# Cognitive Behavioral Programs

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| Program Name | MRT© - Moral Reconation Therapy<br>*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.* |
| Program Description | This **Evidence Based** 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© targets an offender's belief system and attempts to raise their level of moral reasoning in their decision-making process. The MRT© 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© is designed to achieve formal program completion after 12 in-group steps. The workbook for this program is entitled 'How to Escape Your Prison'© and includes the use of a separate facilitator guide.<br><br>*MRT certification is required to facilitate this program. |
| Time Frame | 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. |
| Program Credit | This program receives **90** days program credit upon completion. |
| Admission Criteria | All program recommendations are based on their specific criminogenic needs identified in the KYRAS assessment. |
| Applicable Policies | CPP 30.1 Program Evaluation and Measurement<br>CPP 30.2 Program Credit<br>CPP 30.3 Risk and Needs Assessment Administration, Training, and Quality Assurance<br>KRS 197.045<br>KRS 532.100(5)(d) |
| Program Locations | Adair, Allen, Ballard, Barren, Boyd, Boyle, Breckinridge, Bullitt, Butler, Calloway, Carter, Casey, Christian, Clay, Crittenden, Daviess, Fayette, Franklin, Fulton, Grant, Graves, Grayson, Greenup, Hardin, Harlan, Henderson, Hopkins, Jackson, Jessamine, Johnson, Kenton, Knox, Laurel, Larue, Leslie, Letcher, Logan, Marion, Marshall, McCracken, Mason, Meade, Montgomery, Muhlenberg, Nelson, Oldham, Perry, Pike, Powell, Pulaski, Rowan, Russell, Scott, Shelby, Simpson, Taylor, Three Forks, Todd, Warren, Wayne, Webster, Whitley, and Woodford. |

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| Program Name | MRT© Anger Management<br>*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.* |
| Program Description | 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'© workbook, various supplemental materials, and the completion of homework assignments prepared outside of group.<br><br>*MRT certification is required to facilitate this program. |
| Time Frame | Depending on offender needs and progression, offenders can expect to participate in an minimum of 10-12 group sessions. |
| Program Credit | This program receives **90** days program credit upon completion. |
| Admission Criteria | All program recommendations are based on their specific criminogenic needs identified in the KYRAS assessment. |
| Applicable Policies | CPP 30.1 Program Evaluation and Measurement<br>CPP 30.2 Program Credit<br>CPP 30.3 Risk and Needs Assessment Administration, Training, and Quality Assurance<br>KRS 197.045<br>KRS 532.100(5)(d) |
| Program Locations | Adair, Allen, Ballard, Barren, Boyd, Boyle, Breckinridge, Bullitt, Butler, Calloway, Carter, Casey, Christian, Clay, Crittenden, Daviess, Fayette, Franklin, Fulton, Grant, Graves, Grayson, Greenup, Hardin, Harlan, Henderson, Hopkins, Jackson, Jessamine, Johnson, Kenton, Knox, Larue, Laurel, Leslie, Letcher, Logan, Marion, Marshall, Mason, McCracken, Montgomery, Meade, Muhlenberg, Nelson, Oldham, Perry, Pike, Powell, Pulaski, Rockcastle, Rowan, Russell, Scott, Shelby, Simpson, Taylor, Three Forks, Todd, Warren, Wayne, Webster, Whitley, and Woodford. |

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| Program Name | MRT© Parenting<br>*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.* |
| Program Description | This Cognitive-Behavioral program focuses on family values and individual priorities, and is appropriate for all parents.<br><br>*MRT certification is required to facilitate this program. |
| Time Frame | 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'© workbook. |
| Program Credit | This program receives **90** days program credit upon completion. |
| Admission Criteria | **Prerequisite:** Offenders should be in an active parenting role of a minor child under the age of 18.<br><br>All program recommendations are based on their specific criminogenic needs, as identified in the KYRAS assessment. |
| Applicable Policies | CPP 30.1 Program Evaluation and Measurement<br>CPP 30.2 Program Credit<br>CPP 30.3 Risk and Needs Assessment Administration, Training, and Quality Assurance<br>KRS 197.045<br>KRS 532.100(5)(d) |
| Program Locations | Ballard, Barren, Breckinridge, Bullitt, Calloway, Carter, Casey, Christian, Crittenden, Daviess, Fayette, Franklin, Fulton, Grant, Graves, Grayson, Henderson, Hopkins, Johnson, Knox, Larue, Leslie, Letcher, Marion, Marshall, Mason, McCracken, Montgomery, Perry, Pike, Powell, Pulaski, Shelby, Three Forks, Warren, Wayne, Whitley, and Woodford. |

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| Program Name | MRT© Staying Quit<br>*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.* |
| Program Description | 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.<br><br>*MRT certification is required to facilitate this program. |
| Time Frame | Depending on offender needs and progression, the offender should expect to participate in a minimum of 8-10 sessions. |
| Program Credit | This program receives **60** days program credit upon completion. |
| Admission Criteria | **Prerequisite:** Must have successfully completed a Substance Use Disorder Treatment program as approved by DOC on the current conviction and sentence.<br><br>All program recommendations are based on their specific criminogenic needs identified in the KYRAS assessment and having a substance use history. |
| Applicable Policies | CPP 30.1 Program Evaluation and Measurement<br>CPP 30.2 Program Credit<br>CPP 30.3 Risk and Needs Assessment Administration, Training, and Quality Assurance<br>KRS 197.045<br>KRS 532.100(5)(d) |
| Program Locations | Bullitt, Carter, Christian, Franklin, Fulton, Grant, Graves, Hardin, Harlan, Marion, Powell, Shelby, and Woodford. |

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| Program Name | MRT© Mentor<br>*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.* |
| Program Description | The MRT© Mentoring program strives to ensure a higher success rate for those who have previously completed MRT©. A Mentor within the MRT© program will be held to a higher behavioral expectation than those participating in the MRT© group. Mentorship is beneficial for both the offender serving as the mentor, as well as for the offenders participating in the MRT© program. As a mentor, participants will complete steps 13-16 from their original 'How to Escape your Prison'© workbook, along with completing of the 'Your Lifework'© 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.<br><br>*MRT and KY DOC MRT Mentor certifications are required to facilitate this program. |
| Time Frame | 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. |
| Program Credit | This program receives **90** days program credit upon completion. |
| Admission Criteria | **Prerequisites:** completion of MRT© 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.<br>All program recommendations are based on their specific criminogenic needs identified in the KYRAS assessment. |
| Applicable Policies | CPP 30.1 Program Evaluation and Measurement<br>CPP 30.2 Program Credit<br>CPP 30.3 Risk and Needs Assessment Administration, Training, and Quality Assurance<br>KRS 197.045<br>KRS 532.100(5)(d) |
| Program Locations | Bullitt, Calloway, Casey, Christian, Crittenden, Daviess, Fayette, Franklin, Fulton, Grant, Grayson, Greenup, Henderson, Hopkins, Jessamine, Johnson, Knox, Leslie, Logan, Marion, Muhlenberg, Nelson, Perry, Pike, Powell, Pulaski, Shelby, Three Forks, Wayne, and Woodford. |

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| Program Name | MRT© – Thinking for Good<br>*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.* |
| Program Description | This Cognitive Behavioral program was developed to confront Anti-Social and Criminal Thinking errors.<br>Completion entails 10 modules with a minimum of 10-12 group sessions utilizing the 'Thinking for Good'© Workbook, and the completion of homework assignments prepared outside of group.<br><br>*MRT certification is required to facilitate this program. |
| Time Frame | Depending on offender needs and progression, the offender should expect to participate in a minimum of 10 – 12 group sessions. |
| Program Credit | This program receives **60** days program credit upon completion. |
| Admission Criteria | All program recommendations are based on their specific criminogenic needs identified in the KYRAS assessment. |
| Applicable Policies | CPP 30.1 Program Evaluation and Measurement<br>CPP 30.2 Program Credit<br>CPP 30.3 Risk and Needs Assessment Administration, Training, and Quality Assurance<br>KRS 197.045<br>KRS 532.100(5)(d) |
| Program Locations | Allen, Ballard, Barren, Boyd, Breckinridge, Bullitt, Calloway, Carter, Casey, Christian, Clark, Clay, Crittenden, Daviess, Fayette, Franklin, Fulton, Grant, Graves, Grayson, Greenup, Hardin, Harlan, Henderson, Hopkins, Jackson, Jessamine, Johnson, Knox, Laurel, Leslie, Logan, Marion, Marshall, McCracken, Meade, Montgomery, Muhlenberg, Perry (KY River), Powell, Pulaski, Rockcastle, Shelby, Simpson, Taylor, Three Forks, Warren, Wayne, Webster, Whitley, and Woodford. |

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| Program Name | MRT – Untangling Relationships<br>*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.* |
| Program Description | 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.<br><br>*MRT certification is required to facilitate this program. |
| Time Frame | 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. |
| Program Credit | This program receives **90** days program credit upon completion. |
| Admission Criteria | All program recommendations are based on their specific criminogenic needs identified in the KYRAS assessment. |
| Applicable Policies | CPP 30.1 Program Evaluation and Measurement<br>CPP 30.2 Program Credit<br>CPP 30.3 Risk and Needs Assessment Administration, Training, and Quality Assurance<br>KRS 197.045<br>KRS 532.100(5)(d) |
| Program Locations | Allen, Ballard, Barren, Boyd, Breckinridge, Bullitt, Calloway, Carter, Casey, Christian, Clay, Crittenden, Daviess, Fayette, Franklin, Fulton, Grant, Graves, Grayson, Greenup, Hardin, Harlan, Henderson, Hopkins, Jackson, Jessamine, Johnson, Kenton, Knox, Larue, Laurel, Leslie, Logan, Marion, Marshall, Mason, McCracken, Meade, Montgomery, Perry, Powell, Pulaski, Rowan, Russell, Shelby, Simpson, Taylor, Three Forks, Warren, Wayne, Webster, Whitley, and Woodford. |

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| Program Name | MRT© Trauma<br>*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.* |
| Program Description | This **Evidence Based** program combines group presentations and individual assignments, along with facilitator guidance when necessary.<br>**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.**<br>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 & men.<br>*Training certification specific to the MRT Trauma (Breaking the Chains of Trauma) program is required to facilitate this program. |
| Time Frame | 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. |
| Program Credit | This program receives **60** days program credit upon completion. |
| Admission Criteria | All program recommendations are based on their specific criminogenic needs identified in the KYRAS assessment. |
| Applicable Policies | CPP 30.1 Program Evaluation and Measurement<br>CPP 30.2 Program Credit<br>CPP 30.3 Risk and Needs Assessment Administration, Training, and Quality Assurance<br>KRS 197.045 |
| Program Locations | Ballard, Bullitt, Calloway, Casey, Christian, Clay, Crittenden, Fayette, Franklin, Fulton, Grant, Graves, Hardin, Henderson, Hopkins, Jackson, Johnson, Kenton, Knox, Leslie, Logan, Marion, Marshall, Mason, Oldham, Powell, Pulaski, Rockcastle, Rowan, Russell, Shelby, Simpson, Three Forks, Warren, Wayne, Whitley, Woodford. |

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| Program Name | **Employment Program**<br>*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.* |
| Program Description | 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'© workbook, resume preparation and completion, various supplemental materials, and the completion of homework assignments prepared outside of group.<br><br>*MRT and Employment Program certifications are required to facilitate this program |
| Time Frame | Depending on offender needs and progression, offenders can expect to participate in a minimum of 9-12 group sessions. |
| Program Credit | This program receives **45** days program credit upon completion. |
| Admission Criteria | All program recommendations are based on their specific criminogenic needs identified in the KYRAS assessment. |
| Applicable Policies | CPP 30.1 Program Evaluation and Measurement<br>CPP 30.2 Program Credit<br>CPP 30.3 Risk and Needs Assessment Administration, Training, and Quality Assurance<br>KRS 197.045 |
| Locations | Bullitt, Calloway, Casey, Clay, Fayette, Fulton, Grant, Graves, Grayson, Jackson, Johnson, Leslie, Logan, Marion, Pulaksi, Rockcastle, Shelby, Simpson, Todd, Warren, Wayne, & Woodford. |