



# NEWS RELEASE

## DELAWARE DEPARTMENT OF CORRECTION

### Commissioner Monroe B. Hudson, Jr.

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**Presented by Jason P. Miller, Chief of Communications and Community Relations**

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## DOC to present April 26 “Insider Series” webinar with a focus on Cognitive Behavioral Therapy

Register online at [https://us06web.zoom.us/webinar/register/WN\\_5tCSTHX4QLmo1JoCQ3rozA](https://us06web.zoom.us/webinar/register/WN_5tCSTHX4QLmo1JoCQ3rozA)

**Dover, DE** – On Tuesday, April 26 at 1:00 p.m. the Delaware Department of Correction invites you to join its next “DOC Insider Series” webinar with a focus on **Cognitive Behavioral Therapy**. The DOC Insider Series provides members of the public with an inside the walls look at Delaware’s correctional programs, practices, and policies. Each 90-minute webinar includes a live informational presentation by DOC staff and partner organizations followed by an interactive question and answer session with attendees.

The April 26 Insider Series webinar focuses on what Cognitive Behavioral Therapy (CBT) is, how it works, and a review of the types of CBT programming that are offered to incarcerated persons. The DOC Insider Series Webinar: “Cognitive Behavioral Therapy” is facilitated by the Department of Correction Office of Planning, Research and Reentry and is presented by Michael Records, Bureau Chief of DOC’s Bureau of Healthcare, Substance Abuse, and Mental Health (BHSAMH), Vanessa Bennifield, BHSAMH Behavioral Health Treatment Services Director, and Bradley Owens, JD, Senior Consultant.

Cognitive Behavioral Therapy is employed by the Delaware DOC in its prison facilities and community corrections centers and by Probation and Parole and has been shown across the country to reduce recidivism in both juveniles and adults. In practice CBT helps participants become conscious of their own thoughts and behaviors and then make positive changes to impact their decision-making. CBT programs address a variety of problems associated with criminal behavior and works to help participants develop and improve critical reasoning, problem solving, moral reasoning, social skills, self-control, and impulse management.

“The Delaware Department of Correction is committed to engaging with the community about how our correctional system operates and provides treatment, programming and training to meet our dual

mission of public safety and offender rehabilitation,” **Department of Correction Commissioner Monroe B. Hudson Jr. said.** “Please join us and get an insider’s perspective on how DOC’s Cognitive Behavioral Therapy programs support reentry by addressing some of the root causes of criminal behavior.”

**DOC Insider Series Webinar: Cognitive Behavioral Therapy**

**Tuesday, April 26, 2022**

**1:00 – 2:30 p.m.**

**Register in advance at**

[https://us06web.zoom.us/webinar/register/WN\\_5tCSTHX4QLmo1JoCQ3rozA](https://us06web.zoom.us/webinar/register/WN_5tCSTHX4QLmo1JoCQ3rozA)

**Webinar Presenters:**

**Michael Records**, Bureau Chief of the Bureau of Healthcare, Substance Abuse, and Mental Health

**Vanessa Bennifield**, Behavioral Health Treatment Services Director, Bureau of Healthcare, Substance Abuse and Mental Health Services

**Bradley Owens, JD**, Senior Consultant

Previous Insider Series webinars have focused on prison education, Substance Use Disorder treatment, reentry, sentence calculation and release dates, Probation and Parole, and inmate intake and classification. All Insider Series webinars are posted on the DOC’s YouTube channel for viewing anytime:

- Prison Education: <https://www.youtube.com/watch?v=L4EoiuBZyw0>
- Sentence Calculation and Release Dates: [https://youtu.be/\\_mHS\\_pRIZlk](https://youtu.be/_mHS_pRIZlk).
- Intake to Classification: <https://www.youtube.com/watch?v=0LM9PMIsi50>
- Probation and Parole: <https://www.youtube.com/watch?v=dmFNafj0UI4>
- Substance Use Disorder Treatment: <https://www.youtube.com/watch?v=PugdaTfYKNE>
- Reentry: <https://www.youtube.com/watch?v=fhrACbEoLDk>

Additional Insider Series webinars are planned for 2022. Follow DOC’s Facebook, Twitter, Instagram and LinkedIn social media channels for upcoming dates and registration details.

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