



THE STATE
of **ALASKA**
GOVERNOR MIKE DUNLEAVY

Department of Corrections
DIVISION OF ADMINISTRATIVE SERVICES
Anchorage Procurement Section

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October 9, 2019

To: Vendor List

Re: Amendment # ONE (1)
RFP# 200000021
SOMP Community Services - Fairbanks
RFP Due Date: 10/21/19 @ 2:00 PM AST

The following question has been asked by a vendor and the department's response:

1. **Vendor:** Question about the curriculum that is mandated in Section 3.03. The curriculum is neither named nor described in Section 3.11. Can a copy of the curriculum be provided to see if it fits my own theoretical approach to working with this population?

Department: The department uses University of Cincinnati, Cognitive Behavioral Interventions for Sexual Offending curriculum as attached. If a vendor is not trained in this curriculum, the department shall pay for the training. The department shall reimburse for travel to obtain this training according to Alaska Administrative Manual (AAM 60- Travel), found in RFP Section 3.09 Travel.

<http://doa.alaska.gov/dof/manuals/aam/resource/60t.pdf>

The department would like the vendor to obtain this training as soon as possible but shall allow the vendor up to one year from contract award to obtain this training.

END OF AMENDMENT #1

Sincerely,

A handwritten signature in black ink that reads "April Akers".

April Akers
Procurement Specialist

UC Corrections Institute presents

Cognitive Behavioral Interventions for Sexual Offending

The University of Cincinnati (UCCI) *Cognitive Behavioral Intervention for Sexual Offending* (CBI-SO) is a structured curriculum intended for individuals who are moderate to high need in the area of sexual offending. This curriculum can be delivered as a stand-alone intervention or incorporated into larger programs, particularly those designed for clients in the correctional system. As the name of the curriculum suggests, this intervention relies on a cognitive-behavioral approach to teach participants strategies for avoiding sexual offending and related behaviors. Specifically, the program emphasizes skill-building activities to assist with cognitive, social, emotional, and coping skills development. The goal is to increase the value participants place on pro-social thoughts and choices. This curriculum was developed in partnership with the Ohio Department of Rehabilitation and Corrections.

END USER

The end user session is a total of 4 days for up to 18 participants.

Day 1: Introductions, Sessions 1-9

Day 2: Sessions 10-29

Day 3: Sessions 30-40

Day 4: Sessions 41-51, Conclusions

TRAIN-THE-TRAINER

A train the trainer session will be available for a maximum of 12 trainers. Candidates for this session must qualify through successful completion of the initial 4-day training and delivery of at least one full round of the CBI-SO curriculum.

This CBI-SA curriculum was released to the public in 2010, and is owned by the University of Cincinnati. All rights are reserved.

UC Corrections Institute presents

Cognitive Behavioral Interventions for Sexual Offending

Sessions

Pretreatment

- Exploring Reasons People Resist
- Rethinking Resistance
- Weighing the Pros and Cons

Module 1

- Introducing the Curriculum
- Clarifying Values
- Setting a Goal
- Weighing the Costs and Benefits
- Social Skill – Reflective Listening
- Social Skill – Giving Feedback
- Developing Emergency Strategies
- Developing Emergency Strategies (Continued)

Module 2

- Introducing the Behavior Chain
- Understanding Life History and Lifestyle Factors
- Recognizing High Risk Situations
- Starting the Success Plan

Module 3

- Common Risky Thoughts
- Recognizing Risky Thinking
- Replacement Thoughts
- Replacing Risky Thinking with Replacement Thoughts
- Cognitive Skill: Thought Stopping

Module 4

- Introduction to Basic Concepts for Emotion Regulation
- Recognizing Your Feelings
- Communicating Your Feelings
- Understanding the Feelings of Others
- Responding to the Feelings of Others
- Learning Self-Control

Module 4 (Continued)

- Using Self-Control
- Dealing with Negative/Stressful Life Events
- Dealing with Anger
- Dealing with Hostility
- Dealing with Rejection and Failure
- Dealing with Anxiety/Fear

Module 5

- Asking for Help
- Taking the Perspective of Others
- Dealing with Mixed Messages
- Dealing with Criticism
- Resolving Conflict
- Avoiding Trouble with Others
- Asking Permission
- Disclosing Personal Information
- Communicating Interest
- Communicating Disinterest

Module 6

- Introduction to Problem Solving
- Identifying the Problem and Goal
- Brainstorming Options
- Planning and Trying Your Solution

Module 7

- Re-exploring History and Lifestyle
- Getting to the Source
- Reinventing My Life
- Identifying a Social Support Network
- Staying on Track
- Rehearsing My Plan
- Presenting My Plan

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