

REDUCING RECIDIVISM 20 MINUTES AT A TIME

This course answers the question, “I know what I am supposed to do, but how can I do it in the short amount of time I have?” Like a great recipe, this course takes all the ingredients and steps needed to help people build skills that lead to behavior change and puts them together in a way that bears desired results. Participants will discuss their successes and challenges, brainstorm strategies to overcome barriers, identify skills needed to address criminogenic needs, learn the steps for teaching and practicing skills, and conduct an appointment from start to finish using a structured format.

Delivery Option	Course Length	Recommended Class Size
Virtual	3 Days, 2.5 Hrs./Day	Up to 20
In Person	1 Day, 7 Hrs.	Up to 30

By the end of the course, participants will be able to:

- identify skills that would help address criminogenic needs
- identify strategies, tools, and resources to help build skills
- use the sequential steps of skill practice to teach a skill
- conduct an appointment using a four-point appointment structure
- examine successes and barriers around behavior change, as well as ways to overcome barriers.

Course Fees:

Training costs are provided at a fixed rate. The rate includes pre-training preparation, material development, logistics and planning, travel expenses or IT coordination, and post-training follow-up. The cost of Reducing Recidivism 20 Minutes at a Time training is \$6,650.00 for in-person and \$6,150.00 for virtual training.

Note: A purchase order or signed statement of work is required to secure training dates. Email becca.ford@empowercommunitycare.com to ask questions or learn more!