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## Contact and Programming Information

**DCCC offers a variety of nonclinical, CBT serviced, described below.**

### ***T4G: Thinking for Good***

- Length: 14 weeks
- Cognitive Restructuring- Criminal Focus and Social Skills Development
- Moderate and High/Very High-Risk only

Workbook focuses especially on typical criminal thinking issues such as: Everyone lies, cheats, and steals; no one can be trusted; the rules don't apply to them; that all relationships are manipulative

### ***MRT: Moral Reconation Therapy®***

- Length: 20 weeks
- Cognitive Restructuring
- Moderate and High/Very High Risk only

This program provides a method designed to promote positive self-image and identity; it helps participants learn positive social behaviors and beliefs, and to begin to make their decisions from higher levels of moral judgement. MRT is widely recognized as an Evidence-Based Practice by SAMHSA's National Registry of Evidence-based Programs (NREPP)

### ***SQ: Staying Quit***

- Length: 12 weeks
- Cognitive Restructuring
- Moderate and High/Very High-Risk only

Staying Quit helps clients avoid a relapse by recognizing risky situations, coping with urges and cravings, being around users, understanding support issues, and taking charge. The materials help you understand which situations and people may trigger a relapse. This enables you to target the riskiest situations.

### ***Coping with Anger- Men and Women***

- Length: 12 weeks
- Cognitive Restructuring and Social Skills Development
- Moderate to High/Very High (Low Risk on a case by case basis)

Coping With Anger is targeted to adults who have problems with managing feelings of anger and frustration in an appropriate way. It is used with those who are, argumentative or oppositional, as a supplemental program with domestic violence perpetrators, with road rage, substance abuse, and drug courts.

***WAITLIST-Parenting and Family Values***

- Length: 15 weeks
- Closed Class
- Cognitive Restructuring and Family Relationship Development
- All Levels

Parenting and Family Values is geared toward anyone who desires to become a better parent. Participants are walked through the stages of personal development, from infancy through the teenage years, and guided in an analysis of how they currently parent, what may be positive and negative about their individual parenting style, and how it might be improved.

***Untangling Relationships/Peer Relationships***

- Length: 15 weeks
- Cognitive Restructuring and Relationship Development
- All levels

Untangling Relationships is designed to help those individuals who are either currently in or have a history being involved in co-dependent relationships. Co-dependency and independency are explored, including the benefits and the drawbacks of various types of relationships. Clients learn to identify the "red flags" of unhealthy relationships, how to avoid them, and how to escape such relationships if they are already in them.

***WAITLIST- Taking Charge of My Finances***

- Length: 5 weeks bi-monthly
- Closed class
- Money Skills Development
- \$500 behind or more on fees, All Levels

The Taking Charge of My Finances Journal is designed to help provide information and helpful techniques for making responsible financial decisions. Individuals will evaluate their current financial circumstances, learn practical tips for managing their money and consider positive steps they can take that will work for them now and in the future to take control of their finances.

### **MRT-Breaking the Chains of Trauma- Men and Women**

- Length: 12 weeks
- Cognitive Restructuring
- Moderate to High/Very High (Low Risk on a case by case basis)  
Breaking the Chains of Trauma is designed to be the beginning of the recovering from trauma without asking the client to relive the traumatic experience. The program is designed to an eight-session group format that can be implemented in an open-ended format (where new participants can enter at any time). There are separate workbooks for male and female participants and a Spanish version is available.

### **Seeking Safety – Men and Women**

- Length: 24 weeks
- Cognitive Restructuring
- Moderate to High/Very High  
Seeking Safety is an evidence-based, present-focused counseling model to help people attain safety from trauma and/or addiction.

### **Thinking For Change – Men and Women**

- Length: 15 weeks (meets twice weekly)
- Cognitive Restructuring
- Moderate to High/Very High  
Drawing from cognitive restructuring theory, social skills development, and problem-solving techniques, T4C offers a comprehensive approach to rehabilitation.

**DCCC requires a variety of individual assessments as part of CBT programming, described below.**

### **Assessments (CBT Programming)**

- Texas Christian University- Criminal Thinking Scales
  - The TCU CTS is administered to all participants engaging in CBT programming at DCCC. The assessment is used to measure criminal thinking intervention effectiveness and is given as a pretest when participants attend the DCCC Orientation and again as a post-test when participants finish all of their required CBT classes.