

# ISSUE BRIEF

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## Correctional and Behavioral Treatment Services

The primary goal of OYA's correctional and behavioral treatment services is to implement and sustain interventions that have outcome studies linked to reducing recidivism.

Correctional and behavioral treatment used in OYA's close custody facilities are based on the principles of Cognitive-Behavioral Therapy (CBT). At its most simple it is:

THOUGHTS + FEELINGS + BEHAVIORS = CONSEQUENCES

### **Criminogenic risk factors**

Cognitive behavioral treatments used are those that address the eight criminogenic risk factors that research has shown will produce the greatest reduction in recidivism when changed:

- Antisocial attitudes, values, beliefs
- Antisocial peer associations
- Egocentrism
- Deficient problem solving skills
- Criminal history
- Substance abuse
- Negative family functioning
- Low levels of vocation and educational skills

Most of the curricula used target antisocial thinking, teach positive coping skills and teach prosocial problem solving skills.

### **Effective cognitive behavioral intervention**

To mitigate criminogenic risk factors requires OYA to address youth offenders'...

- Risks—items that predict outcomes
- Needs—items that benefit from cognitive behavioral work
- Responsivity—factors that influence the delivery and reception of a specific intervention such as mental health conditions, cognitive disabilities, and culture/ethnicity

### **Evidence-based interventions**

OYA's therapeutic toolbox includes:

**What Got Me Here?** An interactive journal that begins introducing cognitive skill building by reframing risky thinking. Focus is on reinforcing pro-social behavior through modeling. This curriculum helps to teach group behavior and process expectations.

**Changing Offender Behavior (parts 1 & 2)** This 20-session intervention introduces youth to key skills for recognizing, avoiding, and/or coping with situations, thoughts and feelings that lead to criminal behaviors. Youth have opportunities to practice and apply the knowledge and skills to help them avoid and cope with high-risk behavior in the future.

**Aggression Replacement Training (ART)** A 10-week, 30-session intervention focusing on a youth's aggressive behaviors. ART helps youth develop skills to choose an alternative behavior. ART is a multimodal intervention comprising structured learning training, anger control training, and moral reasoning.

**Skill Streaming the Adolescent** A series of pro-social, psycho-educational competencies for adolescents. This intervention equips youth with 50 pro-social, age-appropriate skills to help them meet their needs without causing harm to themselves or others.

**Teaching Social Skills to Youth** A set of social skill trainings that can be used to augment any of the cognitive curricula. These social skill trainings have been mapped to the major mental health conditions.

**Dialectical Behavior Therapy (DBT)** Treatment primarily for female offenders with a history of suicidal behavior and difficulty regulating their emotions. A concept called core mindfulness underlies four components of DBT: problem solving, interpersonal effectiveness, emotional regulation, and distress tolerance.

**Core Sex Offender Treatment** An 8-module curriculum using the cognitive behavioral framework to address sexual offending behaviors. The curriculum is now in pilot phase and will be ready for agency-wide implementation in late 2009.

**Street SMARTS** This intervention was developed by OYA's Office of Minority Services to address gang-affected youth. Street SMARTS focuses on educating youth through skill development and working with them to identify criminogenic risk and risky thinking that prevents them from coping with barriers to successfully living a crime-free lifestyle.

**Cannabis Youth Treatment** This core alcohol and drug intervention begins with two individual sessions. The balance of the group sessions adhere to CBT principles to equip

youth with skills necessary to refuse alcohol and drug offers, increase positive support network, and to manage high-risk situations.

**Pathways to Self-Discovery** A comprehensive alcohol and drug intervention to help youth gain control over thoughts and feelings that leads to their being able to adjust their actions. This intervention works on interpersonal interaction, intrapersonal interaction, and community responsibility.

**Seeking Safety** Young women in custody commonly have a history of trauma and substance abuse. Seeking Safety integrates the treatment of both of these problems by focusing on safety as a priority, treatment integration, and areas of cognitive, behavioral, interpersonal and case management.

**Coping with Stress** A cognitive behavioral curriculum that focuses on the cognitive restructuring of adolescent thought patterns related to depression, while providing social skill building related to better familial, peer and social relationships. ◀



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