

## Survey to Chief APOs

### Issue: CBT programs

#### Question (from Elk County):

I would be interested in any Cognitive Behavioral Therapy programs that counties are running. Also is there any trainings regarding CBT available.

#### Allegheny County

Response from Staff Development Supervisor in Allegheny:

NIC offers Thinking for a Change, which is done inside institutions. It is free and is very user friendly. NIC may actually come out and train instructors, but you can use the curriculum without being certified as a trainer, I believe. One of the benefits is that it is always free. NIC runs classes occasionally to train instructors. We had 2 staff members complete the training a few years ago.

<https://nicic.gov/thinking-for-a-change>

Allegheny County's CBT groups are run by Pittsburgh Mercy. They do Thinking for a Change in the jail and they use their own curriculum called "Breaking Free" for probationers. They were trained in CBT through The Beck Institute (<https://beckinstitute.org/>) and put together their own curriculum.

#### Chester County

I have staff who provide Thinking for A Change and Movin On (for women). Here is a link if anyone wants to apply to be a host T4C training for October, 2019 to September 2020:  
<https://info.nicic.gov/t4c/node/13>

We applied to host last year for October, 2018 to September, 2019, but have not heard whether or not we were accepted.

#### Erie County

Our staff is trained through NCTI (National Curriculum & Training Institute). I just spoke to them last week and currently there are no scheduled trainings in this part of the country but they are looking to possibly schedule in the Harrisburg area in mid-April or May.

The contact at NCTI is Jeff Koenig (800) 622-1644.

#### Snyder County

We are running Thinking for a Change and were trained by National Institute of Corrections. Union County hosted the training back in September 2018.

T4C is ideal for the inmate population because of how long the curriculum is. There are far less distractions in that setting. Our instructors are handling it just like Alcohol Highway Safety School and will be paid per class. There are 26 lessons, but it takes more than one class to teach a lesson. The lessons focus on Social Skills, Cognitive Self Change, and Problem Solving. We believe it will take approximately 4 months to complete a cycle of classes. The instructors will teach two classes each week for no longer than 2 hours per class. I became a facilitator when we were trained and I believe it is a good class. NIC came into Union County and their was no cost. You had to submit an application to be a host site and fulfill the requirements.

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