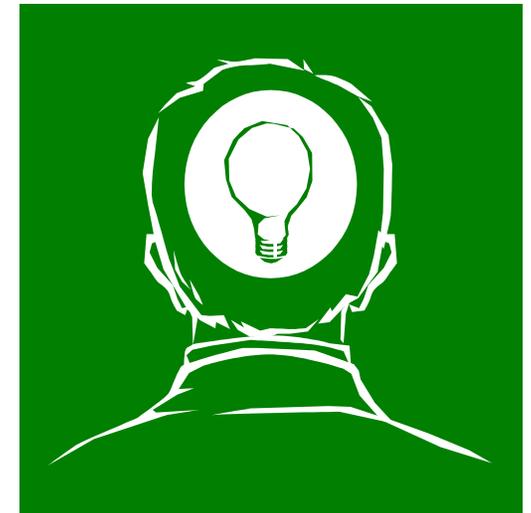


Isanti County Probation Department



Adult Cognitive
Restructuring
Program

Schedule

- *Introduction and overview of the program.*
- *Life history focusing on past offenses, antisocial patterns, major life events, etc.*
- *Values and Beliefs: The Franklin Reality Model.*
- *Thinking Errors and Distorted Thinking.*
- *Tactics Used to Avoid Accountability.*
- *Responsible Decision Making and Problem Solving.*
- *A.R.T. – Aggressive Replacement Training.*
- *Victim Empathy and Victimization – Part 1.*
- *Victim Empathy and Victimization - Part 2.*
- *Re-Offense and Support Plan.*

MISSION STATEMENT

“To hold Juvenile and Adult Offenders accountable by providing research based supervision, referral to appropriate rehabilitative services and facilitating restorative justice practices designed to prevent future delinquent and criminal behavior”

What is Cognitive Restructuring?

The most basic level of our thoughts is referred to as cognitive structure. This is defined as our network of beliefs, assumptions, attitudes, memories and self-images that organize and shape our experiences and behavior.

Program Goals

The Isanti County Adult Cognitive Restructuring Program will assist adult offenders in building and restructuring cognitive skills. The program will also assist offenders in understanding that in order to make positive changes, they must alter their entire approach to life by adjusting their thinking, values, relationships and goals.

Program Components

- ❑ 10 - 15 male and female Court ordered offenders.
- ❑ 12 consecutive weekly group sessions.
- ❑ Sessions last 2 hours per meeting
- ❑ Each session facilitated by Cog trainers

Cost

The cost of the 12 week – 24 hour program is \$150.00

Program fee must be paid prior to the final night of the program.

Payments

Payments may be made online by visiting our website at www.co.isanti.mn.us. The Probation tab may be found under the Departments heading. Payment may be made using the Fees/Payments link within Probation.

OR in-person or mail:

*Isanti County Probation Dept
555 18th Ave SW
Cambridge MN 55008*

Acceptable payment options include Check/Money Order/Visa/MasterCard or Cash. Check or Money Order made payable to: Isanti County Probation Department.

Cash is only accepted Mon-Friday
8:00 a.m to 4:00 p.m.

Registration

Read, complete and sign Program Agreement with your Probation Officer. Upon receipt of the Program fee your Probation Officer will inform you of your start date.

To confirm your start date you may call 763-689-8320

Program Location

Lower Level of Gov't Center

555 18th Ave SW

Cambridge MN 55008

Adult Cognitive Restructuring Program Agreement

I understand and agree to the following Program conditions:

1. I will attend all 12 sessions on Monday from 6:30 pm to 8:30 pm.
2. To successfully complete the program I must attend all 12 sessions.
3. I will not be allowed to enter the session if I am late. The sessions start promptly at 6:30 p.m.
4. It is my responsibility to ensure I get credit for my attendance by arriving early enough to sign the roster and not leaving early. I will bring proof of identification to each session.
5. I will comply with all the Special Conditions of my probation.
6. If I miss a session, my Probation Officer will be notified and I may be returned to Court for a Probation Violation. 2 or more missed sessions will terminate you from the program and a possible probation violation.
7. I will pay a \$25.00 rescheduling fee if I am required to restart the Program.

Signature: _____

Date: _____ PO: _____