

## **Delivering CBT within a Change Oriented Context**

### **Level**

Introductory

### **CE**

CPA/BBS/BRN/CJER

### **Track**

Clinical

### **Bio**

Brian Lovins, PhD

Brian is a Principal for Justice System Partners. He earned his PhD in Criminology from the University of Cincinnati. He is the current President for the American Probation and Parole Association (APPA). Brian routinely helps jurisdictions understand their local systems, helps stakeholders analyze and interpret their data and provides practical, real-world solutions to addressing today's justice system challenges. Prior to JSP, Brian worked for Harris County CSCD as the Assistant Director. He was tasked with developing and implementing agency wide change plans to drive increased successful completion rates. In addition, he was the Associate Director for the University of Cincinnati's Corrections Institute—the School of Criminal Justice's training and research department. He has developed a state-wide juvenile risk assessment (Ohio Youth Assessment System: OYAS) and adult risk assessment (Ohio Risk Assessment System: ORAS), as well as validation of a series of post-adjudication (TRAS) and additional pretrial risk assessments. Brian has been invited to present to over 200 agencies and routinely trains agencies in the principles of effective intervention, risk assessment and the delivery of cognitive-behavioral interventions.

### **Narrative**

Over the past 20 years, our work with correctional populations has been focused less on the people and more on the paperwork and process. Often, as agents of change, we have been asked to take on additional evidence-based practices while forgetting why we do this work. This session will recenter us on purpose. We will cut through the administrative processes and have a conversation about how we find purpose in our work. Assessment, core correctional practices, success plans (aka case/supervision plans), and response grids are all important parts of the work, but they are not our end goal. Our end goal is to achieve behavioral change in people that are struggling in their lives. Participants will learn real world, practical ways to rediscover (or enhance) our purpose to help the people involved in the criminal justice system be successful-in turn helping our communities grow.

### **Learning Objectives**

Explain why the context in which we deliver evidence-based practices is important.

Describe three strategies that center interventions on the needs of the justice involved person.

Develop two new strategies to engage and provide effective interventions for people involved in the criminal justice system.