

Isanti County

Probation Department

Juvenile Cognitive

Restructuring Program



MISSION STATEMENT

*“To hold Juvenile and Adult
Offenders accountable by providing
research based supervision, referral
to appropriate rehabilitative services
and facilitating restorative justice
practices designed to prevent future
delinquent and criminal behavior”*

What is Cognitive Restructuring?

The most basic level of our thoughts is referred to as cognitive structure.

This is defined as our network of beliefs, assumptions, attitudes, memories and self-images that organize and shape our experiences and behavior.

Program Goals

The Isanti County Juvenile Cognitive Restructuring Program will assist youth in building and restructuring cognitive skills. The program will also assist youth to understand that in order to make positive changes, they must alter their entire approach to life by adjusting their thinking, values, relationships and goals.

Program Components

- ❑ 6 – 12 juvenile male and female Court ordered offenders.
- ❑ 12 consecutive weekly group sessions.
- ❑ Sessions last 2 hours per meeting
- ❑ Each session facilitated by Cog trainers

Cost

The cost of the 12 week – 24 hour program is \$75.00. Payments may be made online by visiting our website at www.co.isanti.mn.us. The Probation tab may be found under the Departments heading. Payment may be made using the Fees/Payments link within Probation.

OR in-person or mail:

*Isanti County Probation Dept
555 18th Ave SW
Cambridge MN 55008*

Acceptable payment options include Check/MoneyOrder/Visa/MasterCard or Cash. Do not mail cash.

Registration

Read, complete and sign Program Agreement with your supervising Agent. Upon receipt of the Program fee your Agent will inform you of your start date.

To confirm your start date you may call 763-689-8320

Program Location

Isanti Co Government Center
Lower Level Training Room
555 18th Ave SW
Cambridge MN 55008

Schedule

- *Introduction and overview of the program.*
- *Life history focusing on past offenses, antisocial patterns, major life events, etc.*
- *Values and Beliefs: The Franklin Reality Model.*
- *Thinking Errors and Distorted Thinking.*
- *Tactics Used to Avoid Accountability.*
- *Responsible Decision Making and Problem Solving.*
- *A.R.T. – Aggressive Replacement Training.*
- *Victim Empathy and Victimization – Part 1.*
- *Victim Empathy and Victimization - Part 2.*
- *Re-Offense and Support Plan.*