UC Corrections Institute presents

**Cognitive-Behavioral Interventions for Substance Abuse**

The Cognitive-Behavioral Interventions for Substance Abuse (CBI-SA) curriculum is designed for individuals that are moderate to high need in the area of substance abuse and well suited for criminal justice populations. The curriculum can be delivered as a stand-alone substance abuse intervention, or incorporated into a larger program, particularly those designed for clients in the corrections system. As the name of the curriculum suggests, this intervention relies on a cognitive behavioral approach to teach participants strategies for avoiding substance abuse. The program places heavy emphasis on skill building activities to assist with cognitive, social, emotional, and coping skill development. Such cognitive behavioral strategies have routinely demonstrated high treatment effects, including when used with a correctional population. The curriculum is non-proprietary, but training is required. The components of the curriculum include pretreatment (optional), Motivational Enhancement, Cognitive Restructuring, Emotional Regulation, Social Skills, Problem Solving, and Relapse Prevention. An adolescent version is also available.

**END USER**

The end user session is three days of training for a maximum of 18 trainees, and is outlined below:
- Day 1: Module 1
- Day 2: Module 2 and Module 3
- Day 3: Module 4, Module 5, and Module 6

**TRAIN-THE-TRAINER**

The train the trainer session is five days of training for a maximum of 12 trainers. To qualify for as a candidate for this session, the trainee must have taken the initial end user training and delivered at least one full round of the CBI-SA curriculum. The training is outlined below:

- Day 1: Overview of process, review and practice delivery of the introductory PowerPoint slides
- Day 2: Review and practice delivery of Modules 1 and 2 and instruction on giving feedback
- Day 3: Review and practice delivery of Modules 3 and 4
- Day 4: Review and practice delivery of Modules 5 and 6 and knowledge test

**CONTACT**

For more information about CBI-SA, please contact UCCI Program Manager Jennifer Scott at Jennifer.Scott@uc.edu or 513-556-7765.
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Cognitive-Behavioral Interventions for Substance Abuse

Sessions

Pretreatment
• Exploring Reasons People Resist
• Rethinking Resistance
• Weighing the Pros and Cons

Module 1
• Introducing Cognitive Behavioral Interventions for Substance Abuse
• Weighing the Costs and Benefits
• Clarifying Values
• Setting a Goal
• Creating an Emergency Plan

Module 2
• Behavior is a Choice
• Recognizing Risky Situations
• Changing Risky Thinking
• Replacing Risky Thinking

Module 3
• Controlling Your Emotions
• Recognizing Your Feelings
• Learning Self-Control
• Using Self-Control
• Dealing with Urges
• Managing Anger
• Managing Stress, Anxiety, and Sadness
• Dealing with Rejection and Failure

Module 4
• Introducing Social Skills
• Having a Conversation
• Understanding the Feelings of Others
• Deciding to Say “No”
• Communicating Your Needs
• Finding Support
• Asserting Yourself
• Responding to Criticism
• Dealing with Peer Pressure
• Getting Involved in a Positive Activity
• Celebrating a Positive Event

Module 5
• Introduction to Problem-Solving
• Identifying Your Problem and Goal
• Brainstorming Options
• Planning and Trying Your Solution

Module 6
• Developing a Plan
• Getting to the Source
• Reinventing My Life
• Staying on Track
• Responding to a Roadblock
• Rehearsing My Plan
• Presenting My Plan