The Cognitive-Behavioral Interventions for Substance Use (CBI-SU) curriculum is designed for individuals that are moderate to high need in the area of substance abuse and well suited for criminal justice populations. The curriculum can be delivered as a stand-alone substance abuse intervention, or incorporated into a larger program, particularly those designed for clients in the corrections system. As the name of the curriculum suggests, this intervention relies on a cognitive-behavioral approach to teach participants strategies for avoiding substance abuse. The program places heavy emphasis on skill building activities to assist with cognitive, social, emotional, and coping skill development. Such cognitive- behavioral strategies have routinely demonstrated high treatment effects, including when used with a correctional population. The University of Cincinnati (UC) serves as the sole owner and proprietor of the copyright in the CBI-SA manual and training program. An adolescent version is also available.

OVERVIEW
Components of the 39-session curriculum include the following:

Pre-treatment Module (optional)
Module 1: Motivational Engagement
Module 2: Cognitive Restructuring
Module 3: Emotion Regulation
Module 4: Social Skills
Module 5: Problem Solving
Module 6: Success Planning

FACILITATOR TRAINING
The facilitator training is a three day sessions for a maximum of 18 trainees, and is outlined below:

  Day 1:   Overview of the Curriculum, Sessions 1 – 5 description/demonstrations/teach backs
  Day 2:   Sessions 6 - 20 description/demonstrations/teach backs
  Day 3:   Sessions 21 – 39 description/demonstrations/teach backs, Implementation discussion

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.
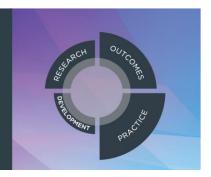
CONTACT
For more information about UC's CBI-SU program, please contact UCCI Program Director Jennifer Scott at Jennifer.Scott@uc.edu or visit our website at www.uc.edu/corrections.

SESSIONS

Pretreatment
• Exploring Reasons People Resist
• Rethinking Resistance
• Weighing the Pros and Cons

Module 1: Motivational Engagement
• Introducing Cognitive-Behavioral
  Interventions for Substance Use
• Weighing the Costs and Benefits
• Clarifying Values
• Setting a Goal
• Creating an Emergency Plan

Module 2: Cognitive Restructuring
• Behavior is a Choice
• Recognizing Risky Situations
• Changing Risky Thinking
• Replacing Risky Thinking

Module 3: Emotional Regulation
• Controlling Your Emotions
• Recognizing Your Feelings
• Learning Self-Control
• Using Self-Control
• Dealing with Urges
• Managing Anger
• Managing Stress, Anxiety, and Sadness
• Dealing with Rejection and Failure

Module 4: Social Skills
• Introducing Social Skills
• Having a Conversation
• Understanding the Feelings of Others
• Deciding to Say "No"
• Communicating Your Needs
• Finding Support
• Asserting Yourself
• Responding to Criticism
• Dealing with Peer Pressure
• Getting Involved in a Positive Activity
• Celebrating a Positive Event

Module 5: Problem Solving
• Introduction to Problem Solving
• Identifying Your Problem and Goal
• Brainstorming Options
• Planning and Trying Your Solution

Module 6: Success Planning
• Developing a Plan
• Getting to the Source
• Reinventing My Life
• Staying on Track
• Responding to a Roadblock
• Rehearsing My Plan
• Presenting My Plan

University of
CINCINNATI