



COGNITIVE BEHAVIORIAL PROGRAMS

Thinking for a Change ♦ *Moving On* ♦ *Decision Points* ♦ *Driving with Care*

Thinking for a Change (T4C)

Groups held Tuesdays and Thursdays 6:00-8:00 PM

LOCATION: Jackson Professional Building, 403 Jackson St., Anoka, MN 55303

Thinking for a Change is an integrated, cognitive-behavioral change program for offenders that includes cognitive restructuring, social skills development and development of problem solving skills. T4C combines cognitive restructuring theory and cognitive skills theory to help individuals take control of their lives by taking control of their thinking. The program is divided into 25 lessons and groups meet two times a week for twelve weeks.

Moving On: A Program for At-Risk Women

Groups held Mondays and Wednesdays 6:30-8:30 PM

A gender specific, strength based, closed-ended program that draws on evidence-based treatment models. Provides women with alternatives to criminal activity by helping them identify and utilize personal and community based resources. Moving On is organized around four main themes: encouraging personal responsibility and enhancing motivation for change; expanding connections and building healthy relationships; skill enhancement, development and maintenance; relaxation and stress management. The goals of Moving On include:

1. A safe place to explore hopes for the future.
2. A supportive environment to create a vision of success.
3. Introducing strategies and skills that assist in moving women forward and helping them manage unpleasant feelings like anger, guilt, and sadness.
4. Exploring ways to avoid the criminal justice system in the future.

Decision Points

Groups held Mondays 6:30-8:00 PM

Decision Points is a cognitive-behavioral intervention which includes skill training. It is open ended and allows for continuous enrollment of new participants. The focus of the program is to teach two concepts and four steps to increase participants' ability to stay out of trouble. Decision Points combines aspects of cognitive skills training and cognitive restructuring. Decision Points teaches new attitudes and beliefs as a set of thinking skills. Participants must complete all five lessons and show proficiency in all skills to successfully complete the course.

Driving With Care

Groups held Tuesdays 6:00-8:00 PM

Twelve week group program designed to help offenders change their behaviors around drinking or drug use and driving. Cognitively-based group that focuses on concrete strategies for making productive changes. Driving With Care is not designed to replace chemical dependency treatment or 12-step groups. Instead, it is a cognitive-behavioral group that uses a different approach to supplement treatment or 12-step groups. The group is appropriate for clients with alcohol or drug related driving issues.

TO ENROLL FOR A CLASS,
call 763-324-4867 or email
Jennifer.Hexum@co.anoka.mn.us
\$95 fee

*Moving On, Decision Points, and
Driving with Care groups*
Are located at:
Rum River Human Service Center
Fahr Building #10
3300 4th Ave. N, Anoka, MN 55303