



# Cognitive Behavioral Interventions

## WHAT'S IN THIS ISSUE:

- Significance of CBI
- Addressing the Big Four
- ACPD Adult Referrals
- ACPD Juvenile Referrals

## CBI Tools

### BITs & Guides, Carey Group

A variety of research-based tools with a cognitive behavioral approach that staff can use to address client needs and meet case management goals.

Cognitive Behavioral Interventions (CBI) aim to replace problematic thinking patterns such as thoughts, feelings, and beliefs that can lead to negative behaviors with more beneficial ways of thinking that present favorable outcomes. Research has deemed CBI an appropriate and impactful resource to address the driving factors of recidivism - Big Four Dynamic Needs: cognition, personality, peers, and family. Use Carey Group Tools to work directly with clients or refer clients to one of the below agencies to address any of the big four needs.

Submit CBI referrals through Enterprise Supervision:

[program referrals](#)>[provider name](#)>[portal note of desired CBI program](#)

## ACPD Adult Referrals

### Anger Management, CORE

12-Session Substance Abuse and Mental Health Services Administrations (SAMSHA) curriculum to address anger.

### Relapse Prevention, CORE

12-Session course for assisting participants with maintaining sobriety. Additional support offered after the completion of the 12 sessions.

### Thinking for a Change, ACPD

25-Lesson course that encourages clients to review past situations and learn cognitive behavioral, social, and problems solving skills to improve outcomes.

### Wellness Recovery Action Plan, CORE

9-Chapter curriculum that utilizes planning, identifying triggers/crises, and coping skills to create and maintain client wellness.

## ACPD Juvenile Referrals

**Anger Management Classes/Groups, Alameda Family Services**  
Monthly anger management classes and groups for young adults.

### Catholic Charities of the East Bay

10-Week program with youth that combines restorative practices with cognitive behavioral therapy.

### California Youth Outreach

Weekly culturally-relevant cognitive behavioral therapy sessions. Healthy, Wealthy, & Wise is a 14-week course that addresses issues of decision making, identity, overcoming pain and trauma, and life skills.

### Fremont Youth and Family Services

5-Session diversion program to address client's with negative thinking patterns through cognitive behavioral therapy.

**Girls Incorporated of Alameda County \*serves clients of all genders**  
8-16 Session trauma-focused cognitive behavior therapy provides youth and families with information to understand the physiological/psychological effects of trauma and skills to manage challenging emotions/behaviors.

### Union City Youth and Family Services

Up to 20 sessions of individual and family counseling that utilizes cognitive behavioral techniques based on the client's needs and best practice models.



*“Watch your thoughts, they become your words; watch your words, they become your actions; watch your actions, they become your habits; watch your habits, they become your character; watch your character, it becomes your destiny.” – Lao Tzu*