

Probation Department/Drug & Alcohol Treatment and Cognitive Behavioral Programs

Moral Reconciliation Therapy (MRT) – is a systematic, cognitive-behavioral, step-by-step treatment strategy designed to enhance self image, promote growth of a positive, productive identity, and to change conscious decision-making to higher stages/levels of moral reasoning. MRT focuses on seven basic issues in a systematic, progressive fashion. These are confrontation of beliefs; attitudes and behaviors; assessment of current relationships; reinforcement of positive behavior and habits; positive identity formation; enhancement of self-concept; decrease in hedonism and development of frustration tolerance; and development of higher stages of moral reasoning.

Cognitive Behavior Change (Cog./CBT Group) – is an offense specific, cognitive-based, offender “behavior change” curricula. All the curricula have been designed to meet different learning style needs while being delivered in a highly interactive group process format. The underlying goal is to teach the relationship between values, attitude, and behavior. Facilitators use activities and games to enhance the learning process. Examples of adult and juvenile curricula are Anger Management, Cognitive Life Skills, Drug and Alcohol, Domestic Violence, and Shoplifting.

Thinking for a Change (T4C) – is a problem solving program which utilizes cognitive restructuring and social skills interventions. Participants learn that cognitive restructuring requires cognitive skills methods including identifying thinking, beliefs, attitudes, and values. Cognitive restructuring concepts are introduced and emphasized throughout the lessons, and these concepts are followed up by problem solving techniques.

Seeking Safety – is a psychotherapy treatment for Posttraumatic Stress Disorder (PTSD) and substance abuse, particularly women. Most clinical programs treat PTSD or substance abuse, but not both. Treatment outcomes clearly indicate there is a connection between PTSD and substance abuse. Seeking Safety has 25 topics which are divided among cognitive, behavioral and interpersonal domains, with each addressing a safe coping skill relevant to both disorders.