Thinking for Change (T4C)  
*Implementation Issues*

1. Group size: 8 – 12 members.

2. Facilitators: 2 trained staff facilitators recommended at each session.

3. Frequency of groups: 2x per week recommended, 3x week maximum.

4. Scheduling of groups: Allow at least one day between group sessions to give the youth time to complete their homework and to practice the skills learned in group.

5. Length of group sessions: 1 to 2 hours.

6. Group format: T4C groups are closed at Lesson 5. Once Lessons 1 through 4 have been completed, no new youth should be added. Youth who miss a lesson are to be briefed on missed material prior to attending the next group.

7. Number of lessons: All 22 lessons must be completed.

8. Documentation: Complete the T4C Attendance Sheet.

9. Preparation for groups: Facilitators need to prepare each session together before delivering that session to offenders. Preparation time can vary from about 20 minutes (for an experienced team of facilitators) to 2 hours (for complex lessons the first time through).

10. Review of groups: Facilitators should plan to spend at least 15 minutes debriefing after each group session. Topics of review include clarity of presentation of the material, assessment of each group member’s grasp of the material, and strategic planning to assure that all group members get the most they can from future sessions.

11. Materials and supplies: an overhead projector with a set of transparencies, at least 1 easel with chart pads and markers, a set of participant handouts for each session, a program manual for each facilitator.

12. Selection of group members: Youth who score moderate, moderate-high, or at high-risk to re-offend on the PACT are appropriate for T4C. Preference should be given to youth who have antisocial attitudes/behaviors as one of their top three criminogenic needs.

13. Administrative support: The conditions described above require considerable investment of staff and significant expense for equipment and supplies. These are considered minimum requirements. Administrators should understand and agree to these requirements before beginning a Thinking For A Change group.