



Cognitive-Behavioral Interventions – Core Youth (CBI-CY) provides a thorough intervention that broadly targets all criminogenic needs in youth. As the name suggests, this intervention relies on a cognitive-behavioral approach to teach individuals strategies to manage risk factors in a way that is developmentally appropriate for youth. The program places heavy emphasis on skill building activities to assist with cognitive, social, emotional, and coping skill development. The curriculum provides modifications so that individuals with mental illness can participate, though not dedicated exclusively to this population. Using a modified closed group format with multiple entry points, the curriculum allows for flexibility across various service settings and intervention lengths. The University of Cincinnati (UC) serves as the sole owner and proprietor of the copyright in the CBI-CY manual and training program.

OVERVIEW

Components of the 47-session curriculum include the following:

- Module 1: Motivational Engagement
- Module 2: Introduction to Cognitive-Behavioral Interventions/Group Readiness
- Module 3: Risky Thinking
- Module 4: Emotion Regulation
- Module 5: New Behaviors
- Module 6: Problem Solving
- Module 7: Success Planning

FACILITATOR TRAINING

The facilitator training, outlined below, is a four-day session for a maximum of 18 trainees.

- Day 1: Overview of the Curriculum, Module 1 overview/demo/teach backs, Module 2 overview/demo
- Day 2: Module 2 teach backs, Module 3 overview/demo/teach backs, Module 4 overview/demo
- Day 3: Module 4 teach backs, Module 5 overview/demo/teach backs, Module 6 overview/demo
- Day 4: Module 6 teach backs, Module 7 overview/demo/teach backs, Review & Implementation planning

Our goal is to provide a high-fidelity program. UCCI curricula and interventions are free to use! Our mission is to research, develop, disseminate and implement evidence-based practices in corrections. As such, we've worked with the university to offer this program at no "per-participant" fee. While copyrighted property of the University of Cincinnati, training materials received in our training events include permission to photocopy resources needed to facilitate interventions. Once trained facilitators have conducted at least two full rounds of the curriculum, they may be eligible to participate in a training-of-trainers' program to build agency sustainability of the program.

CONTACT

For more information about CBI-CY, please contact UCCI Program Director Jennifer Scott at Jennifer.Scott@uc.edu or visit our website at www.uc.edu/corrections.



SESSIONS

Module 1: Motivational Engagement

- Introducing the Curriculum
- What are My Values?
- Recognizing Roadblocks
- Why Should I Change?
- Cost-Benefit Analysis
- Setting a Goal

Module 2: Intro to Cognitive-Behavioral Interventions

- Introducing the Cognitive-Behavioral Intervention
- Active Listening
- Asking Questions
- Risky Situations

Module 3: Risky Thinking

- Behavior is a Choice
- Identifying and Changing Risky Thinking
- Exploring Relationships
- Coping by Thinking – Relationships with Peers
- Coping by Thinking – Relationships with People in Authority
- Identifying Social Supports
- Engaging Social Supports

Module 4: Emotional Regulation

- Recognizing your Feelings
- Self-Control “Thinking” Strategies
- Self-Control “Doing” Strategies
- Practicing Emotion Regulation—Using Self-Control
- Introduction to Risky Behavior Patterns
- Managing Impulsivity
- Dealing with Challengers/Frustration
- Managing Self-Centeredness
- Managing Anger

- Understanding the Feelings of Others (UFO)
- Communicating Assertively (CA)
- Responding to Criticism (RC)
- Social Skill Practice: UFO, CA, RC
- Resolving Conflict (RC)
- Avoiding Trouble with Others (ATO)
- Dealing with an Accusation (DA)
- Dealing with a Setback (DS)
- Social Skill Practice: RC, ATO, DA, DS

Module 6: Problem Solving

- Introduction to Problem Solving
- Identifying the Problem and Goal
- Brainstorming Options
- Planning and Trying Your Solution
- Putting it all Together

Module 7: Success Planning

- Developing a Plan
- Getting to the Source
- Reinventing My Life
- Staying On Track
- Responding to Roadblocks
- Rehearsing My Plan
- Presenting My Plan

Module 5: New Behaviors