

CBIInformation

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In 1997, the NC Dept. of Corection adopted cognitive behavioral interventions (CBI) as the underlying philosophy for its rehabilitative programs and services. CBI programs provide offenders with the tools necessary for positive self-change.

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CBI Orientations & Pilot Sites

The CBI program hosted orientation meetings in each Judicial Division. The Office of Research and Planning, in coordination with DOC's Cognitive Behavioral Training Task Force, hosted meetings for probation/parole officers, prison program staff, local CJPP staff, DACDP staff, and TASC staff to learn about cognitive behavioral interventions.

Secretary Beck welcomed participants and outlined the important role that CBI will play in offender treatment throughout the department. He stressed that these programs have proven successful in other areas of the country, and NC will benefit greatly from these efforts.

Presenters at the orientation meetings included Brian Bauduin, a psychologist at Morrison Youth Institution; Dr. Steve Parese, a nationally known CBI expert; Nicole Sullivan, Director of the CBI Grant Project; and a panel featuring

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IMPACT'S CBI Program "Problem Solving Skills for Offenders"

While reviewing programs for the female IMPACT unit, IMPACT administrators discovered that cognitive-behavioral programs were in use in other parts of the country with great success. Impact Administrators also learned that the Department of Correction and the the Department of Health and Human Services were interested in these types of programs. When a confluence of interest emerged among departmental staff regarding the cognitive behavioral approach, the Office of

Research and Planning identified the need for inter-divisional collaboration and formed the



Cognitive Behavioral Training (CBT) Task Force. One of the Task Force's initial activities was to participate in a video-conference sponsored by the National Institute of Corrections (NIC). The

NIC provided "*A Resource Guide to Existing Services*" and "*Problem Solving Skills for Offenders*" materials and publications.

The Director's Minute

The CBI Grant Project is responsible for educating and training DOC staff about cognitive behavioral interventions and assist staff in implementing these programs at their work sites. In addition to DOP and DCC Field staff, pilot sites utilize collaborative team approaches that include CJPP, TASC, and Community College staff. We also have qualified contractual staff involved in this project who increase our capacity to implement a CBI

curriculum.

Other sections of the agency are also implementing cognitive behavioral interventions and/or techniques. There are numerous ongoing groups that are supported by Dr. Jane Young's project through DOP-Education Services. To-



gether we have created a presence for CBI within the agency.

These combined efforts for CBI programs are generating national recognition and praise for the Department from other correctional systems, organizations, and experts. We have, in fact, developed and implemented a national model that others are eager to copy.

Thank you in advance for your continued support of this project and the DOC staff who have taken a bold step by volunteering to participate in this new initiative. These efforts will continue to help move the

What is the Cognitive Behavior Approach?

The concept behind Cognitive Behavior Interventions entails having an awareness of ourselves and knowing why we react to certain things as we do. It is having an understanding of the thinking behind our behavior and the consequence of our actions. Studies show that behavior is influenced by the way one thinks ("cognition") and that criminal behavior is often the result of an erroneous thought process.

Cognitive Behavioral training can enable changes in the criminal thought process, producing more socially acceptable behavior.

Orientation Meetings (continued from page 1)

experienced CBI group facilitators. Panelists included Jeff Rayle of the GRIP program, Julie Walker and Debbi Wilson of Clay, Wilson & Associates, Chuck Bryant from IMPACT, Kim Russell from Morrison Youth Institution, Jessica Wagner, a PPO in Hendersonville, Dr. Steve Parese and Brian Bauduin.

Through these orientations, more than 800 DOC employees and other criminal justice professionals learned about CBI programs. In addition, they had an opportunity to submit an application to become a pilot site for this project. Once approved, pilot site staff from DCC

Field Services, DOP Program staff, CJPP, and TASC participated in facilitator training for one of the CBI curricula. Currently, the CBI Grant Project supports the following curricula:

- ⇒ **"Thinking for a Change"** a 22 lesson curriculum that teach cognitive self-change, social skills, and problem solving;
- ⇒ **"Problem Solving Skills for Offenders"** an 8 lesson curriculum that teaches basic steps to effective problem solving;
- ⇒ **"Reasoning & Rehabilitation"** a 36 lesson curriculum

teaching social skills, problem solving, negotiation, managing emotions, creative thinking, value enhancement, and reasoning; and

- ⇒ **"Choices and Changes"** a two-part curriculum aimed at youthful offenders to assist them in gaining insight into their thinking and practicing prosocial skills.

To date, there are 58 pilot sites under the CBI Grant Project — a successful endeavor indeed!

"... criminals exhibit many cognitive distortions and lack crucial social skills that make it possible to interact with the world in an appropriate way."

**THE COGNITIVE
BEHAVIORAL
INTERVENTIONS GRANT**

The Office of Research and Planning, NC Dept. of Correction, received a federal grant to initiate a Cognitive Behavioral Interventions Program for North Carolina. The grant provides technical assistance and training to enable DOC staff to create pilot CBI programs in several areas of the state as part of their rehabilitative effort for offenders. The goal for CBI training is to equip offenders with the means to change their thoughts, attitudes and expectations that contribute to their criminal behavior, thus aiding them to become more productive citizens. Cognitive Behavioral Interventions is a cornerstone philosophy in the rehabilitative pro-

What are Cognitive Behavioral Interventions? -examples from the GRIP program

According to Cognitive-Behavioral Psychology, our thinking controls our behavior. Cognitive-Behavioral Interventions (CBI) focus on an individual's thinking processes and how it determines behavior. Cognitive processes or "cognition" refer to our thinking and its content (i.e. our attitudes, beliefs and values) and how we use it to understand the world around us.

The Two Components of CBI: Cognitive Skills and Social Skills. Most interventions target either Cognitive Skills or Social Skills, and a few target both components of CBI.

Cognitive skills- When we view the world using a mistaken belief or cognitive distortion, we may react to the world in a way that causes us undue stress. Examining and dispelling these cognitive distortions and developing better cognitive skills are a major part of CBI. In essence, we are taught to think about our thinking.

Social Skills- The second major component of CBI skills are skills that many of us take for granted, called social skills. Social Skills include such things as listening, asking questions and giving feedback. In CBI programs, social skills are taught to participants to aid in appropriate interaction with the world. Social skills are usually taught in a progressive, step by step pro-

cess that starts with the most basic skills (listening) and progresses to the most complex (responding to another person's feelings)

According to research on Criminality by such authors as Stanton, Samenow, and Yochelson, Criminals exhibit many cognitive distortions and lack crucial social skills that make it possible to interact with the world in an appropriate way. These deficits are due to a number of reasons such as poor or nonexistent parenting, childhood trauma and lack of appropriate role models, etc.

Programs such as the General Recidivism Intervention Program (GRIP) at Caswell Correctional Center, attempt to reduce recidivism rates by teaching offenders about thinking errors and how to correct them, and teaching them new social skills.

Although the GRIP program is intensive, (13 weeks, 5 days a week) less concentrated programs, such as the National Institute of Correction's 22 sessions of "Thinking for a Change" series, also make a positive impact on the offender population.

Does it work?- On a national level, CBI programs that target adults as well as juveniles have been assessed to be highly effective (See Corrections Today - March 1999) On a local level, one of the GRIP programs class of 23 graduates

(June, 97) had received 25 infractions in the 6 months prior to attending GRIP. Six months after GRIP they had committed only 12 infractions. Further, of the 25 infractions committed before GRIP, four were "B" class. In the 6 months afterward, there were no infractions greater than a less serious "C" class infraction. This tends to point to the possibility that participation has not only reduced the quantity of infractions, but has reduced their severity.

What does it all mean?-

Interventions such as the GRIP Program help offenders to think in a more pro-social manner and in turn, behave in a more pro-social way. This means the employees that deal with offenders have an easier time managing the offender's behavior because offenders are positively governing their own behavior better. Additionally, we are giving offenders the tools to succeed in the community, which makes the community safer and eases the burden on the already over-taxed prison system.



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**"A man's life is what his thoughts
make it."**

Marcus Aurelius

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any related CBI
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CBI Grant Objectives

**1. To train DOC
staff to deliver
Cognitive Behav-
ioral Interventions
training to
offenders.**

**2. To provide
effective rehabilita-
tive programs and
services to
offenders.**

**3. To teach
offenders cognitive
skills and restruc-
turing techniques.**

**4. To improve
communication and
coordination
among the opera-
tional divisions
of the NC Depart-
ment of Correc-
tion, and sister**

**criminal
justice/education/
treatment agencies.**

**5. To increase
staff knowledge
about Cognitive
Behavioral
Interventions as
an approach to
dealing with
offenders.**