational Engagement, Anger Control Training, and Moral Reasoning. Entrance Criteria in our general population settings focuses on those who are a high or moderate risk to recidivate and have high or moderate needs in aggression. In the RHU setting, our maximum custody committee makes the determination of the appropriateness of the program based on each individual potential participant's behavior, with those exhibiting impulsive violence being preferred for the program. Therefore, the program's focus in RHU is on prison violence reduction rather than community recidivism. Locations served this fiscal year: CBCC RHU, CBCC Close custody.

It should be noted that the delivery of this program ended at the end of this fiscal year due to the loss of trained staff and outside training support. This program has been replaced with Decision Points for the coming fiscal year with implementation at additional RHU sites already under way.

Beyond Violence

Beyond Violence is a female-specific intervention developed and supported by Dr. Stephanie Covington that addresses the violence and trauma the participants have both perpetrated and experienced. It is based on a four-level model of violence prevention which considers the complex interplay between individual, relationship, community, and societal factors. This program was developed specifically for justice-involved females and all facilitators who deliver Beyond Violence are trained in providing trauma-informed care. Entrance criteria for this program focus on those who are at a high or moderate risk of recidivating with high or moderate needs in aggression. Priority will be given to those potential participants with a violent conviction in their criminal history. Locations served this fiscal year: WCCW, WCCW MSC, MCCCW.

Decision Points

Decision Points is a program constructed to address a similar risk/needs profile to T4C but allows for open-ended participation and is much shorter in duration. It targets identified criminogenic needs and skill deficits through an interactive, open-group cognitive-behavioral intervention approach. The program is 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 and will be delivered in several prison RHUs in the coming fiscal year.

Additional FY25 information and expectations for FY26

Graduation rates for Thinking for a Change in the community remained stable around 50%, since the program's roll out more than a decade ago. While the authors of this program indicate that this is consistent with their findings nationwide, the Department will end its delivery of Thinking for a Change in the community setting and replace it with Moral Recognition Training (MRT). While this program has approximately the same number of lessons and addresses the same criminogenic needs as T4C, it has a distinct advantage in our system of being open-ended. This will allow participants to continue with the program despite any short-term violation sanctions or inpatient treatments which otherwise would have forced the unit to drop them from the T4C roster. It is anticipated that this change will happen sometime early in the 3rd quarter of FY26. Additionally, there is no plan to replace T4C as it is currently delivered in our facilities.

The staff hiring freeze that has been in place for nearly the entirety of FY25 has had an impact on the potential number of participants served both in the facilities and community as well as the implementation of MRT in the community. At the end of FY25, the CBI Unit was able to fill some key positions on the facilities side which will allow us to restart delivery of programming at CBCC as well as fulfill our potential at our women's facility. We also anticipate that Thinking for a Change will be made available at CBCC and OCC once the vacant position is opened for recruitment.

For more information:

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