

# Solano County 19-459 - B - Program Inventory

Program Inventory			
Program	Program Description	Outcomes/Needs Addressed	Evidence Rating
Reasoning and Rehabilitation II (R&R II)	Cognitive behavioral therapy intended to help participants develop social skills, moral reasoning, and problem-solving skills. The focus of R&R II involves assisting clients develop problem solving skills through moral reasoning.	Criminal Thinking Companions Anti-Social Patterns Pro-Criminal Attitude	Highest Rated
Employment Services	Employment services in the form of soft skills, resume preparation, job searches and job training. Includes interactive journalized curriculum.	Employment	Highest Rated
The Nurturing Parenting Program (Men & Women)	Program for the prevention and treatment of child abuse and neglect.	Family Relationships/Parenting	Highest Rated
Motivational Interviewing	Theoretical approach to therapeutic interventions helping consumers identify areas in their life that cause problems, help motivate consumer to change behaviors and sustain positive changes	Antisocial patterns Alcohol/Drug Leisure/Recreation Family/Marital	Highest Rated
Cognitive Behavioral Therapy for Depression	Group therapy utilizing cognitive behavioral therapy to build skills to develop a positive, more balanced and constructive ways to respond to stressors to reduce/manage symptoms of depression	Alcohol/Drug Leisure/Recreation	Highest Rated
Dialectical Behavior Therapy - Emotional Regulation	Skill building therapy group utilizing Dialectical Behavior Therapy, integrating mindfulness, distress tolerance and effective communication	Alcohol/Drug Leisure/Recreation Family/Marital	Highest Rated

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Vocational Services - Supported Employment	Vocational training and support in the application, interview, hiring and working process	Educational Employment	Highest Rated
Seeking Safety	Seeking Safety is a present-focused counseling model to help people attain safety from trauma and/or substance abuse.	Substance Abuse	Highest Rated
Mind Over Mood	A cognitive behavioral therapy program to conquer depression, anxiety, panic attacks, anger, guilt, shame, low self-esteem, eating disorders, substance abuse, and relationship problems.	Substance Abuse	Highest Rated
Living in Balance (LIB)	LIB helps clients address issues in lifestyle areas that may have been neglected during addiction.	Substance Abuse	Highest Rated
Relapse Prevention (Gorski-CENAPS)	A comprehensive system for diagnosing and treating substance use disorders, and coexisting mental disorders, personality disorders and situational life problems. The Model is based upon a biopsychosocial model of addiction, a developmental model of recovery, and a relapse prevention model. The model integrates addiction-specific treatment methods with state-of-the-art cognitive, affective, behavioral, and social therapies.	Substance Abuse	Highest Rated
Interactive Journaling	Interactive cognitive-behavioral journaling system that participants address their individual problem areas based on a criminogenic risk and needs assessment.	Criminal Thinking Companions Anti-Social Patterns Pro-Criminal Attitude	Second-Highest Rated
Matrix Model	Intensive outpatient treatment approach for substance abuse and dependence.	Substance Abuse Mental Health Family Relationships	Second-Highest Rated

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		Co-occurring disorders Prosocial supports	
Thinking for a Change (T4C)	Cognitive-based program designed to improve social skills, cognitive self-change skills, and problem-solving skills. The goal of T4C is to have the participants comprehend that their thinking controls their behavior.	Criminal Thinking Companions Anti-Social Patterns Pro-Criminal Attitude	Second-Highest Rated
Education - High School Diploma or GED	GED preparation. Independent Study Programs and Special Education.	Education	Second-Highest Rated
Seeking Safety for Incarcerated Women	Integrative treatment approach developed specifically for co-occurring PTSD and substance abuse. Manualized curriculum divided into 25 specific units or topics, addressing a range of different cognitive, behavioral, and interpersonal domains.	Substance Abuse	Second-Highest Rated
Adult Drug Court	The Adult Drug Courts provide judicial supervision, substance use disorder and co-occurring mental health disorder treatment, intensive case management, and community supervision for criminal defendants with substance use disorders.	Substance Abuse	Second-Highest Rated
Forensic Assertive Community Treatment (FACT)	A service delivery model that provides comprehensive, locally based treatment that is highly individualized and provided by a multi-disciplinary team, including 24/7 support services	Leisure, Recreation Family/Marital Alcohol/Drug Educational/Employment	Second-Highest Rated

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		Companions Attitude/Orientation	
Recovery Dynamics AKA: Recovery Boot Camp	A program to explain the 12-step model: Cognitive program of action presented by Alcoholics Anonymous and the origins of its founding. The course details how and why it is necessary to complete each of the 12 Steps then provides the tools to accomplish the given tasks within a Step.	Substance Abuse	Second-Highest Rated
Moral Reconation Therapy (MRT)	Program seeks to decrease recidivism among adult criminal offenders by increasing moral reasoning. MRT is systematic and implements a cognitive-behavioral approach, which positively addresses social, moral, and positive behavioral growth.	Criminal Thinking Anti-Social Patterns Pro-Criminal Attitude	Second-Highest Rated
Helping Men Recover	Gender-responsive, trauma-informed treatment program for men. The curriculum addresses what is often missing in prevailing treatment modes: a clear understanding of the impact of male socialization on the recovery process, a consideration of the relational needs of men, and a focus on the issues of abuse and trauma.	Substance Abuse, Co-occurring disorders Pro-social supports	Insufficient Evidence
Nurturing Program for Families	Program focuses on the effects of substance abuse on families, parenting, and the parent-child relationship. This program is designed to assist parents in re-establishing the strength of their connections with their children.	Substance Abuse	Insufficient Evidence

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A Woman's Way through the Twelve Steps	A Woman's Way through the 12 Steps is a thirteen-session curriculum of experiential activities and discussions that focus on the themes in each of the Twelve Steps.	Anti-social behavior Family Relationships Substance Abuse	<b>Insufficient evidence</b>
Veterans Treatment Court	Veterans Treatment Court is available to justice-involved veterans and active service members who suffer from PTSD, traumatic brain injury, sexual trauma, substance abuse and/or mental health issues as the result of their service in the United States military.	Substance Abuse, Mental Health Issues	Not Rated
Treating Alcohol Dependency (TAD)	Substance abuse focused program to assist clients with managing urges to use. Coping skills class designed to assist clients in developing key interpersonal and intrapersonal skills.	Substance Abuse	Not Rated
Getting Motivated to Change	Cognitive behavioral therapy. Program focuses on aspects of cognition that govern decisions to change behavior. It relies on visual-communication tools and related cognitive strategies to engage clients in discussions of this topic.	Criminal Thinking Anti-Social Patterns Pro-Criminal Attitude	Not Rated
Harm Reduction	A theoretical approach to therapy, case management, interventions & policy that strives to reduce negative consequences of behavior that consumers are not willing to stop entirely	Alcohol/Drug, Leisure/Recreation	Not Rated
Dual Diagnosis Day Treatment	Intensive Outpatient Program (IOP) for alcohol and drug treatment. It uses cognitive-behavioral therapy (CBT), and motivational interviewing (MI) to teach clients to analyze events and change thoughts, behaviors, and lifestyle related to alcohol and other drug use.	Substance Abuse Mental Health	Not Rated

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## Rating Key

**Green- Highest rated:** The program had a positive impact based on the most rigorous evidence.

**Yellow- Second-highest rated:** The program had a positive impact based on high-quality evidence.

**Blue- Mixed effects:** The program had inconsistent impacts based on high-quality evidence. That is, study findings showed a mix of positive impact, no impact, and/or negative impact.

**Grey- No effects:** The program had no impact based on high-quality evidence. That is, there was no difference in outcomes between program participants and those in the comparison group.

**Red- Negative effects:** The program had a negative impact based on high-quality evidence.

**Black- Insufficient evidence:** The program's current research base does not have adequate methodological rigor to determine impact.

**White- Not Rated:** Program was not found in the Clearinghouse database