

Cognitive Behavioral Programs for State Agencies

Change criminal behavior, reduce recidivism and generate savings

A BI Cognitive Behavioral Program

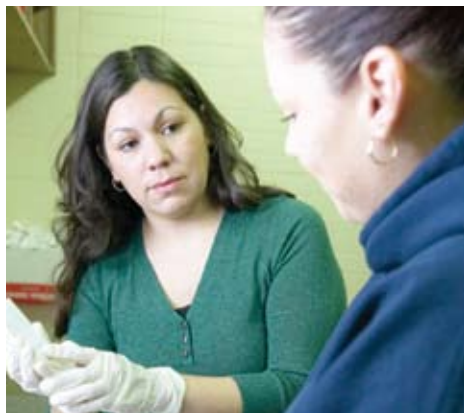
Is your state prison system at capacity? Is recidivism a major factor in new prison admissions?

Recidivism is a major contributor to swelling prisons and skyrocketing costs. About 600,000 individuals return from prison to local communities each year. More than half of these offenders will violate parole or commit new crimes and return to prison – at major expense to taxpayers.

Today's challenging economic environment presents state correctional agencies with an opportunity to reform parole and manage parolee reentry in ways that keep communities safe and save scarce public funds.

For states, there is a solution – A BI Cognitive Behavioral Program – that delivers intensive supervision, treatment and training in communities most impacted by recidivism.

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How can a BI Cognitive Behavioral Program reduce recidivism and save our agency money?

A BI Cognitive Behavioral Program can reduce recidivism in partnership with state corrections officials by enrolling certain offender populations, such as technical parole violators, prison inmates being released who have a history of drug and alcohol problems, or others who can benefit from intensive supervision and behavior-changing treatment and training. These programs reduce costly recidivism by delivering evidence-based practices. When recidivism is reduced, new prison construction can be slowed, prison beds are reserved for serious offenders, and local public safety is enhanced.

Evidence-Based Practices Facilitate Changing Behavior

A BI Cognitive Behavioral Treatment Program incorporates practices shown in corrections research to reduce offender recidivism. By implementing these practices, agencies achieve significant results with limited resources. These practices include:

- Using a standardized risk and needs assessment tool to identify offenders at risk for re-offending
- Matching offenders with services that reduce their risk factors
- Reinforcing behavior change through rewards and sanctions
- Establishing programs where parolees live to conserve scarce resources
- Balancing supervision and treatment in individual Behavior Change Plans
- Implementing earned discharge, where performance determines reduced supervision and treatment
- Defining success as reduced recidivism
- Responding to violations quickly, with certainty

Supporting Supervision Efforts

A BI Cognitive Behavioral Treatment Program is research-based, highly structured and developed for offenders who are resistant to treatment and change. At these BI programs, supervision services are tailored to individual needs, and interventions are front-loaded for maximum impact when participants are most vulnerable for failure. Supervision services include:

- Daily check-ins
- Computerized data collection
- Optional electronic monitoring, up to and including GPS tracking
- Regular drug testing
- Intensive case management
- Reports to the agency

Cognitive Behavioral Treatment

Individuals referred to a BI Cognitive Behavioral Program are assessed with the LSI-R to determine criminogenic risk and needs. BI develops an individual behavior change plan with each client based on this assessment and other observable factors. By developing a plan tailored for each client, treatment is maximized and resources conserved. BI staff is trained in motivational interviewing techniques, which increase client engagement, retention, and compliance and decrease resistance to change. Program participants attend a mix of treatment groups and classes:

- Cognitive-behavioral therapy (Moral Reconciliation Therapy)
- Life skills
- Parenting
- Employment readiness
- Substance abuse-related treatment and education
- Anger management/ conflict resolution
- Domestic violence
- GED preparation
- Aftercare

Individuals will typically go to a BI Cognitive Behavioral Program for six months to nine months. Treatment is tapered with positive compliance as the person demonstrates prosocial skills and adjusts to a crime-free lifestyle.



“We need to successfully transition offenders from the prison rolls to tax rolls.”

- Little Hoover Commission

Community Connections

At each BI Cognitive Behavioral Program, an exciting program called Community Connections is also available for parolees. Community Connections links to parolees to valuable long-term community resources, including food and housing, health services, education, employment, proper identification, legal support, family classes, wellness, substance abuse, and much more. By coordinating these community partners, BI adds program capacity to help keep offenders crime-free.

Benefits to State Corrections Agencies

- Clients in these programs cost the state a fraction of incarceration
- These programs can be rapidly implemented in 60 to 90 days
- Reduces prison overcrowding by getting repeat offenders out of the system
- Targets chronic criminal behavior and thinking
- Allows states to postpone or avoid new prison bed construction
- Outsourcing to BI allows states to avoid staffing liabilities
- Centers become positive hubs of activity for parolees
- Supports busy parole officers by managing problematic offenders
- Helps offenders to develop skills and positive connections that will turn them into productive citizens
- Meets various agency needs with customized approach
- Includes evidence-based practices

Why BI Incorporated?

Founded in 1978, BI Incorporated supports more than 1,000 correctional agencies today in the United States, Canada, Puerto Rico, Guam and Australia. BI provides agencies with innovative compliance technologies, industry-leading monitoring services, and evidence-based supervision and treatment programs for community-based parolees, probationers and pretrial defendants.

Each state corrections agency is unique, and so are the solutions BI can offer you. Call us today. A representative would like to hear the challenges you face and explore how we may support your public safety efforts.

For more information on a BI Cognitive Behavioral Program or other BI solutions, please contact a:

Cognitive Behavioral Program Specialist

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You can also learn more about BI and our solutions at www.bi.com.



Scope: The design, production, installation and support of EM services and products in the Boulder, CO and Anderson, IN facilities.

