

SANTA CRUZ COUNTY PROBATION
IMPACT PROBATION PROGRAM

The adult division of the Santa Cruz County Probation Department is currently utilizing “*Thinking for a Change*,” a cognitive restructuring program, as a tool in the move towards Evidence-Based Practices (EBP). This is one component of their reorganization to create the “Impact Probation” plan, an effort to properly focus on different populations under probation supervision. Using methods which have been proven to work will not only allow for more effective supervision by reorganizing caseloads, but will reduce recidivism by targeting criminogenic needs and will serve to re-integrate probationers into the community. Impact Probation includes an orientation which incorporates a “How to succeed on Probation” presentation and connects offenders to available resources through presentations from various community based non profit, private, and governmental organizations.

”Thinking for a Change” is a “cognitive restructuring” program designed to teach life skills to probationers. Based on role-playing and skills practice, the program teaches probationers how risk-thoughts, feelings, attitudes, and values can lead to harmful or destructive behaviors. The probationers learn new social skills, problem-solving skills, and learn how to develop new ways of thinking and how to approach high-risk situations.

An additional course, “Getting Motivated to Change,” is offered to complement the skills gained in “Thinking for a Change,” and to assist probationers with continuing to develop their learning processes. This evidence based course affords probationers the opportunity to explore the concepts of self motivation, how to stay motivated, how to internalize motivation, and how to maintain focus.

For more information, please contact

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