

“Paths to Change” Cognitive Based Psycho- Educational Programs

The psycho-educational programs focus on multiple treatments in a systematic progressive fashion:

1. Confrontation of beliefs, attitudes and behavior
2. Power and control issues
3. Reinforcement of positive behavior and habits
4. Problem solving and goal setting
5. Enhancement of self-image
6. Needs vs. Wants
7. Development of higher stages of planning and reasoning



Programs are designed to positively impact offender recidivism and public safety

Program Title, Description, and Cost

• Domestic Violence Program

The program confronts batterer's beliefs and behaviors especially focusing on power and control issues. The program meets all of the criteria established by the Governor's Task Force on Domestic Violence. The program is 26 weekly sessions which includes DV assessments and intakes. Groups are separated by gender and are open-ended.

\$55 Assessment
\$25 Workbook
\$20 Per Group
Total Cost: \$550

*Group sessions may be reduced for 1st offenders, or whose assessment indicates lower levels of violence.

• Anger Management

The program is designed for persons involved in non-domestic violence incidents. It involves managing and understanding feelings and behavior associated with anger, self-control plans, underlying beliefs and stress/frustrations. The program is 9 weekly group sessions and is open-ended.

\$18 Per Group
(9 Group Sessions)
\$13 Workbook
Total Cost: \$175

“Paths to Change” Responsible Behavior

The program focuses on self evaluation, personal responsibility, needs and wants, thinking errors, problem solving and goal setting. The program is designed for first offense Shoplifting/Theft offenses; License Violations; Under Age Poss.; etc. The program is 4 (2) hours weekly group sessions in a small group (10-12) setting.

\$35 Per Group
(4 Group Sessions)
\$10 Workbook
Total Cost: \$150

“Paths to Change” Financial Management

The program focuses on needs vs. wants issues, will power and self-discipline, risk & rewards, and managing your money. It is designed specifically for *Deposit Account Fraud* offenders. The program lasts 6 hours and is separated into two 3 hour sessions.

Total Cost: \$100
(Price includes Workbook)

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