



Press Release

Lake County Sheriff's Office
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Sheriff

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It is said that your life today is a result of your thinking yesterday. Your life tomorrow will be determined by what you think today.

On November 5th the Lake County jail will begin a new training program for inmates currently used and being implemented throughout the State of Ohio, as well as the entire United States, in Correctional Facilities called “**Thinking for a Change**”. It is an integrated cognitive behavior program. In short it is a way of working with offenders that focuses on the connections between their thinking and their offending. It is an intervention that is empowering for the offender because it allows them to learn about themselves in an interesting and productive way. Through such a program the offenders clearly see that the offender is in charge of his or her thinking and that is the key to behavior change.

John C. Maxwell said “*What one thing do all successful people have in common? What one thing separates those who go to the top from those who never seem to get there? The answer: **Good Thinking!** Those who embrace good thinking as a lifestyle understand the relationship between their level of thinking and their level of progress. They also realize that to change their lives, they must change their thinking.*”

While many programs are designed today for alcoholism, drug addiction and mental illness, few are geared in the jail environment to address the issues of poor cognitive thinking that bring non-addicted persons into the Correctional system. This new program is designed to be focused on a small group of serious offenders who will meet three days a week in a training program run by Adult Probation and NeoCap. There the inmates will be taken through a specified lesson plan over a number of weeks that teaches them the skills to think better to situations they are faced with. It will help them to learn proper coping skills to not only handle the situation they are confronted with, but to make the right decisions to move from offender based decisions - to successful person decisions that will

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help them stay out of the correctional system, and bring success to their personal and family lives.

This is program that has seen great positive impacts in the Correctional populations and we are excited about it is impact here in Lake County.

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