

# Cognitive Behavioral Programs

Program Name	<p><b>MRT<sup>®</sup>– Moral Reconciliation Therapy</b></p> <p><i>MRT<sup>®</sup> is the product of Correctional Counseling Inc. (CCI). MRT<sup>®</sup> and its related products are property of CCI. CCI is the sole source provider of MRT<sup>®</sup> products.</i></p>
Program Description	<p>This <b>Evidence Based</b> program combines group presentations and individual assignments, along with facilitator guidance when necessary. The program was designed in a criminal justice setting for offenders involved in the criminal justice system. MRT<sup>®</sup> targets an offender’s belief system and attempts to raise their level of moral reasoning in their decision-making process. The MRT<sup>®</sup> program has been researched for over thirty years and has proven reduction in recidivism levels at multiple points of progress within the program, as well as after overall program completion. MRT<sup>®</sup> is designed to achieve formal program completion after 12 in-group steps. The workbook for this program is entitled ‘How to Escape Your Prison’<sup>®</sup> and includes the use of a separate facilitator guide.</p> <p>*MRT certification is required to facilitate this program.</p>
Time Frame	<p>Length of time in program is dependent on individual offender progress, although offenders can generally expect to participate in 24-36 open-ended group sessions. Offenders will also be required to work individually on homework assignments as part of the program requirements.</p>
Program Credit	<p>This program receives <b>90</b> days program credit upon completion.</p>
Admission Criteria	<p>All program recommendations are based on their specific criminogenic needs identified in the KyRAS assessment.</p>
Applicable Policies	<p>CPP 30.1 Program Evaluation and Measurement          CPP 30.2 Program Credit          CPP 30.3 Risk and Needs Assessment Administration, Training, and Quality Assurance          CPP 30.4 Probation Program Credit          KRS 197.045 and KRS 439.345</p>
Program Locations	<p><b>All 20 Probation and Parole Districts</b>          Brighton Recovery Center, CTS Russell, DC Diersen, DC Louisville, Mary Street, DC Lexington, DC Owensboro, DC Portland, DC St. Patrick, Healing Place for Men, &amp; MARC.</p> <p>Other community locations as approved by the Department:  <b>Kentucky Care</b>          270-908-4260          3360 Wayne Sullivan Drive, Paducah, KY, 42003  <b>Four Rivers Behavioral Health (Paducah)</b></p>

270-442-7121

425 Broadway, Paducah, KY 42001

**Four Rivers Behavioral Health (Fuller Center)**

270-247-2588

1525 Cuba Rd., Mayfield, KY 42066

**Lumera Healthcare** 270-534-5128

5050B Village Square Drive, Paducah, KY, 42001

**Divine Transitions, LLC**

270-625-5005

131 Nahm Street, Suite 9, Paducah KY 42001

**Kentucky River District Health Department**

606-216-0543

48 Center Street, Beattyville, KY 41311

Program Name	<p><b>MRT<sup>®</sup> Mentor</b></p> <p><i>MRT<sup>®</sup> is the product of Correctional Counseling Inc. (CCI). MRT<sup>®</sup> and its related products are property of CCI. CCI is the sole source provider of MRT<sup>®</sup> products.</i></p>
Program Description	<p>The MRT<sup>®</sup> Mentoring program strives to ensure a higher success rate for those who have previously completed MRT<sup>®</sup>. A Mentor within the MRT<sup>®</sup> program will be held to a higher behavioral expectation than those participating in the MRT<sup>®</sup> group. Mentorship is beneficial for both the offender serving as the mentor, as well as for the offenders participating in the MRT<sup>®</sup> program. As a mentor, participants will complete steps 13-16 from their original ‘How to Escape your Prison’<sup>®</sup> workbook, along with completing of the ‘Your Lifework’<sup>®</sup> Workbook. Participants must also complete a total of twelve (12) dedicated ‘helping sessions’ where the mentor’s focus is exclusively assisting regular MRT group participants with no focus on their own step work. A maximum of 3 mentors per MRT group of 15 (ratio of 1:5) shall assist in monitoring and assisting the current involved group with step completion while working through their own specific program curriculum.</p> <p>*MRT and KY DOC MRT Mentor Certifications are required to facilitate this program.</p>
Time Frame	<p>Length of time in program is dependent on individual offender progress, although offenders can generally expect to participate in 24-36 open-ended group sessions. Offenders will also be required to work individually on homework assignments as part of the program requirements.</p>
Program Credit	<p>This program receives <b>90</b> days program credit upon completion.</p>
Admission Criteria	<p><b>Prerequisites:</b> completion of MRT<sup>®</sup> in the last 30 months. No convictions of major disciplinary violations or Violation of Supervision Reports for the preceding 6 months. Must still possess original ‘How to Escape your Prison’ workbook from MRT program completion. Must successfully demonstrate retention of MRT principles via essay questions submitted to program facilitator for review.</p> <p>All program recommendations are based on their specific criminogenic needs identified in the KYRAS assessment.</p>
Applicable Policies	<p>CPP 30.1 Program Evaluation and Measurement  CPP 30.2 Program Credit  CPP 30.3 Risk and Needs Assessment Administration, Training, and Quality Assurance  CPP 30.4 Probation Program Credit  KRS 197.045  KRS 439.345</p>
Program Locations	<p>All 20 Probation and Parole Districts  CTS Russell, DC Diersen, DC Portland, and DC St Patrick’s  Other community locations as approved by the Department:</p>

<p>Program Name</p>	<p><b>MRT<sup>®</sup> Thinking for Good</b>  <i>MRT<sup>®</sup> is the product of Correctional Counseling Inc. (CCI). MRT<sup>®</sup> and its related products are property of CCI. CCI is the sole source provider of MRT<sup>®</sup> products.</i></p>
<p>Program Description</p>	<p>This Cognitive Behavioral program was developed to confront Anti-Social and Criminal Thinking errors.  Completion entails 10 modules with a minimum of 10-12 group sessions utilizing the ‘Thinking for Good’<sup>®</sup> Workbook, and the completion of homework assignments prepared outside of group.  *MRT certification is required to facilitate this program.</p>
<p>Time Frame</p>	<p>Depending on offender needs and progression, the offender should expect to participate in a minimum of 10 – 12 group sessions.</p>
<p>Program Credit</p>	<p>This program receives <b>60</b> days program credit upon completion.</p>
<p>Admission Criteria</p>	<p>All program recommendations are based on their specific criminogenic needs identified in the KYRAS assessment.</p>
<p>Applicable Policies</p>	<p>CPP 30.1 Program Evaluation and Measurement  CPP 30.2 Program Credit  CPP 30.3 Risk and Needs Assessment Administration, Training, and Quality Assurance  CPP 30.4 Probation Program Credit  KRS 197.045  KRS 439.345</p>
<p>Program Locations</p>	<p>All 20 Probation and Parole Districts  CTS Russell, DC Portland, MARC.  Other community locations as approved by the Department:  <b>Kentucky River District Health Department</b>  606-216-0543  48 Center Street, Beattyville, KY 41311</p>

Program Name	<p><b>MRT<sup>®</sup> Parenting</b></p> <p><i>MRT<sup>®</sup> is the product of Correctional Counseling Inc. (CCI). MRT<sup>®</sup> and its related products are property of CCI. CCI is the sole source provider of MRT<sup>®</sup> products.</i></p>
Program Description	<p>This Cognitive-Behavioral program focuses on family values and individual priorities, and is appropriate for all parents.</p> <p>*MRT certification is required to facilitate this program.</p>
Time Frame	<p>Depending on offender needs and progression, this program includes completion of 12 modules with a minimum of 12 sessions utilizing the 'Parenting and Family Values'<sup>®</sup> workbook.</p>
Program Credit	<p>This program receives <b>90</b> days program credit upon completion.</p>
Admission Criteria	<p>Prerequisite: Offenders should be in an active parenting role of a minor child under the age of 18.</p> <p>All program recommendations are based on their specific criminogenic needs, as identified in the KYRAS assessment.</p>
Applicable Policies	<p>CPP 30.1 Program Evaluation and Measurement  CPP 30.2 Program Credit  CPP 30.3 Risk and Needs Assessment Administration, Training, and Quality Assurance  CPP 30.4 Probation Program Credit  KRS 197.045  KRS 439.345</p>
Program Locations	<p>All 20 Probation and Parole Districts  CTS Russell, DC Owensboro, MARC, and Westcare Lookout.  Other community locations as approved by the Department:</p> <p><b>Kentucky Care</b>  270-908-4260  3360 Wayne Sullivan Drive, Paducah, KY, 42003</p> <p><b>Lumera Healthcare</b>  270-534-5128  5050B Village Square Drive, Paducah, KY, 42001</p> <p><b>Lumera Healthcare</b>  270-534-5128  111 Poplar Street, Suite 104, Murray, KY, 42071</p> <p><b>Lumera Healthcare</b>  270-534-5128  1019 Paducah Road Suite C, Mayfield, KY, 42066</p> <p><b>Divine Transitions, LLC</b>  270-625-5005  131 Nahm Street, Suite 9, Paducah KY 42001</p>



**Kentucky River District Health Department**

606-216-0543

48 Center Street, Beattyville, KY 41311

Program Name	<p><b>MRT<sup>®</sup> Anger Management</b></p> <p><i>MRT<sup>®</sup> is the product of Correctional Counseling Inc. (CCI). MRT<sup>®</sup> and its related products are property of CCI. CCI is the sole source provider of MRT<sup>®</sup> products.</i></p>
Program Description	<p>This Cognitive-Behavioral program is designed to assist offenders in recognizing and overcoming anger. This program includes completion of 8 modules with a minimum of 8-10 group sessions utilizing the ‘Coping with Anger’<sup>®</sup> workbook, various supplemental materials, and the completion of homework assignments prepared outside of group.</p> <p>*MRT certification is required to facilitate this program.</p>
Time Frame	<p>Depending on offender needs and progression, offenders can expect to participate in a minimum of 10 – 12 group sessions.</p>
Program Credit	<p>This program receives <b>90</b> days program credit upon completion.</p>
Admission Criteria	<p>All program recommendations are based on their specific criminogenic needs identified in the KYRAS assessment.</p>
Applicable Policies	<p>CPP 30.1 Program Evaluation and Measurement  CPP 30.2 Program Credit  CPP 30.3 Risk and Needs Assessment Administration, Training, and Quality Assurance  CPP 30.4 Probation Program Credit  KRS 197.045  KRS 439.345</p>
Program Locations	<p>All 20 Probation and Parole Districts  CTS Russell, DC Portland, and MARC.</p> <p>Other community locations as approved by the Department:</p> <p><b>Lumera Healthcare</b>  270-534-5128  5050B Village Square Drive, Paducah, KY, 42001</p> <p><b>Lumera Healthcare</b>  270-534-5128  1019 Paducah Road Suite C, Mayfield, KY, 42066</p> <p><b>Kentucky Care</b>  270-908-4260  3360 Wayne Sullivan Drive, Paducah, KY, 42003</p> <p><b>The Spot</b>  502-232-0415  216 W. Chestnut Street, Louisville KY 40202</p> <p><b>Divine Transitions, LLC</b>  270-625-5005  131 Nahm Street, Suite 9, Paducah KY 42001</p>

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Program Name	<p><b>MRT® Staying Quit</b></p> <p><i>MRT® is the product of Correctional Counseling Inc. (CCI). MRT® and its related products are property of CCI. CCI is the sole source provider of MRT® products.</i></p>
Program Description	<p>This Cognitive-Behavioral program is designed to assist with relapse prevention by helping offenders to recognize risky situations, cravings, and triggers. This program requires completion of eight (8) modules over a minimum of 8-10 group sessions. Groups are open-ended and require the completion of the 'Staying Quit'® workbook, as well as preparation of homework assignments outside of group.</p> <p>*MRT certification is required to facilitate this program.</p>
Time Frame	<p>Depending on offender needs and progression, the offender should expect to participate in a minimum of 8-10 sessions.</p>
Program Credit	<p>This program receives <b>60</b> days program credit upon completion.</p>
Admission Criteria	<p>Prerequisite: Must have successfully completed a Substance Use Disorder Treatment program as approved by DOC on the current conviction and sentence.</p> <p>All program recommendations are based on their specific criminogenic needs identified in the KYRAS assessment and having a substance use history.</p>
Applicable Policies	<p>CPP 30.1 Program Evaluation and Measurement  CPP 30.2 Program Credit  CPP 30.3 Risk and Needs Assessment Administration, Training, and Quality Assurance  CPP 30.4 Probation Program Credit  KRS 197.045  KRS 439.345</p>
Program Locations	<p>All 20 Probation and Parole Districts  Brighton Recovery Center, CTS, and MARC  Other community locations as approved by the Department:</p> <p><b>Lumera Healthcare</b>  270-534-5128  5050B Village Square Drive, Paducah, KY, 42001</p> <p><b>Lumera Healthcare</b>  270-534-5128  111 Poplar Street, Suite 104, Murray, KY, 42071</p> <p><b>Lumera Healthcare</b>  270-534-5128  1019 Paducah Road Suite C, Mayfield, KY, 42066</p> <p><b>Divine Transitions, LLC</b>  270-625-5005  131 Nahm Street, Suite 9, Paducah KY 42001</p> <p><b>Kentucky River District Health Department</b>  606-216-0543  48 Center Street, Beattyville, KY 41311</p>

Program Name	<p><b>MRT® Untangling Relationships</b></p> <p><i>MRT® is the product of Correctional Counseling Inc. (CCI). MRT® and its related products are property of CCI. CCI is the sole source provider of MRT® products.</i></p>
Program Description	<p>This Cognitive-Behavioral program focuses on providing treatment to offenders involved in addictive/co-dependent relationships – confronting the issues of manipulation and dependence. Targets domestic violence, unhealthy relationships, enabling, substance abusers and criminality. Offenders will be required to participate in a minimum of 12 group sessions, along with preparation of homework assignments outside of group. This program utilizes the ‘Untangling Relationships’® workbook.</p> <p>*MRT certification is required to facilitate this program.</p>
Time Frame	<p>Depending on offender needs and progression, this program includes completion of 12 modules with a minimum of 12 group sessions utilizing the ‘Untangling Relationships’® workbook.</p>
Program Credit	<p>This program receives <b>90</b> days program credit upon completion.</p>
Admission Criteria	<p>All program recommendations are based on their specific criminogenic needs identified in the KYRAS assessment.</p>
Applicable Policies	<p>CPP 30.1 Program Evaluation and Measurement  CPP 30.2 Program Credit  CPP 30.3 Risk and Needs Assessment Administration, Training, and Quality Assurance  CPP 30.4 Probation Program Credit  KRS 197.045  KRS 439.345</p>
Program Locations	<p>All 20 Probation and Parole Districts  Bluegrass Career Development Center, CTS Russell, MARC, and WARM  Other community locations as approved by the Department:</p> <p><b>Kentucky Care</b>  270-908-4260  3360 Wayne Sullivan Drive, Paducah, KY, 42003</p> <p><b>Lumera Healthcare</b>270-534-5128  5050B Village Square Drive, Paducah, KY, 42001</p> <p><b>Lumera Healthcare</b>270-534-5128  111 Poplar Street, Suite 104, Murray, KY, 42071</p> <p><b>Lumera Healthcare</b>  270-534-5128  1019 Paducah Road Suite C, Mayfield, KY, 42066</p>

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48 Center Street, Beattyville, KY 41311

<p><b>Program Name</b></p>	<p><b>MRT® Trauma</b>  <i>MRT® is the product of Correctional Counseling Inc. (CCI). MRT® and its related products are property of CCI. CCI is the sole source provider of MRT® products.</i></p>
<p><b>Program Description</b></p>	<p>This <b>Evidence Based</b> program combines group presentations and individual assignments, along with facilitator guidance when necessary.</p> <p><b>A recovery program for Trauma-Informed care, Breaking the Chains of Trauma is based on the MRT approach. It is designed to target trauma-related symptoms by incorporating the key issues outlined by SAMHSA's Trauma-Informed Treatment Protocol.</b></p> <p>The workbook for this program is entitled 'Breaking the Chains of Trauma'© and includes the use of a separate facilitator guide. The workbooks are designated by gender, as this program requires separate groups for women &amp; men.</p> <p>*Training certification specific to the MRT Trauma (Breaking the Chains of Trauma) program is required to facilitate this program.</p>
<p><b>Time Frame</b></p>	<p>Length of time in program is dependent on individual offender progress, although offenders can generally expect to participate in 9 -12 open-ended group sessions. Offenders will also be required to work individually on homework assignments as part of the program requirements.</p>
<p><b>Program Credit</b></p>	<p>This program receives <b>60</b> days program credit upon completion.</p>
<p><b>Admission Criteria</b></p>	<p>All program recommendations are based on their specific criminogenic needs identified in the KYRAS assessment.</p>
<p><b>Applicable Policies</b></p>	<p>CPP 30.1 Program Evaluation and Measurement  CPP 30.2 Program Credit  CPP 30.3 Risk and Needs Assessment Administration, Training, and Quality Assurance  KRS 197.045</p>
<p><b>Program Locations</b></p>	<p>All 20 Probation and Parole Districts, CTS – Russell, Dismas Charities Owensboro, &amp; Dismas St. Patrick</p> <p>Other community locations as approved by the Department:  <b>Kentucky River District Health Department</b>  606-216-0543  48 Center Street, Beattyville, KY 41311  <b>Lumera Healthcare</b>  270-534-5128  5050B Village Square Drive, Paducah, KY, 42001</p>

<p>Program Name</p>	<p><b>Employment Program</b>  <i>MRT<sup>®</sup> is the product of Correctional Counseling Inc. (CCI). MRT<sup>®</sup> and its related products are property of CCI. CCI is the sole source provider of MRT<sup>®</sup> products.</i></p>
<p>Program Description</p>	<p>This Cognitive-Behavioral program is designed to assist offenders in job readiness. This program includes completion of 8 modules with a minimum of 8-10 group sessions utilizing the 'Job Readiness'<sup>®</sup> workbook, resume preparation and completion, various supplemental materials, and the completion of homework assignments prepared outside of group.</p> <p><u>*MRT and Employment Program certifications are required to facilitate this program</u></p>
<p>Time Frame</p>	<p>Depending on offender needs and progression, offenders can expect to participate in a minimum of 9-12 group sessions.</p>
<p>Program Credit</p>	<p>This program receives <b>45</b> days program credit upon completion.</p>
<p>Admission Criteria</p>	<p>All program recommendations are based on their specific criminogenic needs identified in the KYRAS assessment.</p>
<p>Applicable Policies</p>	<p>CPP 30.1 Program Evaluation and Measurement  CPP 30.2 Program Credit  CPP 30.3 Risk and Needs Assessment Administration, Training, and Quality Assurance  KRS 197.045</p>
<p>Locations</p>	<p>All 20 Probation and Parole Districts</p>

Program Name	Sex Offender Treatment Program - Community
Program Description	This <b>Evidence Based program</b> consists of individual and group counseling for offenders in the community. This program is geared to provide tools that sexual offenders can use for controlling their sexually assaultive behavior. Sexual Offenders are referred and are screened for acceptance into the program that typically takes months to complete. The program provides treatment for sex offenders to allow them to manage their deviant behavior and thoughts.
Time Frame	Depending on offender needs and progression, this treatment program may take from 24 months to 30 months to complete.
Program Credit	This program is eligible for <b>90</b> days program credit upon completion, however, application of sentence credits are subject to statute governing eligibility of sentence credit for sex offenders.
Admission Criteria	This treatment program is statutorily required based on the offender's crime and conviction date.
Applicable Policies	CPP 30.1 Program Evaluation and Measurement CPP 30.2 Program Credit CPP 30.5 Sex Offender Treatment Program KRS 197.045
Locations	Community DOC sites: Louisville, Florence, Morehead, Lexington, Somerset, Pikeville, Hazard, London, and Williamsburg.

Program Name	Sex Offender Treatment Program - Private Providers
Program Description	This <b>Evidence Based program</b> consists of individual and group counseling by private providers to offenders in the community. This program is geared to provide tools that sexual offenders can use for controlling their sexually assaultive behavior. Sexual Offenders are referred and are screened for acceptance into the program. 501 KAR 6:220 defines the amount of time it takes to complete SOTP-P. The program provides treatment for sex offenders to allow them to manage their deviant behavior and thoughts.
Time Frame	Depending on offender risk level, previous treatment, and needs assessment needs and progression, this treatment program may take from 18 months to 24 months to complete.
Program Credit	This program is eligible for <b>90</b> days program credit upon completion, however, application of sentence credits are subject to statute governing eligibility of sentence credit for sex offenders.
Admission Criteria	This treatment program is statutorily required based on the offender's crime and conviction date.
Applicable Policies	CPP 30.1 Program Evaluation and Measurement CPP 30.2 Program Credit CPP 30.5 Sex Offender Treatment Program KRS 197.045
Locations	Private providers approved by the Sex Offender Risk Assessment Advisory Board provide sex offender treatment in different locations throughout Kentucky.

Program Name	<p><b>MEE Journaling Series</b></p> <p><i>MEE Journaling Series is the product of The Change Companies. MEE Journaling Series and its related products are property of The Change Companies.</i></p>
Program Description	<p>This <b>Evidence Based</b> journaling program combines group presentations and individual assignments, along with facilitator guidance when necessary. The MEE Journal Series (Motivational, Educational and Experiential Series) provides a structured, client centered, addiction series. MEE combines Cognitive Behavioral Therapy (CBT), Motivational Interviewing (MI), Trans theoretical Model of Change, experiential writing, and action-oriented steps, facilitated in groups of 10 – 12 within a group format, to motivate residents toward change.</p>
Time Frame	<p>Length of time in program is dependent on individual offender progress, although offenders can generally expect to participate in 48-72 hours of group sessions. Offenders will also be required to work individually on homework assignments as part of the program requirements.</p>
Program Credit	<p>This program receives <b>90</b> days program credit upon completion.</p>
Admission Criteria	<p>All program recommendations are based on their specific criminogenic needs identified in the KyRAS assessment.</p>
Applicable Policies	<p>CPP 30.1 Program Evaluation and Measurement  CPP 30.2 Program Credit  CPP 30.3 Risk and Needs Assessment Administration, Training, and Quality Assurance  CPP 30.4 Probation Program Credit  KRS 197.045 and KRS 439.345</p>
Program Locations	<p>Not currently active in any locations.</p>