



Southern Alberta Forensic Psychiatry Services
FORENSIC ADOLESCENT PROGRAM
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Skills & Thrills

Forensic Adolescent Program (FAP)

Information Package

Skills & Thrills Group Therapy:

- 15 week CBSST group with recreation component
- 7-9 clients (1-1 mentorship model)
- First 7 weeks CBT basics, Last 7 weeks Social Skills basics with outings
- 1-1 Mentorship model: Each youth is paired with an older mentor who will be learning new skills with you- modeling these skills and assisting in application.

❖ Mentor's Role:

- To support clients with learning new skills in session – participation is encouraged as well as assisting clients with generating responses/ examples in group therapy.
- To assist with the application of newly learned skills in the recreational component. Each group will have a specific skill (key) identified that can be worked on in latter recreation hour.
- Liaison- Mentors will act as an advocate for your client- bringing concerns from your client to the facilitators and bringing forth any barriers to skill acquisition that they are noticing.

Schedule:

6:00-7:30: Group Therapy

7:30-8:30: Recreation in leisure center

❖ What is CBSST?

Cognitive Behavioral Social Skills Therapy (CBSST)- combines two, effective, modes of therapy into one: Social Skills Training and Cognitive Behavioral Therapy. Cognitive Behavioral Therapy is a form of therapy that assists clients in identifying how unhelpful thinking can affect their emotions and therefore behavior- creating negative patterns and barriers for them. It assists individuals in identifying common patterns of negative thinking (thinking errors) and linking this to their emotions and behaviors and then changing this thinking (counter- thoughts) which in turn improves emotions and behaviors. It asserts that many emotional and behavioral problems are rooted in how we interpret an event- and is not due to the event itself. Social Skills Training teaches skills that improve one's ability to relate positively with others through assertive verbal and non-verbal communication. The curriculum of Skills & Thrills has evolved with the feedback from our pilot group mentors and clients. The skills in this group are taught utilizing: videos, role-play etc. to appeal to various learning styles.

❖ Skills & Thrills Study:

The Forensic Adolescent Program (FAP) has gained ethics approval to study the results of the CBSST groups. A pilot study was completed last year and has rendered promising results for lowering recidivism and improving social abilities. This group will also be used in this study to evaluate the effectiveness of a group therapy intervention focused on developing social skills, problem-solving skills and emotional regulation skills on lowering reoffending and increasing social functioning on a group of adolescent males involved in the criminal justice system.

Participants will be measured on risk for recidivism, mood and social skills improvement.

Data will be collected before the group starts and at the end of group.

Overview of Curriculum: Skills & Thrills

Module 1. COGNITIVE BEHAVIORAL THERAPY:

Week 1: Recreational Outing

Week 2-6

Topics Covered:

- Goal setting
- Connection between thoughts, emotions and behaviors
- Challenging negative thoughts
- Reality Checking

Module 2. SOCIAL SKILLS

Week 7- 11

Topics Covered

- Non-verbal and verbal communication
- Assertive, passive and aggressive communication
- Active listening
- Making a positive request of others
- Offering feedback to others
- Expressing negative feelings

Module 3. PROBLEM-SOLVING

Week 12 -14

Topics covered:

- How do your thoughts relate to your problems
- Considering all solutions
- Step by step approach to solving problems

Week 15: Summary & Graduation Ceremony

Participant Feedback (2015-2016)

- 1) On a scale of 1-10 with 10 being the best and 1 the worst, how would you rate your experience in the FAP Skills and Thrills Program overall?

Client 1 - "10"

Client 2 - "8"

Client 3 - "8-9"

Client 4 - "9"

Client 5 - "8"

Client 6 - "10"

- 2) How do you think you have changed over the period of time you have participated in the Skills and Thrills Program?

Client 1 - "Gained more confidence"

Client 2 - "I think I got better at talking to people"

Client 3 - "Communicating with others"

Client 4 - "I've got better at problem-solving- I think more before I speak"

Client 5 - "Better friends"

Client 6 - "For the better"

- 3) Can you identify what your goals were?

Client 1 - "Gain more confidence and argue less"

Client 2 - "No"

Client 3 - "to improve on Life"

Client 4 - "Yes, to quit smoking"

Client 5 - "Better friends, positive friends"

Client 6 - "Better Communication"

- 4) Can you rate your success on these goals?

Client 1 - "Gain more confidence - 8/10 and Argue less- 5/10"

Client 2 - "8/10"

Client 3 - 9/10

Client 4 - "10/10"

Client 5 - "Very good"

Client 6 - "8/10"

- 5) What role did your mentor play in your success, if any?

Client 1 - "Giving me helpful advice."

Client 2 - "Being supportive and being a good help on socializing"

Client 3 - "to be nice - helped me"

Client 4 - "No"
Client 5 - "Being amazing"
Client 6 - "positive support role"

6) Summarize in one word how Skills and Thrills effected your life?

Client 1 - "helpful"
Client 2 - "Better"
Client 3 - "motivated"
Client 4 - "Better"
Client 5 - "Successful"
Client 6 - "better"

7) What was the most important 'thing' about this program for you personally?

Client 1 - "Being around people with the same interests"
Client 2 - "Getting better at talking to new people"
Client 3 - "Getting to learn new positive skills"
Client 4 - "The way they taught us"
Client 5 - "Communication"
Client 6 - "Skill building"

8) If you could change, add, or delete any part of the program, what would that be and why?

Client 1 - "Nothing"
Client 2 - "The program was good, I wouldn't make any changes"
Client 3 - "None"
Client 4 - "Nothing"
Client 5 - "Nothing"
Client 6 - "N/A"

All participants agreed to the following improvements:

I have increased my level of physical activity

I have increased my ability to express myself to others

I have increased my ability to make decisions that I am happy with

I know how to access new things that I can do in my free time