1. **Title of Project:** Cognitive Self Change Project

2. **Senate Sponsor:** David Simmons

3. **Date of Submission:** 01/16/2019

4. **Project/Program Description:**

   Provide group cognitive behavioral psycho-social education to inmates in the Seminole County Correctional Facility (John E. Polk), a proven sequence of outpatient services to individuals currently incarcerated. This program "Thinking 4 Change" has proven to increase healthy decision making skills, employment and decrease recidivism by clients. It is modeled after a nationally recognized program "Cognitive Self Change Project", and been approved by the National Institute of Corrections

5. **State Agency to receive requested funds:** Department of Corrections

   State Agency Contacted? No

6. **Amount of the Nonrecurring Request for Fiscal Year 2019-2020**

<table>
<thead>
<tr>
<th>Type of Funding</th>
<th>Amount</th>
</tr>
</thead>
<tbody>
<tr>
<td>Operations</td>
<td>205,850</td>
</tr>
<tr>
<td>Fixed Capital Outlay</td>
<td></td>
</tr>
<tr>
<td><strong>Total State Funds Requested</strong></td>
<td><strong>205,850</strong></td>
</tr>
</tbody>
</table>

7. **Total Project Cost for Fiscal Year 2019-2020 (including matching funds available for this project)**

<table>
<thead>
<tr>
<th>Type of Funding</th>
<th>Amount</th>
<th>Percent</th>
</tr>
</thead>
<tbody>
<tr>
<td>Total State Funds Requested (from question #6)</td>
<td>205,850</td>
<td>100.00%</td>
</tr>
<tr>
<td>Federal</td>
<td>0.00%</td>
<td></td>
</tr>
<tr>
<td>State (excluding the amount of this request)</td>
<td>0.00%</td>
<td></td>
</tr>
<tr>
<td>Local</td>
<td>0.00%</td>
<td></td>
</tr>
<tr>
<td>Other</td>
<td>0.00%</td>
<td></td>
</tr>
<tr>
<td><strong>Total Project Costs for Fiscal Year 2019-2020</strong></td>
<td><strong>205,850</strong></td>
<td>100.0%</td>
</tr>
</tbody>
</table>

8. **Has this project previously received state funding?** No

9. **Is future-year funding likely to be requested?** Yes
   
   a. If yes, indicate non-recurring amount per year. 205,850

10. **Details on how the requested state funds will be expended**
### Administrative Costs:

<table>
<thead>
<tr>
<th>Spending Category</th>
<th>Description</th>
<th>Amount</th>
</tr>
</thead>
<tbody>
<tr>
<td>Executive Director/Project Head Salary and Benefits</td>
<td>Responsible for the overall coordination and delivery of clinical services, collaborating with correctional facility staff on issues relating to referrals and evaluation components.</td>
<td>40,200</td>
</tr>
<tr>
<td>Other Salary and Benefits</td>
<td>Portion of Executive Director’s salary and benefits and support staff salary and benefits in developing the clinical structure and administrative components of the implementation process.</td>
<td>23,650</td>
</tr>
</tbody>
</table>

### Operational Costs:

<table>
<thead>
<tr>
<th>Spending Category</th>
<th>Description</th>
<th>Amount</th>
</tr>
</thead>
<tbody>
<tr>
<td>Salary and Benefits</td>
<td>Four (4) Certified Facilitators @ .25 FTE’s, providing the direct client initial evaluation, group counseling and follow-up evaluations of participants.</td>
<td>100,000</td>
</tr>
<tr>
<td>Expense/Equipment/Travel/Supplies/Other</td>
<td>Training materials, group educational materials, clinical testing, forms, office supplies and travel reimbursement.</td>
<td>18,750</td>
</tr>
<tr>
<td>Consultants/Contracted Services/Study</td>
<td>Medical/Psychiatric Consultation relating to evaluations and medication management as needed for the those individuals with opioid addiction or other substance use issues. Evaluation Component - to access the effectiveness and cost versus saving realized from the program.</td>
<td>23,250</td>
</tr>
</tbody>
</table>

### Fixed Capital Construction/Major Renovation:

<table>
<thead>
<tr>
<th>Spending Category</th>
<th>Description</th>
<th>Amount</th>
</tr>
</thead>
<tbody>
<tr>
<td>Construction/Renovation/Land/Planning Engineering</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**Total State Funds Requested (must equal total from question #6)** 205,850

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11. Program Performance:

a. **What is the specific purpose or goal that will be achieved by the funds requested?**

Reduce recidivism, substance abuse, anti-social criminal activity as well as the overall health of families and communities in the Central Florida area.

b. **What are the activities and services that will be provided to meet the intended purpose of these funds?**

Offenders released from the correctional facility will be offered a twelve (12) week sequence of Cognitive Self Change psycho-educational groups; we anticipate 110 participants will be exposed to the groups and each group will provide a structured focus on enhancing the social skills, increasing problem solving and techniques to minimize unhealthy behaviors, attitudes and beliefs.

c. **What are the direct services to be provided to citizens by the appropriations project?**

Two (2) certified counselors will render gender specific groups to clients with the focus on helping them learn new thinking techniques, document Thinking 4 Change reports, learn to identify risky behaviors, feelings, and attitudes that lead clients to criminal and/or anti-social behaviors.
d. **Who is the target population served by this project? How many individuals are expected to be served?**

Individuals currently incarcerated and/or most recently released onto the community, protect the general public from harm or criminal activity and improved economic activity due to the changes manifested.

e. **What is the expected benefit or outcome of this project? What is the methodology by which this outcome will be measured?**

1. Improve physical health (decrease in HIV/AIDS and Hep C); this will be measured by a Pre/Post Questionaire.
2. Improve mental health; clients will be evaluated through Pre and Post Tests; these tests will score seven (7) key metrics of functioning: Legal, use or abuse of opioids, alcohol, and other addictive mood altering substances.
3. Reduce substance abuse; evaluation process will document the Pre/Post substance abuse episodes.
4. Reduce recidivism; evaluation process will document violations and behaviors that result in recidivism.
5. Divert from Criminal/Juvenile justice system; evaluation process will be assessed to calculate the cost impact on the criminal justice system.
6. Enhance specific individual’s economic self-sufficiency; evaluation process will consist of a Pre/Post Test that will address "Self-Appraisal", relationship stability and employment status.

f. **What are the suggested penalties that the contracting agency may consider in addition to its standard penalties for failing to meet deliverables or performance measures provided for in the contract?**

Delay until deliverables and measures are met.

12. **The owner(s) of the facility to receive, directly or indirectly, any fixed capital outlay funding. Include the relationship between the owner(s) of the facility and the entity.**

N/A

13. **Requestor Contact Information:**
   a. **Name:** Alfredo Valentin
   b. **Organization:** Turning Point of Central Florida, Inc.
   c. **E-mail Address:** avalentin@turningpointcfl.org
   d. **Phone Number:** (407)740-5655

14. **Recipient Contact Information:**
   a. **Organization:** Turning Point of Central Florida, Inc.
   b. **County:** Seminole
   c. **Organization Type:**
      - For Profit
      - Non Profit 501(c) (3)
      - Non Profit 501(c) (4)
      - Local Entity
      - University or College
      - Other (Please specify)
   d. **Contact Name:** Alfredo Valentin
15. Lobbyist Contact Information
   a. Name: None
   b. Firm Name: None
   c. E-mail Address:
   d. Phone Number: