

THE RESOURCE INTERVENTION CENTER PROGRAMS

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RIC PROGRAMS

COGNITIVE BEHAVIORAL CHANGE PROGRAMS

Thinking for a Change (T4C)

T4C is an integrated, cognitive behavioral change program. T4C is designed to help participants take control of their lives by taking control of their thinking. The three components of Thinking for a Change are: cognitive self-change, social skills, and problem-solving skills. Cognitive self-change teaches individuals a concrete process for self-reflection aimed at uncovering antisocial thoughts, feelings, attitudes, and beliefs. Social skills instruction prepares participants to engage in pro-social interactions based on self-understanding and consideration of the impact of their actions on others. Problem solving skills integrate the two previous interventions to provide participants with an explicit step-by-step process for addressing challenging and stressful real-life situations.

Participants are required to complete mandatory homework between each session. T4C is designed for delivery to small groups in 25 lessons and can be expanded to meet the needs of specific participant groups. The curriculum was developed by Barry Glick, Ph.D., Jack Bush, Ph.D., and Juliana Taymans, Ph.D., in cooperation with the National Institute of Corrections.

Beyond Violence

Beyond Violence is an evidence-based manualized curriculum designed to serve women in criminal justice settings with histories of aggression and/or violence. It deals with the violence and trauma they have experienced, as well as any they may have perpetrated. The Beyond Violence curriculum focuses on educating women on violence as a behavior, not simply a criminal act. The author uses the Social-Ecological Model (Dahlbert & Krug, 2002) to address causes of violent behavior as well as cognitive-behavioral techniques, mindfulness, and expressive arts. Although there is no one explanation of why violence occurs, the model considers the complex interrelationships of individuals, their interpersonal relationships, their communities, and societal factors (including cultural factors) and addresses the risk factors for experiencing and/or perpetrating violence. The additional theories used in this curriculum are: Pathways Theory, Relational-Cultural Theory, Empowerment Theory, Trauma Theory and Addiction Theory. This is a 20 session (40 hour) intervention and was also written by Dr. Stephanie Covington.

Anger Management

This program uses the SAHMSA Anger Management for Substance Use Disorder and Mental Health Clients. It is a twelve week program using a cognitive-behavioral anger management group treatment model. It includes between-session challenges for participants. This program includes:

- Relaxation training that targets emotional and physiological components of anger
- Cognitive interventions that target cognitive process such as building awareness of cues and hostile triggers, hostile appraisals and attributions, maladaptive beliefs, and inflammatory thinking.
- Communication skills interventions that target strengthening assertiveness and conflict resolution skills
- Combined interventions that integrate two or more CBT interventions and target multiple response domains.

This combined approach presents group members with options that draw on these different interventions and then encourages them to develop an individualized anger control plan using as many techniques as possible.

Remedies – Partner Abuse Intervention Program (PAIP)

This program uses the Cognition Works' Change Curriculum (for men). The program focuses on prevention, intervention, and change of irresponsible behavior. The method is based on exchanging what we have called "Maladaptive Thinking Patterns" for replacements that we call "Questions that Lead to Responsible Choices". This process of replacement is carried out through repeated intervention in the form of group and facilitator confrontation and/or problem solving and through homework and role-play. In addition, the change process and group facilitation include the recognition of the "Tactics to Avoid Accountability". Change in the participant will be indicated in a willingness not to choose Tactics when being held accountable. The program is 26 weeks in duration, meeting once per week for a 1.5 hour session.

MENTAL HEALTH

Individual Therapy

The RIC therapists provide:

- Biopsychosocial assessments to determine appropriate interventions
- Individual therapy (including CBT and EMDR)

Advocacy and linkage to community resources

Beyond Trauma: A Healing Journey for Women

Beyond Trauma is an evidence-based 12-session program created by Dr. Stephanie Covington to help women recover from the effects of trauma in their lives. The program's goal is to help women understand what trauma is, explore how trauma has affected them, and learn coping mechanisms to help them feel grounded and safe so they can heal. The program is based on principles of relational therapy, and uses cognitive-behavioral techniques, mindfulness, and expressive arts. A deep integration of mind body approaches to healing is used throughout the program including a yoga option.

Exploring Trauma: A Brief Interaction for Men and Gender-Diverse People

Exploring Trauma is a gender-responsive program addressing the trauma experiences of men. Each session contains multiple activities that may include discussions, role-plays, interactive projects and grounding/self-soothing exercises. Some sessions utilize guided imagery or visualization with the goal being to allow men the opportunity to imagine scenarios that are different from their own realities and offers them an opportunity to safely envision different behaviors.

Seeking Safety

Seeking Safety is an evidence-based, present-focused counseling model to help people attain safety from trauma and/or substance abuse. It can be conducted in group (any size) and or individual modality. It is an extremely safe model as it directly addresses both trauma and addiction, but without requiring participants to delve into the trauma narrative (the detailed account of disturbing trauma memories), thus making it relevant to a very broad range of individuals and easy to implement.

Dialectical Behavioral Therapy (DBT)

First developed by Marsha M. Linehan for treating borderline personality disorder, dialectical behavior therapy (DBT) has proven effective as treatment for a range of other mental health problems, and can greatly improve the ability to handle distress without losing control and acting destructively. Participants build skills in four key areas: distress tolerance, mindfulness, emotion regulation, and interpersonal effectiveness.

Grief and Loss Group

Grief is not just related to death but any loss can cause grief, including but not limited to loss of health, loss of relationships, loss of a job, loss of safety after a trauma, loss of housing, etc. This eight-week program is open to men and women. In a safe and supportive environment, participants will:

- Review the stages of grief and loss
- Gain an understanding of the grief process and to learn healthy steps toward healing
- Be encouraged to learn that we are responsible for our own thoughts, feelings, and actions.

RECOVERY

Remedies – Substance Addiction Services

This substance use treatment program uses the Matrix Model for Criminal Justice Settings curriculum. This program provides the structure of an evidence-based treatment experience and combines education on both substance use and criminal thinking and behaviors. Based on the award-winning Matrix Model, this program has been specifically adapted to meet the unique needs of law-involved participants and includes a focus on criminal thinking, re-entry, and adjustment issues. The program covers:

- Individual/group therapy
- Early recovery skills
- Relapse prevention
- Social support
- Adjustment or re-entry challenges
- Urinalysis

Rosecrance Health Network Substance Abuse Treatment

Rosecrance uses the Matrix Model, an evidence-based intensive outpatient program that is backed by over twenty years of research. Its instructional design helps participants understand complex cognitive-behavioral and clinical concepts and processes such as “the wall” of protracted abstinence. The program covers:

- Individual and group therapy
- Early recovery skills
- Relapse prevention
- Family education
- Social support
- Drug screening strategies
- Cognitive Behavioral therapies designed for persons involved in the criminal justice system.

A New Direction Relapse Prevention

This program uses A New Direction: Relapse Prevention curriculum to target individuals who have previously completed substance abuse treatment, but continue to experience relapse issues. Participants in this program have the opportunity to learn to:

- Describe the importance of abstinence in recovery, identify relapse warning signs and explain how seemingly unimportant decisions and core beliefs affect relapse prevention
- Explain the connection between a balanced lifestyle and relapse prevention, explain the role of proactive thinking, stress management, and spirituality in relapse prevention, use the Wellness Wheel to identify the areas of their life that need better balance and plan to prevent boredom and loneliness
- Explain what a trigger is and how it can lead to relapse, identify their external triggers, and develop ways to cope with external triggers.
- Explain the link between triggers and cravings, develop ways to cope with urges and cravings, and create a cravings management plan
- Define high-risk situation, identify your own high-risk situations, and plan ways to cope with high-risk situations
- Recognize the importance of healthy relationships in recovery, understand the importance of and need for appropriate support in recovery, identify ways to improve relationships with probation and parole officers, and identify ways to improve relationships with family members
- Identify their recovery goals, identify their relapse warning signs, and create a relapse prevention plan
- Explain how their recovery is going, identify ongoing relapse risks, and develop a response plan for relapse

RECOVERY (For Specialty Court Participants Only)

Rosecrance Health Network Moral Reconciliation Therapy (MRT)

This program serves Drug Court participants only. MRT is a systematic treatment strategy that seeks to decrease recidivism among criminal offenders by increasing moral reasoning. Its cognitive-behavioral approach combines elements from a variety of psychological traditions to progressively address ego, social, moral, and positive behavioral growth.

Rosecrance Seeking Safety

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EDUCATIONAL

Rock Valley College High School Equivalency (HSE) Classes

Rock Valley College provides High School Equivalency classes. These classes consist of mixed level students. Anyone who tests below a 4th grade reading level is referred to the Literacy Counseling for additional services.

- Morning or afternoon classes are available for students to choose the best fit with their schedule.
- HSE enrollment testing and orientation sessions are offered at the RIC approximately every eight weeks. These sessions orient students to the services, structures, goals and behavioral expectations of the HSE program and determine current educational levels for appropriate class assignment or referral.

TRIO Workshops through Highland Community College

TRIO EOC Financial Literacy

The TRIO EOC Financial Literacy workshop will help participants to begin their journey towards building generational wealth. In this 3-part workshop participants will learn budgeting basics and they will work on developing a personal budget. They will also learn about banking basics, responsible credit card use, and they will gain a better understanding about educational, home and car loans.

TRIO EOC Workforce Success

This series includes the following five workshops:

Career Exploration and Employment Opportunities:

The Career Exploration Workshop will guide participants through a series of activities and assessments designed to provide deeper insight into potential careers based on individual's personality and skill sets, as well as exploration into the education needed to obtain those careers.

Barriers to Education:

There are many barriers that prevent individuals from pursuing the next step in their education. This workshop will assess the top 5 barriers to education, and explore strategies for overcoming each of the barriers.

Interviews & Resumes:

The Interview and Resume workshop will provide an overview of the interview process, from applying for a job to preparing for the interview. During this session we will also utilize a resume planning worksheet to begin preparing the content for participant's resumes.

Teamwork and Leadership:

During this workshop we will explore the importance of teamwork and leadership in the workplace and the role it plays in success of the business. Participants will also be encouraged to participate in activities to examine perceptions of themselves and others as leaders.

Workforce Success Skills:

The Workforce Success Skills Workshop will dive into five skill areas that contribute to being an engaged and successful member of the workforce. Discussion and activities in this session will explore work ethic, communication, problem solving, decision making, and judgement.

ADDITIONAL

Youth Service Bureau Active Parenting Now Group

This program uses the Active Parenting Now curriculum, which teaches parents how to develop courage, responsibility, cooperation, self-esteem and respect in their children as well as explaining positive discipline and communication techniques that help families run more smoothly. The central theme of the Active Parenting Now program is the importance of providing parents with choices.

The primary areas covered in this ten week parenting program are as follows, but not limited to:

- Enhancing parent and child's relationship
- Understanding behavior and age-appropriate discipline techniques
- Establishing equality
- Developing responsibility in parent and child
- Building better communication skills between parent and child
- Developing courage and instilling tools of self-esteem
- Winning cooperation within their family
- Child safety
- Managing stress/coping skills
- Role play exercises and family enrichment activities

Essential Organizational Skills for Success in Probation

Many individuals lack the organizational skills to reach their goals and meet daily responsibilities. This training seeks to provide an opportunity to help your clients overcome the organizational challenges that are preventing them from achieving success. Participants will learn practical tips, techniques, and strategies for getting organized and taking responsibility. Those attending training courses will:

- Review and prioritize expected tasks and activities
- Identify barriers to success
- Assess personal organizational skills
- Engage in practical application of the top five organizational skills
- Create realistic goals for organizational success

Wake Up Group with Tommy Meeks for Men

In this thirteen-week program, participants explore African-American history and culture. Tommy Meeks provides support and mentoring to participants in this group.

RIC Orientation Group

The RIC Orientation Group focus is to prepare participants for what to expect at the RIC and assess readiness for treatment. RIC staff will:

- Review the various programs at the RIC
- Inform participants of the name of their assigned RIC PO (should they request any additional referrals or have any issues or concerns)
- Administer the URICA (readiness to change assessment tool)
- Make additional recommendations for referrals to cognitive programs for those who scored at the pre-contemplative and contemplative stages of change on the readiness assessment tool.
- Give participants an appointment card for all scheduled assessment dates and program start dates.
- Complete required forms to start programming, such as releases of information.