

CBCF Risk Based Treatment Programming Description

Phase I Intensive Outpatient

During this phase of treatment, clients will begin to identify and explore their reasons and motivations for treatment. Their counselor will help them develop a plan of change and strategies to help them achieve this change. Clients will continue to meet with their primary counselor individually to discuss any resistance or challenges they may have starting in the program. Clients receive education on the disease of addiction, Medicated Assisted Treatment, recovery programs, triggers, and additional information necessary for them to further understand the disease of addiction. A minimum of 10 dosage hours available per week.

Opiate Enhanced

The Opiate Enhanced group will allow clients to explore risky situations, triggers, and cravings more specific to their opiate diagnosis. Clients who join this group will explore ways to continue on the path of recovery among peers struggling with similar situations. Clients will gain an additional one dosage hour each week.

Phase II Intensive Out Patient

When entering into this level of treatment the counselor will utilize evidence based interventions for substance abuse treatment. During each session, emphasis is placed on strategies to continue a life of recovery. These sessions will provide the client with a foundation to begin his road to recovery. A minimum of 10 dosage hours of group available per week and one individual dosage hour is available every other week.

Phase III

This phase of treatment is designed to provide continued skill building and to reinforce the skills learned in the client's primary treatment. Clients will have the opportunity to share with the group ongoing use of skills that were helpful and effective along with times when they struggled and needed to reach out to others for support. The counselor will also provide strategies of recovery in addition to the ones already learned in the client's primary treatment (i.e. self-care, 12-steps, etc.). A minimum of 2.5 dosage hours available per week.

Thinking for a Change (TFAC)

Developed by the National Institute of Corrections, TFAC provides skill based training in cognitive self-change, social skills, and problem solving. The curriculum utilizes lecture, role plays, and homework assignments as teaching methods. TFAC is rooted in the Cognitive Behavioral Theory (CBT). CBT is the cornerstone of successful cognitive behavioral based programs, since CBT has been proven effective in reducing recidivism, it targets criminogenic needs and risk factors, it can be utilized in all phases of a client's programming and it places a strong focus on relapse prevention in all areas of the client's life. There are 25 lessons in TFAC which fall under one of three sections: Cognitive Self Change, Social Skills, and Problem Solving. Clients will receive 37.5 dosage hours upon completion.

Thinking for a Change Booster (TFAC Booster)

TFAC Booster is the aftercare component for clients who successfully complete TFAC. This group occurs once every week and continues until the client is successfully into the community. Individuals discuss current situations that are problematic for them, they process them, and get feedback from the group using the skills obtained from Thinking for a Change to assist in dealing with the situation pro-socially. These sessions are client driven but the facilitator can bring relevant materials for group discussion. Clients will receive 10 dosage hours upon completion.

Thinking Errors (TE)

This class was developed using the Texas Christian University Criminal Thinking Scale (TCU-CTS). The TCU-CTS is a 36-item, self-report questionnaire that assesses criminal thinking. The TCU-CTS provides specific information regarding criminal thinking across the following six domains: entitlement, justification, personal irresponsibility, power orientation, cold heartedness, and criminal rationalization. Each class teaches one of the six domains using lecture, cognitive restructuring and role playing. Clients will receive 12 dosage hours upon completion.

Good Intentions Bad Choices (GIBC)

GIBC focuses on relapse and/or recidivism prevention for clients who have intentions of succeeding/straightening out their lives but fall back on thinking patterns that do the opposite. This group teaches the individual to recognize when they engage in these thought patterns, identify the risk, look at the possible consequences, and consider new thinking that could reduce and/or alleviate acting on the risk. Clients will receive 12 dosage hours upon completion.

Anger Management

Clients enrolled in anger management services attend the group for nine sessions. The group sessions cover such topics as: Understanding Anger, Events and Cues (to understand and manage your anger), Forgiveness, Effects of Anger/Domestic Violence on Children and Families, Anger Control Plans, Recovery Issues with Rage, and Anger and the Family. Clients will receive 12 dosage hours upon completion.

Wellness Self-Management

This group is for clients to learn how to manage mental health problems while still giving attention to their wants and goals in life. The eight goals of the Wellness Self-Management Program are: learning about recovery and what it can mean for you, making the best use of your mental and physical health services, learning how mental health and physical wellness will help you to achieve your goals and support your personal recovery, staying well by decreasing symptoms of a mental health problem, learning how to manage day-to-day stress and prevent relapse, staying well by connecting with others, staying well by living a healthy lifestyle, and recognizing and building on your cultural values and experiences to support your personal recovery. Clients will receive 12 dosage hours upon completion.

Trauma Recovery and Empowerment Group

Part one of this group (Male Myths, Emotions and Relationships) covers male gender roles and key emotional and relationship domains for male survivors. Part two (Trauma Recovery) focuses on emotional, physical, and sexual abuse and their relationships to psychological symptoms, substance use, and relationship patterns. Part three (Recovery Skills) emphasizes the development and strengthening of interpersonal, problem-solving and life planning skills. Clients will receive 12 dosage hours upon completion.

Employment Programming

Cognitive Behavioral Intervention for Offenders Seeking Employment (CBI-EMP) was developed by the University of Cincinnati (UC) in partnership with Manpower Demonstration Research Corporation (MDRC) for offenders who are moderate to high need in the area of employment. The curriculum incorporates cognitive-behavioral interventions with more traditional employment approaches. The program teaches individuals how to identify and manage high risk situations related to obtaining and maintaining employment. Heavy emphasis is placed on skill building activities to assist with cognitive, social, emotional, and coping skill development for the work environment. Using a modified, closed group format with multiple entry points, the curriculum is designed to allow for flexibility across various service settings and intervention lengths. Clients will receive 46.5 dosage hours upon completion.