



For Immediate Release
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For more information contact:
Alisha Vines
Office on Youth Director
(540) 672-5484

Orange County Office on Youth Offers Thinking for a Change Training

Orange County, VA – The Orange County Office on Youth is excited to announce a Thinking for a Change training March 8 – 11, 2021. This free, local training is made possible due to the award of an Office of Juvenile Justice and Delinquency Prevention Title II grant, funded in part through Federal Grant 2017-JF-FX-0018.

Thinking for a Change (T4C) is an integrated cognitive behavioral change program authored by Jack Bush, Ph.D., Barry Glick, Ph.D., and Juliana Taymans, Ph.D., under a cooperative agreement with the National Institute of Corrections (NIC). T4C incorporates research from cognitive restructuring theory, social skills development, and the learning and use of problem-solving skills.

T4C is comprised of twenty-five (25) lessons that can be used to craft an aftercare program to meet the ongoing cognitive behavioral needs of offender groups. Not all lessons can be completed in one session, a typical delivery cycle may take thirty (30) sessions. Sessions should last between one (1) and two (2) hours. Ideally, the curriculum is delivered twice a week. Participants must be granted time to complete mandatory homework between each lesson. The program is designed for all offender populations regardless of age or sex. The program is delivered by trained facilitators to groups of eight (8) to twelve (12) participants. T4C is a closed group, meaning members need to start at the beginning of a cycle, and may not join the group mid-stream.

The March 2021 training is open to current providers who deliver youth-based services in Orange County, as well as to anyone interested in helping build a T4C program with the Office on Youth. Training will be facilitated by the Pave Institute. Information about the Pave Institute, and the T4C program can be found at <https://www.thepaceinstitute.com/>.

Participation for the March 2021 training is limited to ten (10) participants, enrollment is on a first-come, first-served basis. Please contact the Office on Youth Director, Alisha Vines, for more information and to reserve your space at (540) 672-5484 extension 4, or via email at avines@orangecountyva.gov. Registration forms are due by Wednesday, March 3rd, 2021.

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