

COGNITIVE BEHAVIORAL TREATMENT REVIEW

& Moral Reconciliation Therapy (MRT®) News
Correctional Counseling, Inc.

CORRECTIONAL COUNSELING INC. • GERMANTOWN, TENNESSEE • VOLUME 18, #3 & 4 • THIRD & FOURTH QUARTER 2009



Included in SAMHSA's
National Registry of
Evidence-based
Programs and Practices

<i>Pennsylvania Day Reporting Center Shows Impressive Reductions in Recidivism</i>	1
<i>New Mexico Juvenile Drug Court Evaluation</i>	8
<i>Upcoming Training Dates for MRT & Domestic Violence</i>	14
<i>Research Brief</i>	17

Cognitive Behavioral Treatment Review

& Moral Reconciliation Therapy (MRT®) News

2028 Exeter Road
Germantown, TN 38138
(901) 360-1564 • FAX (901) 757-1995
email ccimrt@aol.com
CCI WEB SITE: www.ccimrt.com
MRT® WEB SITE:
www.moral-reconciliation-therapy.com

Kenneth D. Robinson, Ed.D.
Executive Editor

E. Stephen Swan, M.Ed.
Editor

Katherine D. Burnette, M.S.
Associate Editor

Copyright © 2009 by Correctional
Counseling, Inc. All rights reserved.

Effects of Moral Reconciliation Therapy in a County Managed Day Reporting Center (DRC) Program

by Kimberly M. Eaton, Ph.D., Michael S. Gordon, D.P.A.,
& James L. Jengeleski, Ed.D.

Introduction

In April 2006, Franklin County, Pennsylvania, opened a Day Reporting Center (DRC) as an intermediate punishment program. DRCs have been used to alleviate jail overcrowding, improve management of offenders in the community, decrease costs to the criminal justice system, and enhance supervision alternatives. Jail crowding and treatment issues have continually been identified through the Franklin County Criminal Justice Advisory Board as priorities in strategic planning. Alternatives to incarceration, such as the development of a DRC, have been identified as a viable option in addressing these issues.

The goals for the Franklin County DRC program are two-fold: 1) to decrease the average daily population in the county jail; and 2) to reduce recidivism. In order to accomplish these goals the DRC program was designed to provide three primary functions for offenders: 1) intensive supervision; 2) cognitive behavioral therapy; and 3) drug and alcohol treatment.

Jail Population

The Franklin County jail has reported that within two years of implementing the DRC program the population at the jail decreased by 10 percent (Miller, 2009). The results attributed to the addition of the DRC program are:

- The jail population has been reduced from a peak average of over 400 inmates per day to a daily population of less than 300 during 2009.
- The average length of stay for inmates has been reduced by 10 days.
- The jail has gone from spending \$2,000 per day to house county inmates in other jails due to overcrowding to selling the surplus beds for revenue of \$709,000 in 2008.
- The DRC manages an average of 125 offenders for a lower daily rate than the jail.
- The assessed risk for probationers at the DRC has dropped more than 20%.

DRC Program Model

The DRC model includes phased progressions to measure individual program accomplishments. An offender begins the program reporting six days per week. The offender must meet the minimum requirements before progressing to the next phase. Minimum requirements include: 1) minimum number of days per phase, 2) completion of specific MRT steps, 3) no sanctions for 7 days prior to progression, and 4) no detected drug or alcohol use for 30 days prior to progression. The minimum numbers of days for each phase is as follows: Phase 1 – 30 days, Phase 2 – 45 days, Phase 3 – 60 days, and Aftercare Phase – 45 days. The client must complete MRT Step 3 to progress to Phase 2, Step 6 to progress to Phase 3, and all 12 MRT steps to move to the Aftercare Phase.

In addition to daily reporting breathalyzers and random urine testing is conducted. The testing intervals are dependent on the client's phase in the program. For example, clients on Phase 1 are tested weekly while clients on Phase 3 are tested monthly. The program components include the following: life skill groups, GED preparation, job skills, case management, and drug and alcohol treatment. Moral Reconnection Therapy (MRT®) is the primary treatment component. All clients participate in MRT groups and are required to successfully complete MRT, along with other program requirements, in order to graduate from the DRC.

Preliminary Studies

The goal of reducing recidivism rates for DRC participants is currently under study through a grant provided by the Pennsylvania Commission on Crime and Delinquency (PCCD). The three-year study results are due in September 2010. However, a preliminary study by Jengeleski and Gordon (2008), also funded through a PCCD grant, on the recidivism rate for successful DRC graduates was presented in September 2008.

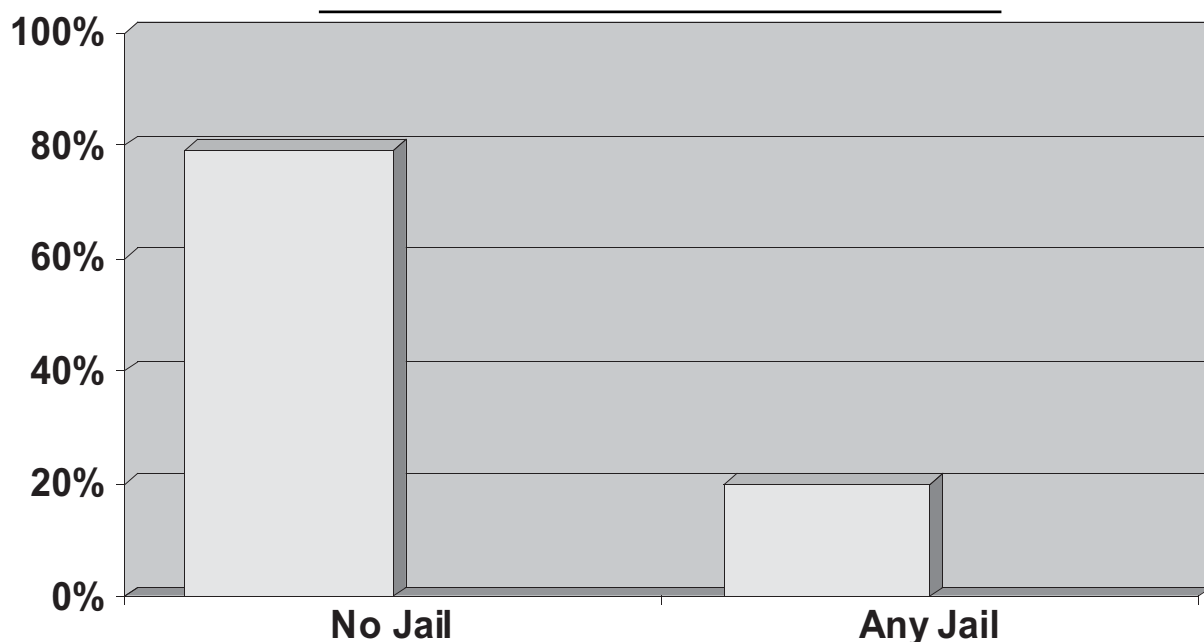
Method

This descriptive report profiles four DRC cohort graduation classes ($N=170$): December 2006 ($n=14$), April 2007 ($n=49$), October 2007 ($n=57$), and April 2008 ($n=50$). Most DRC clients in each of the four cohorts were Caucasian (80%), male (70%), between 19 and 60 years of age, had completed high school or obtained a GED (60%), were single (60%), and had children (60%). Approximately 70% of the clients were employed at DRC intake with 90% being employed at DRC discharge. In addition, 62% were referred to DRC by probation with 32% referred by the jail and 5% by the courts.

Preliminary Results

Approximately 80% of the 170 DRC graduates did not return to the county jail for any probation violations or new arrests after completion of the program [See Figure

FIGURE 1: JAIL AFTER DRC



1]. Of the approximately 20% reincarcerated, 15% were reincarcerated one time with 5% reincarcerated two or more times. Moreover, of the 34 clients reincarcerated after completing the DRC, on average they returned to jail after approximately seven months ($M=200.0$; $SD=108.3$). There were two significant variables, prior offenses indicated that those participants with more prior offenses ($M=2.4$) were more likely to be rearrested after DRC completion compared to those with fewer lifetime prior offenses ($M=1.7$) [$F=.901$; $p=.029$]. The only significant categorical variable was received drug and alcohol counseling at the DRC (yes vs. no). Those clients that did not receive drug and alcohol counseling at the DRC were more likely to be reincarcerated and returned to jail (30%) compared to those clients that did receive drug and alcohol counseling (10%) [$F=4.21$; $p=.029$].

Of those reincarcerated, over 60% of the DRC clients were reincarcerated after 120 days (approximately 4 months). Approximately 8% were not reincarcerated within 1 year of post-release from the DRC. Approximately 3% of clients were reincarcerated within 30 days post-release from the DRC.

Approximately 50% of the DRC clients were sent back to jail for technical probation/parole violations. The other 50% returned to the jail for

new arrests. Over 40% of all the reincarcerated clients were reincarcerated for drinking and drug related offenses.

Summary

While this report was based on the results of a preliminary study of Franklin County DRC program, it indicates favorable results related to the recidivism rates for successful graduates. This report shows an overall recidivism rate (recidivism being defined as reincarceration to the county jail for any reason) of 20% for successful graduates of the program. The breakdown shows that approximately 50% of DRC clients returned to jail due to technical probation/parole violations and 50% returned to jail due to new charges.

While the results must be interpreted with caution due to the small sample size and lack of a comparison group, this preliminary report shows a positive effect on the recidivism rate for those offenders who successfully graduate from the program.

References

- Jengeleski, J. L. & Gordan, M. S. (2008). *Day reporting center (DRC) graduate profile*. Unpublished manuscript, Shippensburg University.
- Miller, R. (Ed.). (2009, March). Pennsylvania county lowers jail population and opens new alternative for courts. *Detention Reporter*, 305.

For additional program information, please contact: Kimberly M. Eaton, Ph.D., LCSW, Franklin County Day Reporting Center Program Director, at (717)263-0450 or e-mail at kmeaton@co.franklin.pa.us

WHY is MRT® the Best Choice for Your Prison Treatment Programs?

- ✓ SAMHSA NREPP Evidence-Based cognitive-behavioral counseling approach.
- ✓ Open-ended program with flexible client participation and pre-printed materials.
- ✓ 20-Year history of successful performance.
- ✓ Record of effective implementation at multiple sites.
- ✓ Comprehensive, proven training.
- ✓ Competitive costs.

Register online for MRT® training at www.ccimrt.com or call Sharron Johnson or Lacy Kennedy at (901)360-1564 for additional information.

MRT[®] as an “Evidence Based Practice”

2008 — MRT cited as an **Evidence Based Practice** by the Oregon Department of Human Services.

Source: (2008) Oregon Department of Human Services, Addictions and Mental Health Services website.

Ref: <http://www.oregon.gov/DHS/mentalhealth/ebp/practices.shtml>

2008 — MRT cited as an **Evidence-Based Program** that seeks to decrease recidivism among juvenile and adult criminal offenders by increasing moral reasoning.

Source: (2008) National Registry of Evidence-based Programs and Practices (NREPP), a service of the Substance Abuse and Mental Health Services Administration (SAMHSA).

Ref: <http://www.nrepp.samhsa.gov/>

2006 — MRT cited as providing **Strong Evidence** that MRT programs are **Effective** in reducing the recidivism of offenders.

Source: *What Works in Corrections*

Ref: MacKenzie, D. L. (2006) *What Works in Corrections*; Cambridge University Press, 115-120.

2005 — MRT cited as **Evidence Based Practice** with female juvenile offenders.

Source: Florida Department of Juvenile Justice (November 2005) *Moderate- and High-Risk Residential Programming for Girls*.

2005 — MRT cited as **Evidence-Based Practice** in probation.

Source: State of Connecticut—Judicial Branch (April 2005) *Re-Engineering Probation Towards Greater Public Safety: A Framework for Recidivism Reduction Through Evidence-based Practice*.

2005 — MRT cited as **Proven to Reduce Recidivism** in DWI courts.

Source: National Drug Court Institute (2005) *The Ten Guiding Principles of DWI Courts*.

2004 — MRT cited as **Evidence-Based Practice** in probation and parole.

Source: State of Connecticut, Judicial Branch, Court Support Services Division.

Ref: White, T. F. (February 2004) *A Framework for implementing evidence-based practice in probation and parole*. State of Connecticut, Judicial Branch, Court Support Services Division.

2002 — MRT cited as **Cost Effective** and **Proven to Reduce Recidivism**.

Source: Citizens Crime Commission of Portland, Oregon.

Ref: *A report of the recidivism reduction committee of the Citizens Crime Commission of Portland, Oregon* (May 2002).

2002 — MRT cited as **Evidence-Based Practice** with Adults and **Promising Practice** with Juveniles.

Source: SAMHSA - Appendix II: *Examples of Evidence-Based Programs, Guidelines for Building Mentally Healthy Communities*.

2002 — MRT cited as a **Best Practice** for offender substance abuse treatment.

Source: North Carolina Department of Correction.

Ref: Pearce, S. C., & Halbrook, D. (August 2002) *Research findings and best practices in substance abuse treatment for offenders*. North Carolina Department of Correction, Office of Research and Planning.

2001 — MRT cited as one of few programs that actually **Reduces Recidivism**.

Source: *United Nations Programme Network Institutes*.

Ref: MacKenzie, D. L. (2001) *United Nations Programme Network Institutes Technical Assistance Workshop*; Vienna, Austria, May 10, 2001: *Sentencing and Corrections in the 21st Century: Setting the Stage for the Future*. National Institute of Justice.

2001 — MRT cited as **Successful Approach** to reduce recidivism.

Source: University of Maryland research

Ref: Allen, L. C., MacKenzie, D. L., & Hickman, L. J. (2001) The effectiveness of cognitive behavioral treatment for adult offenders: a methodological, quality based review. *International Journal of Offender Therapy and Comparative Criminology*, 45, 498-515.

2001 — MRT cited as a **Proven Treatment** to reduce recidivism.

Source: Oregon Office of Alcohol and Drug Abuse Programs

Ref: *What works for offenders in substance abuse treatment?* (January 2001). Oregon Office of Alcohol and Drug Abuse Programs.

2000 — MRT cited as an **Effective Approach** for ex-offender employment.

Source: Buck, M. L. (2000) *Getting Back To Work: Employment Programs For Ex-Offenders*. Field Report Series, Public/Private Ventures, Fall.

1999 — MRT cited as a **Program That Works** to reduce juvenile violence.

Source: Seifert, K. (1999) The violent child: profiles, assessment and treatment. *Paradigm*, Fall, 7-9.

1998 — MRT cited as an **Innovative Practice** in the Adult and Juvenile criminal justice systems.

Source: Koch Crime Institute, a private, non-profit organization devoted to improving criminal justice. Ref: Koch Crime Institute (1998) *Innovative Practices in the Criminal and Juvenile Justice Systems*. Topeka, KS: Koch Crime Institute.

ANGER MANAGEMENT Group Starter Kit with Training DVD & Book on CD or Tape

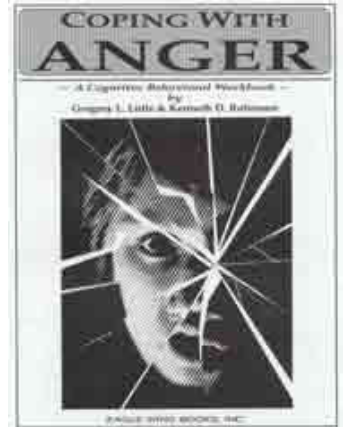
COPING WITH ANGER

A Cognitive-Behavioral Workbook

Coping With Anger is a 49 page cognitive-behavioral MRT® workbook designed for eight (8) group sessions and is one of CCI's most popular programs. Used in probation & parole, prisons, community corrections, and other treatment sites, *Coping With Anger* is ideal for use with violent offenders, argumentative or oppositional clients, and with those who have trouble expressing feelings of anger.



Training DVD Now Available! A 1.5 hour DVD has been created to assist programs and counselors who want to observe how the anger management program is conducted. The DVD shows how clients should complete homework for each of the program's 8 modules and how the homework in each module is presented in group. It is available in a newly packaged, discounted Group Starter Kit or can be purchased individually. A FREE CD with the training on a Quicktime file is included in the Group Starter Kit (for use on computers).



Coping With Anger, on CD or cassette tape, also included in Starter Kit!

The entire *Coping With Anger* workbook is now available on CD or cassette for use with clients who have problems reading. It has Dr. Greg Little reading the text and explaining the exercises.

**Group Starter Kit, a \$345 value, is only \$245!
A 29% Discount**

Anger Management Group Starter Kit contains:

- 15 *Coping With Anger* workbooks
- 2 *Facilitator Guides*
- 2 *5-Minute Stress Manager* CDs or cassette tapes
- 2 *Relaxation/Progressive Muscle Relaxation* CDs or tapes
- 1 *Anger Management Training DVD*
- 1 *FREE Anger Management Training Quicktime*

ITEM PRICES

- Group Starter Kit*— \$245
- Training DVD*— \$100
- Book on Cassette or CD*—\$50
- Coping With Anger workbook*— \$10
- Facilitator's Guide*— \$5
- 5-Minute Stress Manager CD or Tape*— \$8.95
- Basic Relaxation/Muscle Relaxation CD or Tape*—\$8.95

**Call
901-360-1564
to order**

What is MRT®?

Moral Reconciliation Therapy® is a systematic, step-by-step cognitive-behavioral treatment system initially designed for offender populations. MRT is designed to alter how offenders think and how they make decisions about right and wrong. MRT:

- Addresses the unique needs of offender populations including criminologic factors, values, beliefs, behaviors, and attitudes.
- Enhances ego, social, and moral growth in a step-by-step fashion.
- Develops a strong sense of personal identity with behavior and relationships based upon higher levels of moral judgment.
- Reeducates clients socially, morally, and behaviorally to instill appropriate goals, motivation, and values.
- Is easy to implement in ongoing, open-ended groups with staff trained in the method.

Your staff can be trained in MRT in a week-long, state-of-the-art training. Once training is complete, your staff can implement the groups by obtaining copies of the appropriate MRT workbook for clients. Many drug courts require clients to bear the costs of workbooks and groups.

Questions? Call or Email

Sharron Johnson or Lacy Kennedy
at ccimrt@aol.com
or 901-360-1564

GLACIER CONSULTING, INC.

EVALUATION & RESEARCH SERVICES AVAILABLE FOR STATE CRIMINAL JUSTICE PLANNING AGENCIES & DRUG COURTS

GCI offers practical, cost-effective evaluation and research services for drug courts, treatment programs, facilities, and departments within the criminal justice and corrections system. GCI will design data collection systems for your agency and interpret the data for evaluation. GCI's research team has many years of research experience evaluating program effectiveness. Contact Robert Kirchner, Ph.D., Research Director, at bobkirchner@gmail.com for additional information.

OFFENDERS THINK LIKE CRIMINALS!

Offenders believe everyone lies, cheats, and steals.

Offenders believe no one can be trusted.

Offenders believe that rules and laws don't apply to them.

Offenders look for short-term pleasures.

Offenders view relationships from an exploitative position.

Offenders have a negative identity.

Samenow and Yochelson pioneered research that captured the essence of criminal thinking. It is known that treatment approaches that don't alter criminal thinking and behavior fail to produce beneficial changes. MRT effectively alters criminal thinking and behavior and organizes the criminal personality into several stages. These stages also capture the essence of criminal thinking, but MRT does not directly address each criminal thought one by one. Some programs may wish to dispute each specific thought: from fundamental dishonesty, lack of trust, lack of acceptance, to ideas about relationships. *Thinking For Good*, does just that in preparing offenders for making changes. The MRT stages of Disloyalty, Opposition, Uncertainty, Injury, and Non-Existence are described in detail and specific criminal thinking commonalities are identified in each. Exercises explore each thought and allow for the disputation of each belief in groups.

Thinking For Good

70 pages; 8.5 X 11; 10 modules. \$10.00 per copy

Notice to CBTR Readers

CBTR is a quarterly publication featuring the latest cognitive-behavioral information and CCI news. It is now distributed electronically to everyone on our mailing list. If you would like to be notified when a new issue is available, please forward your name and email address to valeriecci@bellsouth.net. Previous newsletters are now available on our website located at www.ccimrt.com. Please contact us if you need any additional information.

One-Day MRT® Review Training for Trained & Certified MRT Facilitators

MRT Review Training is a one-day (8-hour) workshop designed to enhance MRT facilitators' knowledge of MRT, develop additional group facilitation skills, and review the objective criteria for operating MRT groups. This workshop is a refresher course available to only those individuals who have already completed basic MRT training. A certificate of completion is awarded to all participants.

The One-Day MRT Review Training is held in Memphis and can also be scheduled at other sites. The basic cost is \$150 per person. For more information or to schedule a training, call Lacy Kennedy or Sharron Johnson at 901-360-1564.

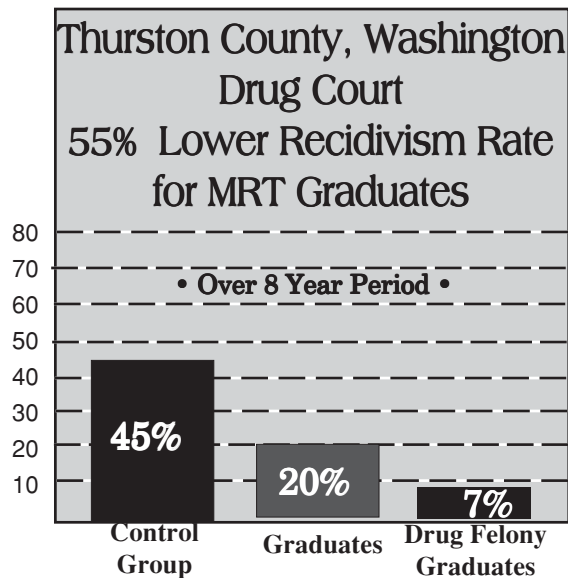
You can order books
online at
www.ccimrt.com.

What Do Drug Court Professionals Know That You Should Know?



MRT WORKS! Research Shows...

Substantial research has been generated and published from programs utilizing MRT. Recidivism research covering 10 years after participants' treatment with MRT have shown consistently lower recidivism rates (25-60%) for those treated with MRT as compared to appropriate control groups. An 8 year evaluation in 2007 of the Thurston County, Washington Drug Court utilizing MRT as its primary treatment modality showed a 55% lower recidivism rate of program participants after graduation. Other data analyses have focused on treatment effectiveness (recidivism and re-arrests), effects upon personality variables, effects on moral reasoning, life purpose, sensation seeking, and program completion. MRT has been implemented state-wide in numerous states in various settings including community programs and drug courts. Over 120 research evaluations have been conducted and published on MRT. These evaluations have reported that offenders treated with MRT have significantly lower reincarceration rates, less reinvolvement with the criminal justice system, and lessened severity of crime as indicated by subsequent sentences for those who do reoffend.



- **Nationally recognized cognitive-behavioral counseling approach.**

- **Open-ended program with flexible client participation and pre-printed materials.**

- **History of successful corporate performance for over 20 years.**

- **Record of effective implementation at multiple sites.**

- **Comprehensive, proven training.**

- **Competitive costs.**

*For information
on implementing MRT
in your drug court, call
Sharron Johnson or
Lacy Kennedy
at 901-360-1564*

**MRT cited as Proven to Reduce
Recidivism in DWI courts.**

Source: National Drug Court Institute
(2005) *The Ten Guiding Principles of DWI
Courts.*

Parole/Probation Program

Shoplifting Program

Something for Nothing

Something for Nothing is an eight-hour, 17-page CBT workbook designed to be utilized in week-end or weekly groups with shoplifters—by Greg Little. Easy to implement, easy to follow workbook, shows virtually 100% completion rate with initial offenders in program. Also available in Spanish!

Something For Nothing

English & Spanish versions: \$10 each.

Also Available: *Something For Nothing* Tape
or CD (English): \$50

MOTIVATIONAL INTERVIEWING TRAINING AVAILABLE FROM CCI

Motivational Interviewing is an Evidence-Based Practice used to enhance outcomes with treatment resistant clients. CCI now has a certified MI trainer to assist your agency in improving the treatment skills and effectiveness of your staff.

Contact Sharron Johnson at (901)360-1564 for additional information or to schedule a Motivational Interviewing training.

Lincoln County, New Mexico Juvenile Drug Court: Changing Lives and Building a Stronger Community

By Robert A. Kirchner, Ph.D. & Thomas R. Kirchner, Ph.D., Glacier Consulting, Inc.

Following the implementation of a pilot program in September 2003, the Twelfth Judicial District Juvenile Court (TJDJDC) program held its first drug court session under the federal drug court grant in September 2004. TJDJDC succeeded in holding its first graduation in January 2006. Glacier Consulting, Inc. (GCI) conducted both intensive process and outcome studies of Twelfth Judicial District Juvenile Drug Court (TJDJDC), a juvenile drug court program located in central New Mexico, with principal cities of Ruidoso and Carrizozo.¹

The framework² used by this approach to document the program provides a basis for specifying its uniqueness. The evaluation formulated a program logic model,³ including descriptions of all program components and the relationships between program components. The model establishes a baseline for this current to answer critical questions about (1) How the program works; (2) Why the program works; and (3) What impact it is having on the Lincoln County community.

After almost six (6) years of program development and implementation, the Twelfth Judicial District Juvenile Drug Court (TJDJDC) has reached a level of performance that is meeting most of the needs for its participants. The Drug Court Team has developed critical program materials (Manuals; Handbooks; Specific Procedures, etc.) that provide a clear description of the program that provides excellent documentation to understand how the program works. The evaluation team worked with the Drug Court Team to record the process of program development and the current processing of participants through the program, from entry to exit.

Juvenile offenders are all facing developmental programs, and usually difficult situational circumstances. Juvenile treatment courts often struggle to develop a program design to ensure program engagement and progress for participants. Strategies that promote program success focus on developing protective factors (drug-free activities; parental participant; educational achievements) as well as providing incentives for individual performance.

Although self-evaluation has proven its worth to individual drug courts, its most important result has been to produce knowledge about lessons learned and critical components or elements that are essential for success and institutionalization. Both the processes and frequency of judicial reviews are clear and well defined. The conduct of status hearings includes the entire Drug Court Team, reinforcing the commitment to participants and availability of information on participant progress. This process permits the Drug Court Judge to coach participants through both praise and warnings, and develop court orders that are constructive and effective.⁴ The current judge, Karen L. Parsons, is very effective in conducting judicial reviews and encouraging clients to stay engaged in the program.

The participants are either attending school, in which case the schools are involved, or plans are developed to continuing education including GED preparation and completion. The Drug

Court Team is also seeking solutions to establishing summer educational activities. The Drug Court Team is expanding its focus to identify more opportunities for vocational education, especially for the older participants. The development and delivery of incentives is both creative and effective in keeping clients on track and complying with program requirements.

It is important to understand what the Twelfth Judicial District Juvenile Drug Court program has already produced as of April 2009, and how it has improved over time.

- Reducing recidivism – The re-offend rate through April 2009 is 16%, but this only reflects one participant re-offending, which far exceeds this objective of the program. Additionally, this result compares to the average juvenile drug offender re-offense of 78%.
- Retaining clients in treatment – The positive outcome of producing a 55% Retention Rate continues to be met, which far exceeds the average of 28% reported in research for substance abuse treatment programs.
- Effective delivery of Moral Reconation Therapy (MRT), a cognitive behavioral therapeutic modality that has proven its effectiveness in accelerating client's progress to recovery – completion of MRT leads to increases in graduation rates⁵.

The TJDJDC program will proceed in its design to fit into state and county approaches to handling juvenile drug offenders by ensuring a balance between client's needs based on assessment and the constraints of law and agency operations. This should produce a program that will become more effective for the jurisdiction, expand its active client base and lead to even greater outcomes for the community.

Foremost among the concerns of citizens in dealing with drug offenders is the need to ensure public safety for the community. While juveniles are participating in the drug court program, their behavior results in reduced criminal activity. The cost to the criminal justice system of frequent and continuing criminality by juveniles is constantly rising. Successful graduates of the program produce sustained cost savings for the County's juvenile services. Of course, the most valued outcome in this area is increased security in the community through the replacement of drug using delinquents with responsible young citizens. Finally, if institutionalized, the program can lead to improvements in the overall juvenile justice system. The Evaluation Team's analysis shows that if a juvenile drug court participant graduates, they are five times as likely to never re-offend again in the future.

Based on assessments, the program addresses the total needs of each participant and seeks permanent, cognitive behavioral changes that directly yield client outcomes, such as: improving the client's image to others and within the community; removing the link to crime; and reinforcements for future living.

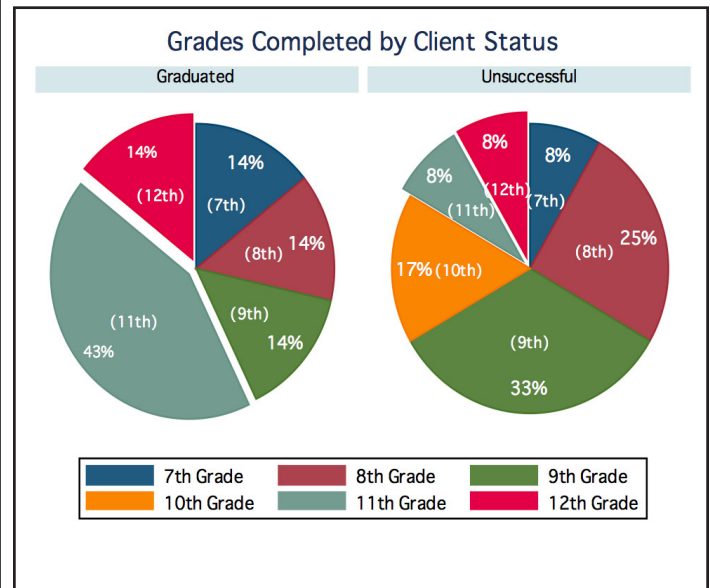
One of the constant factors throughout the history of the program for all participants is that everyone enters the Moral Reconnection Therapy (MRT) program. Cognitive-behavioral methods of therapy has been identified as one the most critical aspects of effective treatment. Differing modalities have been developed, and the TJDJDC chose to use MRT in the development of their program interventions before they began operation. Little and Robinson (1988) developed MRT based on the moral development model, and went on to produce manuals, lessons plans, training for counselors and professionals, and quality assurance ensuring program integrity.

The evaluation design was directed by research that supports the effectiveness of cognitive behavioral programs for offenders in general, as well as the population that makes up the TJDJDC in particular.⁶ MRT treatment is highly structured, provided in group setting, and participants must complete each exercise in a proper sequence before progressing forward. In the case of the TCDCP, the groups are also gender specific. MacKenzie (2006) reported that "results for MRT programs show stronger support for the effectiveness of the program. Significant differences favoring the MRT treated groups were found in the studies of felony offenders, felony drug offenders, and in the other setting." Previous evaluations found that, overall, completion of each additional MRT step was associated with an 8% reduction in recidivism risk.⁷

The program initially had limited success in attaining outcomes the education and vocational area, but has now matured to the point where each participant achieves a number of interim outcomes while in the program that ensures post-program success. Educational objectives are stressed and are being achieved by clients. Those clients in school are performing at higher levels and defining goals for their future. Clients that had given up on education are gaining their GED, and are seeking other education goals. Others wanting to work, and in need of enhanced skills to succeed, are moving forward in their plans to achieve those objectives.

The two relational breakdowns for educational help us understand the impact of staying in, and completing school. The success rate of participants continuing in school for graduation (78%) is more than twice what it was for unsuccessful participants (36%).

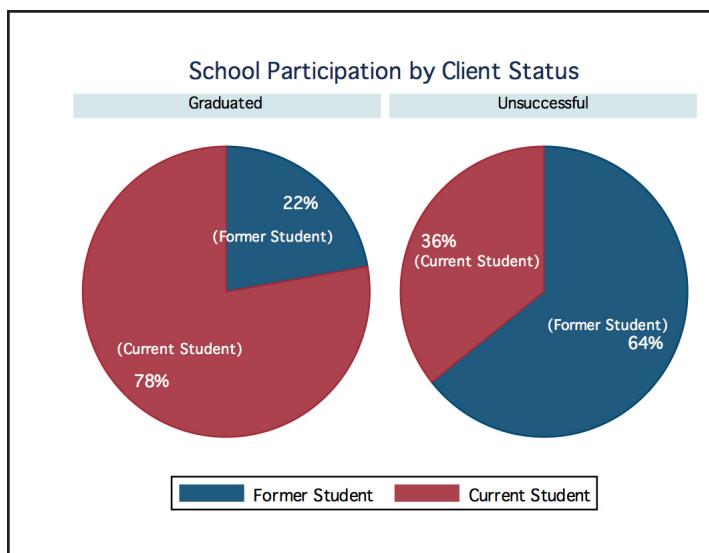
Program graduates completed grades 11 and twelve for fifty-seven percent (57%) of all graduates; compared with only sixteen percent (16%) for the unsuccessful participants completing 11th and 12th grades.



In addition to education, the juvenile drug court has built bridges to the community to enhance their participants' active involvement in positive activities, such as the Physical Training Program sponsored by local law enforcement and the Athletic Center. The results have been dramatic in terms of producing impacts for both completing the program and successful future life. It is notable that most of those that participated in this program have been retained in the program and are progressing as expected.

The juvenile drug court program, by definition, can only be successful if the drug court team brings together all those involved in responding to the problem juvenile drug offenders. But more than that, each team member and stakeholder must look at what they do in a different way than business as usual. The Drug Court Team members have learned a great deal about the diverse fields and approaches that other team members bring to the table. Former adversarial relationships have changed to produce a program design that leads to successful completion by participants that often have never been successful at anything before in their lives. The result is a series of outcomes where various sectors of a community realize that by working together they can produce enhancements to the way they contribute through their work to individuals, and thereby the community as a whole.

It is important to understand what activities and program efforts participants are involved in a juvenile drug court. The 41 participants entered into the juvenile drug



court through April 2009 have been assigned an average number of events for the following activities: Judicial Reviews; Therapeutic sessions; Physical Training; and Self Improvement.

The principal program component that underlies the program design and logic of programming for participants are:

- Moral Reconciliation Therapy
- Substance Abuse Treatment
- Life Skills
- Parent Involvement
- Combined Parent Group

The success Lincoln County has witnessed in improving its Juvenile justice system, while meeting the needs of juvenile drug offenders, is impressive. By rehabilitating individuals that abused drugs and committed criminal activities with the result of producing useful citizens, TJDJDC has increased positive results for those individuals as well as the public safety of the community.

The results of the evaluation present a juvenile drug court program that is both efficient in its practices and effective in program delivery. We believe that it should be considered a model for other jurisdictions to replicate those components that were gained TJDJDC efforts over time. Our findings offer evidence that the public safety component of the balanced approach to restorative justice (Bazemore & Umbreit, 1995) is being met by the TCDCP.

One could reasonably conclude that when studying drug courts, including treatment effects, as a broad construct or a specific intervention model, we are also studying service delivery systems (Frumkin, 1978; Frumkin, 1982). This should be taken as a source of encouragement. Specifically, state and local policy makers can understand that this is a service delivery system where the evidence offers "some indication that adult drug courts are cost-effective additions to New Mexico's criminal justice system." (Barnoski, & Aos, 2003, p.12). As a service delivery system localized innovations in response to unique participant characteristics can occur while retaining the key components of effectiveness.

The data presented in this outcome evaluation demonstrate that the TJDJDC is a service delivery system targeting youthful drug offenders and one that is related to improved public safety outcomes and the concomitant public resource benefits. The TJDJDC has demonstrated a commitment to using evidence from program evaluations to engage in a process of ongoing program improvement.

This outcome evaluation focused on community impact, but went further to determine program and treatment effects. MacKenzie (2006) noted that "One research problem that continually occurs particularly in the area of drug treatment is the comparison of program completers to dropouts. The problem that such a comparison does not tell us much about

the program effects." We have shown here that methods are possible to open the door to understanding program effects that should help future research efforts.

Drug courts in general, and the TJDJDC in particular, may also impact supportive systems including child welfare, public assistance, unemployment, public health, and disability systems. Future evaluation efforts at the levels of specific and aggregated drug courts would provide a more comprehensive portrayal of drug court impacts through including data from these systems.

Footnotes:

¹ See: Kirchner, Robert A., and Thomas R. Kirchner (2009) Lincoln County, NM Juvenile Drug Court: How It Works, Why It Works, and Its Impact on the Community. Glacier Consulting, Inc.: Annapolis, MD.

² See: Kirchner, Robert A., and Michael Jewell. (2003) "Evaluating Juvenile Drug Courts at the Local Level," Presented at the National Association of Drug Court Professionals' 4th Annual Juvenile and Family Drug Court Training Conference, January 9-11, 2003, Washington, D.C.

³ This approach and definitions presented here are fully explained and demonstrated in: Kirchner, Robert A., Roger K. Przybylski and Ruth A. Cardella Assessing the Effectiveness of Criminal Justice Programs. Assessment and Evaluation Handbook Series Number 1, January 1994. U.S. Department of Justice, Office of Justice Programs, Bureau of Justice Assistance. This publication is available on the INTERNET at: www.bja.evaluationwebsite.org.

⁴ See: Marlowe, Douglas B, David S. Festinger, and Patricia A. Lee (2004) "The Judge is a Key Component of Drug Court." *Drug Court Review*, Volume IV, Issue 2. Alexandria, VA: National Drug Court Institute.

⁵ See: MacKenzie, Doris Layton (2006) *What Works in Corrections: Reducing the Criminal Activities of Offenders and Delinquents*. New York, NY: Cambridge University Press.; and Little, Greg, and Kenneth D. Robinson, Katherine D. Burnette, and Stephen Swan (1999) "Successful Ten-Year Outcome Data on MRT Treated Felony Offenders," *Cognitive-Behavioral Treatment Review* Vol. 8, No. 1.

⁶ See: MacKenzie, Doris Layton (2006) *What Works in Corrections: Reducing the Criminal Activities of Offenders and Delinquents*. New York, NY: Cambridge University Press.; and Little, Greg, and Kenneth D. Robinson, Katherine D. Burnette, and Stephen Swan (1999) "Successful Ten-Year Outcome Data on MRT Treated Felony Offenders," *Cognitive-Behavioral Treatment Review* Vol. 8, No. 1.

⁷ See: Kirchner, Robert A., Ellen Goodman, and Thomas R. Kirchner (2007) "Effectiveness and Impact of Thurston County Drug Court Program." *Cognitive-Behavioral Treatment Review*. Volume 16, #2

Cognitive Behavioral Treatment Review (CBTR) is a quarterly publication published by Correctional Counseling, Inc. © 2009 — All rights reserved. Correctional Counseling, Inc. provides a wide range of services and products and specializes in cognitive-behavioral interventions. Our major service areas are:

Cognitive-Behavioral Training and Materials
Moral Reconciliation Therapy® Training and Materials
Domestic Violence Treatment & Materials
Relapse Prevention
Drug Treatment Programming

Drug Court Services • DWI Programming
Mental Health Court Treatment
Specialized Probation/Parole Programs
Criminal Justice Staff Training
Therapeutic Community Programs

COGNITIVE-BEHAVIORAL TRAINING IN BASIC MRT® & MRT® DOMESTIC VIOLENCE PROGRAMMING

How MRT® Is Implemented:

MRT® is a trademarked and copyrighted cognitive-behavioral treatment system for offenders, juveniles, substance abusers, and others with resistant personalities. The system was developed in the mid-1980s and has had substantial outcome research published in the scientific literature showing that recidivism is significantly lowered for ten years following treatment. MRT® is performed in open-ended groups typically meeting once or twice per week. Clients complete tasks and exercises outside of group and present their work in group. The MRT-trained facilitator passes clients' work according to objective guidelines and criteria outlined in training. ***Programs using MRT® must supply clients with a copy of an MRT® workbook that are purchased from CCI for \$25 per copy.*** MRT® formats are in use for general offenders, juveniles, perpetrators of domestic violence, and others. MRT® trainings are held routinely across the United States and monthly in Memphis. Accredited CEUs for MRT training are offered from Louisiana State University at Shreveport for participants who complete training. Training dates and a registration form can be found below. Feel free to call or write for more details.

CCI's DOMESTIC VIOLENCE PROGRAM:

- 24 Sessions
- Printed Formats & Manual
- Objective Cognitive Behavioral Criteria
- Meets State's Requirements on Power & Control Model
- CEUs Offered

— MRT® Trainers —

CCI staff conduct each training session. Trainers may include Dr. Ken Robinson (a co-developer of MRT®), Kathy Burnette, M.S. (CCI's Vice President of Clinical & Field Services), Steve Swan, M.Ed., Laura Gilreath, M.S., or a regional CCI trainer.. All MRT® trainers have over 20 years direct criminal justice and substance abuse treatment experience and all have been involved in the implementation of MRT® in both juvenile and adult settings .

For Information
call or write CCI:
Sharron Johnson
or Lacy Kennedy
2028 Exeter
Germantown, TN 38138
(901) 360-1564
e-mail ccimrt@aol.com

MRT® OR DOMESTIC VIOLENCE TRAINING REGISTRATION FORM

Please register the following persons for MRT or Domestic Violence Training:

	<u>COST</u>
NAME 1 _____	\$600
NAME 2 _____	\$500
NAME 3 _____	\$500
NAME 4 _____	\$500

**CREDIT CARD
ORDERS
CALL
(901) 360-1564**

AGENCY _____
ADDRESS _____
CITY/STATE/ZIP _____
PHONE # _____

TRAINING DATES SELECTED: _____ TOTAL: _____

Mail form with payment to: CCI • 2028 Exeter Rd. • Germantown, TN 38138

Payment Enclosed (please check one): ☐ Check ☐ Money Order ☐ Purchase Order (attached)

Be sure to check that your training dates correspond to the training for which you are registering (e.g. MRT or Domestic Violence). A \$50 processing fee will be assessed on refunds due to participant cancellation 10 days or less before training. Note that some training dates have limited availability of open slots. CCI reserves the right to cancel training dates if insufficient participants have enrolled.

EFFECTIVE COUNSELING APPROACHES For Chemical Abusers & Offenders

By Dr. Greg Little, Dr. Ken Robinson, & Kathy Burnette

A basic understanding of the major counseling theories is essential for the practicing substance abuse counselor and those working with offenders. Effective Counseling Approaches for Chemical Abusers & Offenders is an indispensable primer covering the most commonly used counseling approaches. Few counselors are familiar with the history and background of the counseling field and the relative short history of substance abuse counseling. This text presents that history as well as shows when each counseling approach is best employed. Effective Counseling Approaches represents a comprehensive overview of various counseling theories, their underlying personality theory and philosophy, essential terminology for each, and a review of treatment outcomes. Counselors, counselors-in-training, criminal justice personnel, and other mental health personnel will find the book useful. Areas covered in this text include:

History of Counseling & Substance Abuse Counseling
History of Drug & Alcohol Treatment
Relationship between Counselor & Client
Essential Counselor Skills & Abilities
Background & History of Major Counseling Theories
Philosophy, Personality Theory, & Terminology of Each
Counseling Processes
Appropriate Use & Limit of Each Approach
Understanding Defense Mechanisms

Client-Centered Counseling
Behavioral Approaches
Rational-Emotive Therapy
Reality Therapy
Cognitive-Behavioral Therapy
Gestalt Therapy
Transactional Analysis

Order Form is on page 19

MAKING CHANGES FOR GOOD

**A Cognitive-Behavioral Approach for
Sex Offender Relapse Prevention**

Making Changes for Good is a 56 page, 10 session workbook designed for sex offender relapse prevention. It is designed to be used in open-ended groups where offenders can enter ongoing groups at any time. Clients read each module prior to coming to group and complete structured exercises. Helps clients identify risky behaviors and thoughts and make plans to cope.

Designed for:

Parole/Probation Supervision
Sex Offender Programs
Institutional Programs

***Making Changes for Good* is \$18.00**
***The Facilitator's Guide* is \$10.00**

UNTANGLING RELATIONSHIPS

**COPING WITH CODEPENDENT RELATIONSHIPS
USING THE MRT® MODEL**

Codependency is a controversial concept. But there is no doubt that offenders engage in manipulative and dependent relationships that complicate their many other problem areas. This workbook directly confronts these "codependent" relationships in a systematic, 12-group session format following MRT's model.

28 Pages, 12 Modules

- Easy To Implement
- Addresses All of the Key Issues in Codependence

Also now available in Spanish, *Desenredando Relaciones*.

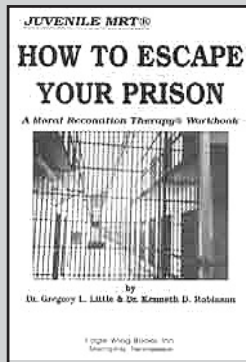
Client Workbook \$10.00

**UNTANGLING
RELATIONSHIPS**
COPING WITH CODEPENDENT
RELATIONSHIPS
USING THE MRT® MODEL



by
Dr. Gregory L. Little &
Dr. Kenneth D. Robinson
EAGLE WING BOOKS, INC.

Juvenile MRT® Workbooks



A juvenile version of *How To Escape Your Prison* is available. Programs and institutions with trained MRT facilitators may order copies of this 117 page workbook. *Juvenile MRT* is written on a lower reading level but retains the basic flow of MRT concepts and exercises and is very user-friendly. The book is appropriate for delinquents and juveniles in chemical abuse/conduct disorder programs as well as those in offender programs.

Order on page 19
or call CCI at 901-360-1564

WHY is MRT® Your Best Choice for Adult or Juvenile Drug Court Treatment Needs?

Because MRT Really Works! Research published over the past 20 years shows that MRT-treated offenders have a 30-50% lower recidivism rate than controls. MRT can easily be adapted for use in any program. Call Sharron Johnson or Lacy Kennedy at (901) 360-1564 for details.

- **Nationally recognized cognitive-behavioral counseling approach.**
- **Open-ended program with flexible client participation and preprinted materials.**
- **History of successful corporate performance for over 20 years.**
- **Record of effective implementation at multiple sites.**
- **Comprehensive, proven training.**
- **Competitive costs.**

See the websites at www.ccimrt.com & www.moral-reconciliation-therapy.com for more information about MRT®

Is your relapse prevention component too complicated for your clients? Is it hard for them to understand or difficult to complete a 300 page "brief relapse prevention" workbook?

RELAPSE PREVENTION THAT WORKS STAYING QUIT:

A Cognitive-Behavioral Approach To Relapse Prevention

40-page client workbook based on principles of cognitive-behavioral relapse prevention—designed for eight group sessions. Focuses on risky situations, scripting changes, coping with urges and cravings, being around users, understanding support issues, and taking charge of life. *Recent research (Burnette, et. al., 2004; Little, 2002) shows that the addition of the Staying Quit relapse prevention program significantly increases Life Purpose, significantly shifts Locus of Control to a more internal locus, increases moral reasoning, and enhances several measures of social support.*

The *Staying Quit* client workbook is \$10. A simple-to-follow *Facilitator's Guide* is available for \$5. The *Staying Quit Audiotape Set* (boxed, \$50.00) contains the entire workbook text on CD or cassette, a 15 min. relaxation exercise, a 15 min. progressive muscle relaxation exercise, a 20 min. clean & sober visualization, and a 25 min. desensitization CD or tape. A Group Starter Kit is available and contains 11 workbooks, 1 Facilitator's Guide, review article, and a complete Audio Set. **The Starter Kit is \$140.00 (discounted from \$170).**

Staying Quit Starter Kit—Contents

- 11 *Staying Quit* workbooks
- 1 *Facilitator's Guide*
- Workbook on CD or cassette
- 15-minute *Basic Relaxation* CD/tape
- 15-minute *Progressive Relaxation* CD/tape
- 20-minute *Clean and Sober Visualization* CD/tape
- 25-minute *Desensitization* CD/tape

Upcoming Trainings In MRT® & Domestic Violence

MRT TRAININGS

November 16, 2009 to November 20, 2009 - Germantown, Tennessee
November 16, 2009 to November 19, 2009 - Chamberlain, South Dakota
January 11, 2010 to January 15, 2010 - Germantown, Tennessee
January 11, 2010 to January 14, 2010 - Seattle, Washington
January 19, 2010 to January 22, 2010 - Duluth, Georgia
January 19, 2010 to January 22, 2010 - Albuquerque, New Mexico
February 22, 2010 to February 26, 2010 - Germantown, Tennessee
March 16, 2010 to March 19, 2010 - Olympia, Washington
March 22, 2010 to March 26, 2010 - Germantown, Tennessee

DOMESTIC VIOLENCE TRAINING

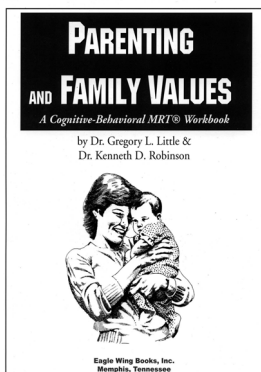
December 8, 2009 to December 11, 2009 - Idaho Falls, Idaho
April 26, 2010 to April 30, 2010 - Germantown, Tennessee

Note: Additional trainings will be scheduled in various locations in the US. See our website at www.ccimrt.com or call CCI concerning specific trainings. CCI can also arrange a training in your area. Call 901-360-1564 for details.

PARENTING AND FAMILY VALUES

A Cognitive-Behavioral MRT® Workbook

A 12 group session workbook aimed at assisting parents and caregivers to discover and develop appropriate and effective parenting methods while focusing on the underlying family values. In this 75-page workbook, parents confront their own parenting styles, values, and methods of discipline.



*Parenting
and Family Values*
is \$15.00 per copy.

- Parents of Delinquents
- Offenders With Children
- Substance Abusers With Children
- Parents Experiencing Problems
- Parents Seeking Understanding

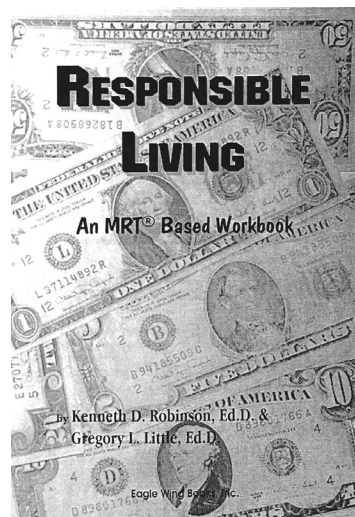
RESPONSIBLE LIVING:

An MRT® Based Workbook

An MRT® based, 8 session, open-ended, group workbook primarily for misdemeanants in brief programming.

Includes modules on rules, relationships, feelings for others, personal exploration of values, goal setting, and making commitments.

**Bad Checks
Repeat Traffic
Offenders
Shoplifters
Petty Larceny
Theft
Petty Crime
Restitution**



\$10.00, 26 pp., 8 modules.

Order online at www.ccimrt.com
or use form on p. 19.

DRIVING THE RIGHT WAY

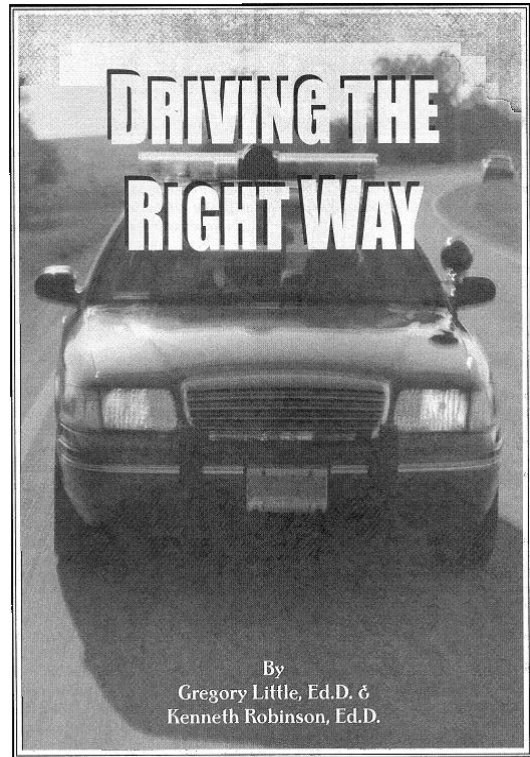
A Cognitive-Behavioral Program for DUI/DWI Offenders by Dr. Gregory Little & Dr. Kenneth Robinson

Traditional educational programs for DWI and DUI offenders have been utilized for nearly 40 years, but research consistently shows that these programs do not impact subsequent reoffending. Cognitive-behavioral interventions-changing how offenders think and make decisions-are the preferred, state-of-the-art treatment approaches for offenders. The *Driving the Right Way* program consists of four sessions, focused on changing thinking and decision-making. The program is implemented in ongoing, open-ended groups. A simple facilitator's guide is available as well as the program on cassette tape.

In addition, CCI can customize workbooks with DUI statistics for your State! Now available for Tennessee, Illinois, Idaho, Ohio, Louisiana, Georgia, Nebraska, New Mexico, and Washington. You only have to order 50 books and we can add your state!

The workbook is only \$10.00 with discounts available for bulk purchases. The *Facilitator's Guide* is free with workbook purchase.

Order Form on page 19. For more information, please call 901-360-1564 or e-mail ccimrt@aol.com.

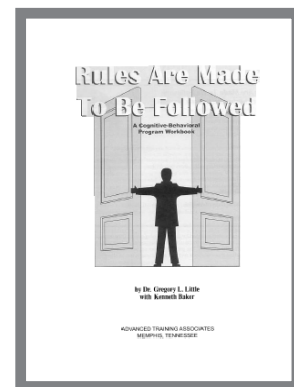


By
Gregory Little, Ed.D. &
Kenneth Robinson, Ed.D.

The Spanish Edition,
*Cómo Conducir De
La Manera Apropiada*, Is Also Now
Available!

Are You Supervising Underage Drinkers and Clients who have used False IDs?

Rules Are Made to be Followed is a four-session cognitive-behavioral workbook that targets these difficult-to-supervise clients. The Program is designed to be used in on-going groups and directly focuses on the special issues of underage drinking and the use of false identification. This is a useful resource available to judges and probation authorities to effectively intervene with this youthful population.



**16 pages. \$10 per workbook. A
simple to use Facilitator's Guide
is also available for \$5.00.**

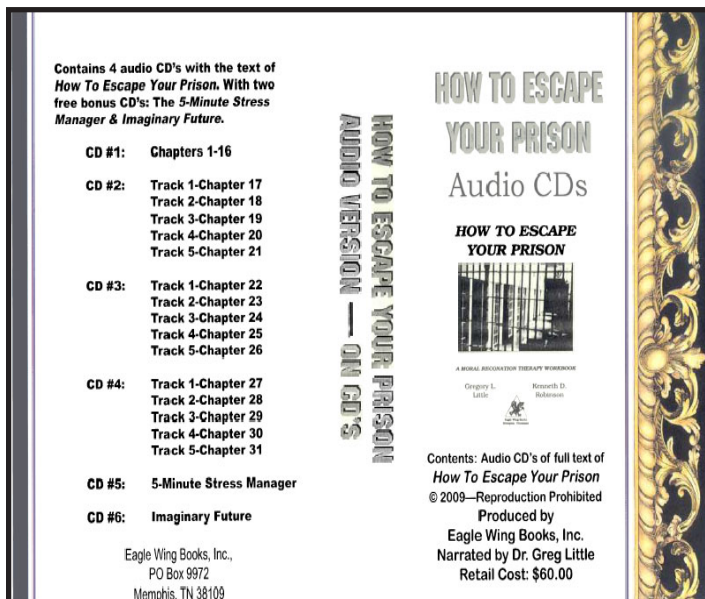
How To Escape Your Prison



Audio Version Now Available

The newest revised version of the MRT workbook, *How To Escape Your Prison*, is now available in audio for clients who need assistance with reading. It is available in either CD format or on cassette tapes.

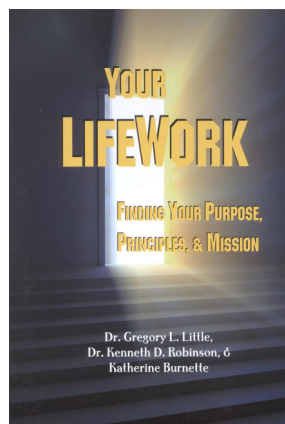
The book is narrated by Dr. Greg Little and contains the full text as well as the exercises. The CD version contains 4 CD's with all of the chapters containing MRT steps as separate tracks. The CD box also has as a FREE bonus, two CDs containing the *5-Minute Stress Manager* and *Imaginary Future*. The cassette tape version of the book is contained on three tapes. The CD set (including the free bonus) or the cassette tape set is \$60.00. Call 901-360-1564 to order or use the order form on page 19.



Your LifeWork:

Employee Development, Program Enhancement, Career Exploration, & Personal Discovery.

A systematic way to discover personal purpose, principles, and life mission



Your LifeWork Workbook—70 pg., 8.5 x 11 format. Single copy: \$15.00. Discounts for bulk purchases available.

Also available, **Your LifeWork training DVDs: \$150.00** and **Your LifeWork Group Starter Kit: \$239.00.**

Your LifeWork is a 70-page workbook (with 8 focused chapters) designed to lead participants through a deep exploration of their work behavior, attitudes, and career ambitions. The program is a series of structured, written exercises that explore behavior, attitudes, feelings, and goals related to work, career, coworkers, hobbies, interests, family, and day-to-day life. Participants must be willing to engage in self-reflection and share some of their thoughts with others.

Your LifeWork Workbook—2007, 70 pg., 8.5 x 11 format. Single copy: \$15.00. Discounts for bulk purchases available.

Your LifeWork training DVDs—2007, 8 dvd set, each covering a section/chapter from the book. The reading material from each section of the book is presented in a documentary format to ensure that all participants hear the material at the same rate. The dvds are narrated by Dr. Greg Little. This set allows a group training to be conducted over a set period of time, generally 12 hours. Retail price: \$150.00

Your LifeWork Group Starter Kit—Contains 15 workbooks, one set of training DVDs, & one *Your LifeWork Facilitator's Guide*. Retail price: \$239.00

Research Brief

Editor's Note: This brief extract is excerpted by CBTR from the original article appearing in *Practical Dispute Resolution* and is used with permission.

School-wide Anger and Conflict Management Initiative Produces Change by A. Myers & P. Wikes (2008), *Practical Dispute Resolution*, 4 (2) The Cooperative Consortium of Dispute Resolution.

Over a two year period beginning with the 2006-2007 academic year, the Catonsville Center for Alternative Studies (CCFAS), one of five public, secondary, alternative schools in Baltimore County, Maryland serving an "at risk" student population, developed and implemented a unique and creative plan to address an ever-increasing concern—student anger and aggression. Most of the students referred to the school have a history of chronic disruptive behavior which can include such rule violations as fighting, destruction of school property, classroom disruption, and disrespect/disobedience usually of an overtly aggressive nature.

CCFAS applied for a grant in partnership with the Center for Alternative Dispute Resolution (CADR) through the Maryland School-based Conflict Resolution Grants Program—a collaborative project by the Maryland Judiciary's Mediation and Conflict Resolution Office, the Maryland State Department of Education, and the Maryland School of Law through its Center for Dispute Resolution. CCFAS's grant proposal included the development of a special anger management and conflict resolution curriculum with required attendance by all students. The school's Personal Development class would be the vehicle of presentation. A specific anger management and conflict resolution program—The DRAMA Club (Dispute Resolution And Managing Anger)—was chosen as the primary treatment intervention.

CCFAS developed a curriculum from the program material and retained the DRAMA Club's structured participant workbook as its primary classroom tool. Of particular focus in this study was a battery of standardized instruments administered as pre and posttests to assess student change and program efficacy... the *Hostility Scale (SCL-90)*, ... the *Conflict Resolution Scale*... & the *Violent Intentions-Conflict Survey*.

A total of 50 students participated in the program and completed both pre and posttests. Because of the transient nature of the alternative school population, several students temporarily participated in the program. Having completed the pretest upon admission, these students either were expelled from the alternative school program or dropped out prematurely. Because of the lack of post-test assessments in these cases, and the resultant inability of writers to assess any change, these individuals were not included in the data evaluated.

An analysis of the data for the entire population showed desirable results at a statistically significant level in all cases. The Violent Intentions—Conflict Survey posttest scores ($t_{49}=3.95$, $p<.0005$) showed a 15% improvement on average. The Hostility Scale ($t_{49}=3.87$, $p<.0005$) scores improved by 9%. On the Conflict Resolution Scale, both the Self-Control scores ($t_{49}=2.57$, $p<.01$) and the Cooperation scores ($t_{49}=2.05$, $p<.025$) demonstrated improvements of 6% and 5% respectively.

The results of the study demonstrate a statistically significant improvement in student scores on all four of the instruments administered after completing the DRAMA Club curriculum and being exposed to the school-wide, "immersion" initiative. Desirable changes occurred in levels of hostility, self-control, and cooperation. Significant improvement was demonstrated by student post-test scores on the *Violent Intentions-Conflict Survey*. Considering that this instrument measures intentions to utilize non-violent strategies to control anger and conflict, and was specifically designed to measure the effectiveness of anger management programs, it would appear that the intervention was successful and produced the desired effect.

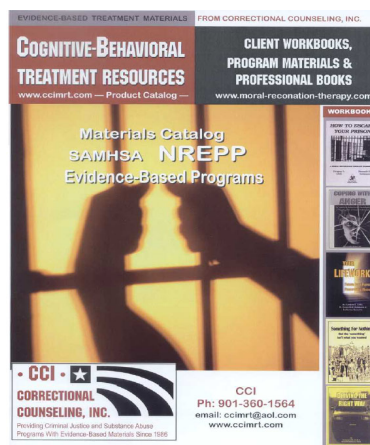
In view of all of the above, the CCFAS project to help students better manage their anger and solve interpersonal problems in constructive, pro-social ways had the desired results. By all reports, the level of student aggression and conflict was greatly improved from previous years resulting in a safer and more productive school environment.

NOW AVAILABLE FROM CCI



A Complete Product Catalog for All of Your Cognitive- Behavioral Treatment Needs

CCI is now including a copy of our new product catalog in each shipment or it can also be downloaded from our website at www.ccimrt.com. You will find a description of all treatment workbooks, textbooks, and related materials as well as ordering information.



COGNITIVE BEHAVIORAL MATERIALS AVAILABLE FROM CCI

To order go online at www.ccimrt.com, use the coupon on page 19, or call 901-360-1564.

The Punishment Myth—Understanding the criminal mind and when and why conventional wisdom fails. 8.5 x 11 softcover by Dennis A. Challeen, J. D. and Ken Robinson. \$20.00.

Understanding & Treating Antisocial Personality Disorder: Criminals, Chemical Abusers, & Batterers — 65-page updated softcover text by Drs. Greg Little and Ken Robinson. Covers the gamut of treating the most resistant of clients. With 93 refs.; \$10.00.

Crisis Intervention Strategies for Chemical Abusers & Offenders — 61-page text covering crisis intervention techniques; \$10.00.

Five-Minute Stress Manager — CD/cassette tape of three, 5-minute relaxation segments used in MRT®, Domestic Violence, & Anger Management; \$8.95.

Parenting and Family Values — 75 page, 12 session MRT® group workbook designed to be used with parents of children experiencing problems; \$15.00.

Imaginary Future — 15 minute CD/cassette tape used in Step 7 of MRT® to assist clients in visualizing appropriate goals; \$8.95.

Imaginary Time Out — 15 minute CD/cassette tape used in MRT® domestic violence to assist clients in visualizing appropriate time out strategies; \$8.95.

Family Support — 26 page (8.5 X 11 softcover) CBT workbook used in groups with clients who fail to pay child and family support. Exercises for group work; \$9.00.

Job Readiness — 26 page (8.5 X 11 softcover) CBT workbook designed for use in groups with clients who have faulty beliefs about the work world; \$9.00.

Something for Nothing — 17 page (8.5 X 11 softcover) CBT workbook used in groups with offenders who are charged with shoplifting. Exercises for group work; \$10.00.

Something for Nothing (Spanish)— \$10.00.

Something for Nothing (CD/audiotape)—\$50.00.

You Can Get There From Here — 85-page softcover book by Father Bill Stelling telling how addictions can be changed. A priest tells how he overcame alcoholism; \$8.95

Effective Counseling Approaches for Chemical Abusers & Offenders — 104-page softcover text by Little, Robinson, & Burnette summarizing 7 major counseling theories used with offenders. Designed for assisting counselors preparing for substance abuse certification; \$12.00.

The Joy of Journaling — 110-page softcover by Drs. Pat & Paul D'Encarnacao covers the hows and whys of journaling. Shows how counselors can use journaling as a CBT method of aligning clients' beliefs and behavior; \$11.95.

PSYCHOPHARMACOLOGY: Basics for Counselors — 279 page softcover text covering the basics of the field - up-to-date and comprehensive; \$24.95.

Coping With Anger— 49-page anger management cognitive-behavioral workbook. Designed for use in 8 group sessions; \$10.00

Coping With Anger Group Starter Kit—contains 15 *Coping With Anger* workbooks, 2 Facilitator Guides, 2 5-Minute Stress Manager tapes, 2 Basic Relaxation & Progressive Muscle Relaxation CD/tapes, book on cassette tape, Training DVD, plus free Quicktime file of training on CD; \$245.00

Facilitator's Guide for Coping With Anger — 8 page how-to guide for implementing the *Coping With Anger* anger management groups; \$5.00.

Coping With Anger Training DVD— 1.5 hours, shows how to start and operate an ongoing anger management program; \$100.00

Coping With Anger (book on CD or tape)—\$50.00

Making Changes for Good— 56-page workbook designed for sex offender relapse prevention group program; \$18.00.

Facilitator's Guide for Making Changes for Good - 12 page how-to guide for implementing the sex offender relapse prevention program; \$10.00.

Untangling Relationships: Coping With Codependent Relationships Using The MRT Model— 28-page workbook for use with those who have codependent issues; Also in Spanish. \$10.00

Staying Quit: A Cognitive-Behavioral Approach to Relapse Prevention — 40-pg client workbook for relapse prevention groups. 8 program modules; \$10.00.

Facilitator's Guide to Staying Quit — 8 page how-to guide for implementing *Staying Quit* relapse prevention groups; \$5.00.

CD/Audiotape set for Staying Quit — CD or cassette audiotapes with the *Staying Quit* workbook on CD/tape, basic relaxation, progressive muscle relaxation, clean & sober visualization, and desensitization; \$50.00.

Staying Quit Group Starter Kit — 11 client workbooks, 1 Facilitator's Guide, review article, and CD/audiotape set; \$140.00.

Responsible Living — 26-page client workbook with 8 group sessions designed for "bad check" writers, shoplifters, and petty crime misdemeanants; \$10.00.

Thinking For Good — Group workbook directly addressing criminal thinking, behaviors, and beliefs from MRT personality stages. 10 sessions — criminal thinking is disputed; \$10.00.

Thinking For Good Facilitator's Guide — A simple, easy-to-follow facilitator's guide for implementing *Thinking For Good*; \$5.00.

Character Development Through Will Power & Self-Discipline — CBT group exercise workbook for use with probationers, parolees, and juveniles. Designed for 16 group sessions with scenarios discussed in group; \$20.00.

Character Development Facilitator's Guide — 54-page counselor's guide to Character Development; \$20.00.

It Can Break Your Heart— 424-page softcover book outlines the issues involved in obesity and weight loss—comes with *SmartLoss 60-Day Health Journal*—81-page, large softcover book. **Special offer:** both books (normally retailing for \$40.90) can be purchased for a total of \$4.00 with any other order from CCI. Programs and individuals can order multiple sets.

Driving the Right Way—4-session client workbook for DWI/DUI offenders. Customized DUI statistics for any State. Also in Spanish. \$10.00.

Facilitator's Guide for Driving the Right Way—4-page how-to guide ; \$5.00 or free with workbook.

Your LifeWork - 70-page workbook focused on understanding how one's principles relate to a personal purpose and a mission in life. \$15.00. (DVD & Starter Kit also available)

Only those trained in MRT® may order the following materials

MRT® Counselor's Handbook — Bound 8.5 X 11, 20-page book giving the objective criteria for each MRT® step. Includes sections on group processes, rules, dynamics, hints, and instructions for starting an ongoing MRT® group; \$10.00.

MRT® Freedom Ladder Poster - Poster of MRT® stages, steps, and personality descriptions (B/W); \$10.00.

How To Escape Your Prison CD or Cassette Tape Set — The complete text of the MRT® workbook, *How To Escape Your Prison*, contains brief explanations by Dr. Little of exercises and tasks. For use with clients in groups where reading assistance is not present. Boxed in a vinyl tape book with color coded tapes for easy reference to steps; \$60.00.

How To Escape Your Prison — The MRT® workbook used in criminal justice, 138 pages, 8.5 X 11 perfect bound format, with all relevant exercises — by Drs. Greg Little & Ken Robinson; \$25.00.

How To Escape Your Prison in Spanish — The Spanish MRT® workbook used in criminal justice, 138 pages, 8.5 X 11 perfect bound format, identical to English version — by Drs. Greg Little & Ken Robinson; \$25.00.

How To Escape Your Prison CD/Audiotape Set in Spanish — The Spanish MRT® workbook on CD or cassette tapes - boxed.; \$60.00.

Juvenile MRT® How To Escape Your Prison — MRT workbook for juvenile offenders, 8.5 X 11 perfect bound format, with all exercises.; \$25.00.

Domestic Violence Workbook — 119 pages in 8.5 X 11 format, titled, *Bringing Peace To Relationships*, for use with perpetrators of domestic violence. The MRT® format contains dozens of exercises specifically designed to focus on CBT issues of faulty beliefs, attitudes, and behaviors leading to violence in relationships; \$25.00. (Must be trained in MRT's Domestic Violence program to order.)

Domestic Violence Facilitator's Guide — 21 pg. how-to facilitator's guide to *Bringing Peace To Relationships* domestic violence groups; \$10.00.

Filling The Inner Void — MRT® workbook, 120-page spiral bound, used with juveniles, in schools - by Drs. Little & Robinson. Discusses the "Inner Enemy" (the Shadow in Jungian psychology), projection, and how we try to fill basic needs; \$25.00.

Discovering Life & Liberty in the Pursuit of Happiness — MRT® workbook for youth and others not in criminal justice; \$25.00.

CBT Materials Order Form

Item	Price Each	# Ordered	Subtotal
The Punishment Myth	\$10.00		
Something for Nothing shoplifting (Workbook)	\$10.00		
Something for Nothing (Spanish Workbook)	\$10.00		
Something for Nothing (book on CD or tape)	\$50.00		
Understanding & Treating APD	\$10.00		
Effective Counseling Approaches text	\$12.00		
Crisis Intervention text	\$10.00		
Five-Minute Stress Manager (CD or cassette)	\$8.95		
Parenting and Family Values	\$15.00		
Imaginary Future (CD or cassette)	\$8.95		
Imaginary Time Out (CD or cassette)	\$8.95		
Family Support (CBT workbook)	\$9.00		
Job Readiness (CBT workbook)	\$9.00		
You Can Get There From Here	\$8.95		
The Joy Of Journaling	\$11.95		
Psychopharmacology: Basics for Couns.	\$24.95		
Coping With Anger (workbook)	\$10.00		
Coping With Anger Facilitator Guide	\$5.00		
Coping With Anger Group Starter Kit	\$245.00		
Coping With Anger Training DVD	\$100.00		
Coping With Anger (book on CD or tape)	\$50.00		
Making Changes Sex Offender Workbook	\$18.00		
Making Changes Facilitator Guide	\$10.00		
Untangling Relationships Wkbk Eng./Span.	\$10.00		
Staying Quit (workbook)	\$10.00		
Staying Quit Facilitator Guide	\$5.00		
Staying Quit Group Starter Kit	\$140.00		
Responsible Living workbook	\$10.00		
Thinking For Good workbook	\$10.00		
Thinking For Good Facilitator Guide	\$5.00		
Character Development	\$20.00		
Character Development Facilitator's Guide	\$20.00		
Driving the Right Way Workbook Eng./Span.	\$10.00		
Driving the Right Way Facilitator's Guide	Free		
Your LifeWork Book (DVD & Starter Kit also available)	\$15.00		
MRT Materials below can only be ordered by trained MRT facilitators			
MRT Counselor's Handbook	\$10.00		
MRT Poster (Freedom Ladder)	\$10.00		
How To Escape Your Prison (CDs or tapes)	\$60.00		
How To Escape Your Prison	\$25.00		
How To Escape Your Prison (In Spanish)	\$25.00		
How To Escape Spanish (CDs or tapes)	\$60.00		
Juvenile MRT® - How To Escape Your Prison	\$25.00		
Domestic Violence (Must take Dom. Vio.)	\$25.00		
Domestic Violence <i>Facilitator's Guide</i>	\$10.00		
Filling The Inner Void	\$25.00		
Discovering Life & Liberty...	\$25.00		



You can now order online! Go to our web site at www.ccimrt.com and click on the Store link.

Ordering Instructions

To order materials, clip or copy coupon and send with check, money order, or purchase order. All orders are shipped by UPS — no post office box delivery. When ordering only one item, the shipping fee is \$8.00. If you order more than one item, you should call CCI at (901) 360-1564 for shipping, insurance, and handling charges. Orders are typically shipped within 5 working days of receipt.

Materials below the line stating "MRT Materials..." can only be ordered by persons or agencies with trained MRT® facilitators. Call for details if you have any questions.

CREDIT CARD ORDERS:
(901) 360-1564

ORDER COUPON

Your Name and Shipping Address:

Name: _____

Agency: _____

Address: _____

City/State/Zip: _____

Phone: _____

Send form and payment to:
Correctional Counseling, Inc.
2028 Exeter Rd.
Germantown, TN 38138

_____ = **TOTAL ORDER**

_____ = **(call for Shipping)**

_____ = **Grand Total**

Memphis MRT® Training Daily Agenda

This schedule is for Memphis trainings only. Regional times and costs vary. Lunch served in Memphis only.
Lecture, discussion, group work, and individual exercises comprise MRT® training.

Monday	Tuesday	Wednesday	Thursday	Friday
8:00 a.m. to 5:00 p.m. (Lunch-provided in Memphis)	8:00 a.m. to 12:30 p.m. (Lunch - on your own)	8:00 a.m. to 5:00 p.m. (Lunch - on your own)	8:00 a.m. to 12:30 p.m. (Lunch - on your own)	8:00 a.m. to 2:00 p.m. (Lunch - provided in Memphis)
Introduction to CBT. Treating and understanding APD and treatment-resistant clients. Background of MRT® personality theory.	Personality theory continued. Systematic treatment approaches. MRT® Steps 1 - 2. About 2 hours of homework is assigned.	MRT® Steps 3 - 5.	MRT® Steps 6 - 8. About 2 hours of homework is assigned.	MRT® Steps 8-16. How to implement MRT®. Questions & answers. Awarding completion certificates.
<div>MRT® Or Domestic Violence For Your Program Training and other consulting services can be arranged for your location. For more information please call 901-360-1564.</div>				

Upcoming Trainings

MRT TRAININGS

November 16, 2009 to November 20, 2009 - Germantown, Tennessee
November 16, 2009 to November 19, 2009 - Chamberlain, South Dakota
January 11, 2010 to January 15, 2010 - Germantown, Tennessee
January 11, 2010 to January 14, 2010 - Seattle, Washington
January 19, 2010 to January 22, 2010 - Duluth, Georgia
January 19, 2010 to January 22, 2010 - Albuquerque, New Mexico
February 22, 2010 to February 26, 2010 - Germantown, Tennessee
March 16, 2010 to March 19, 2010 - Olympia, Washington
March 22, 2010 to March 26, 2010 - Germantown, Tennessee

DOMESTIC VIOLENCE TRAINING

December 8, 2009 to December 11, 2009 - Idaho Falls, Idaho
April 26, 2010 to April 30, 2010 - Germantown, Tennessee

Note: Additional trainings will be scheduled in various locations in the U.S. See our website at www.ccimrt.com or call CCI concerning specific trainings. CCI can also provide a training at your location. Call 901-360-1564 or email ccimrt@aol.com for details.

COGNITIVE-BEHAVIORAL TREATMENT REVIEW

2028 Exeter Road
Germantown, TN 38138

PRESRT STD.
U. S. postage
PAID
Permit # 1
Memphis, TN