Impact of Identity Loss & Stigma on Families

Individual Beliefs
I am broken
I am a failure
I am a burden
to my family

Family Beliefs
Others will
judge us
Things will
never be the
same

Emotions
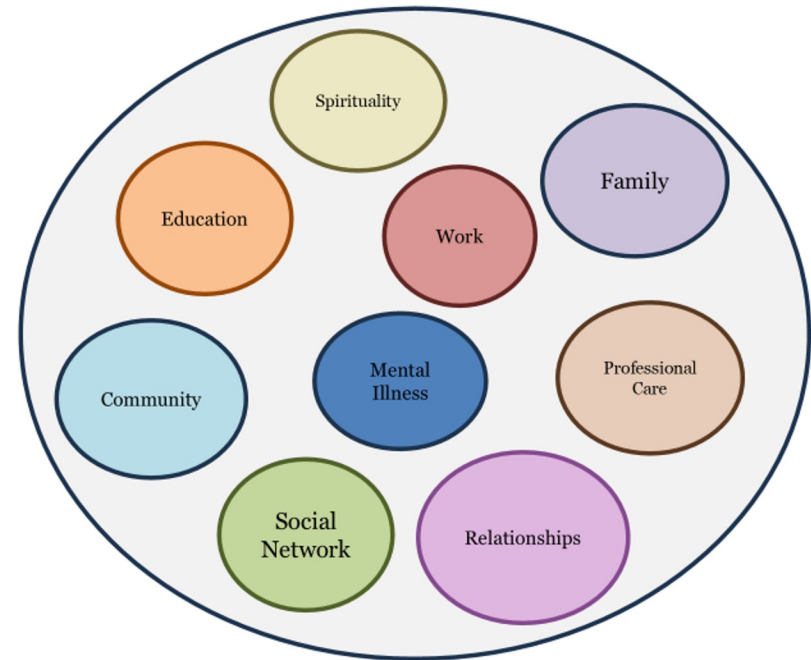Shame
Embarrassment
Hopelessness

Behavior
Isolation and
disengagement

Loss of family
identity and
activities

What Work Can Look Like...

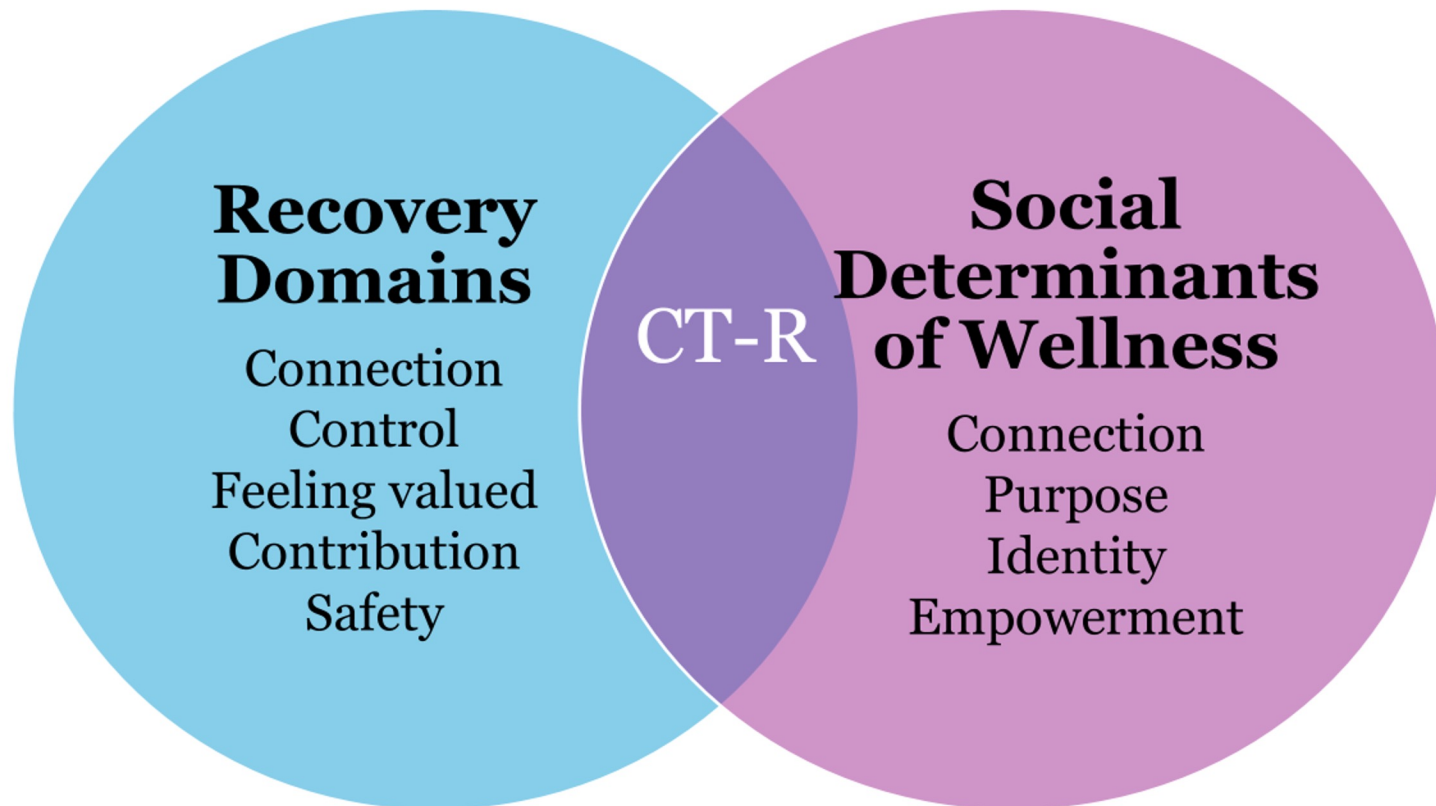Person with living/lived experience: *Perception of Care*

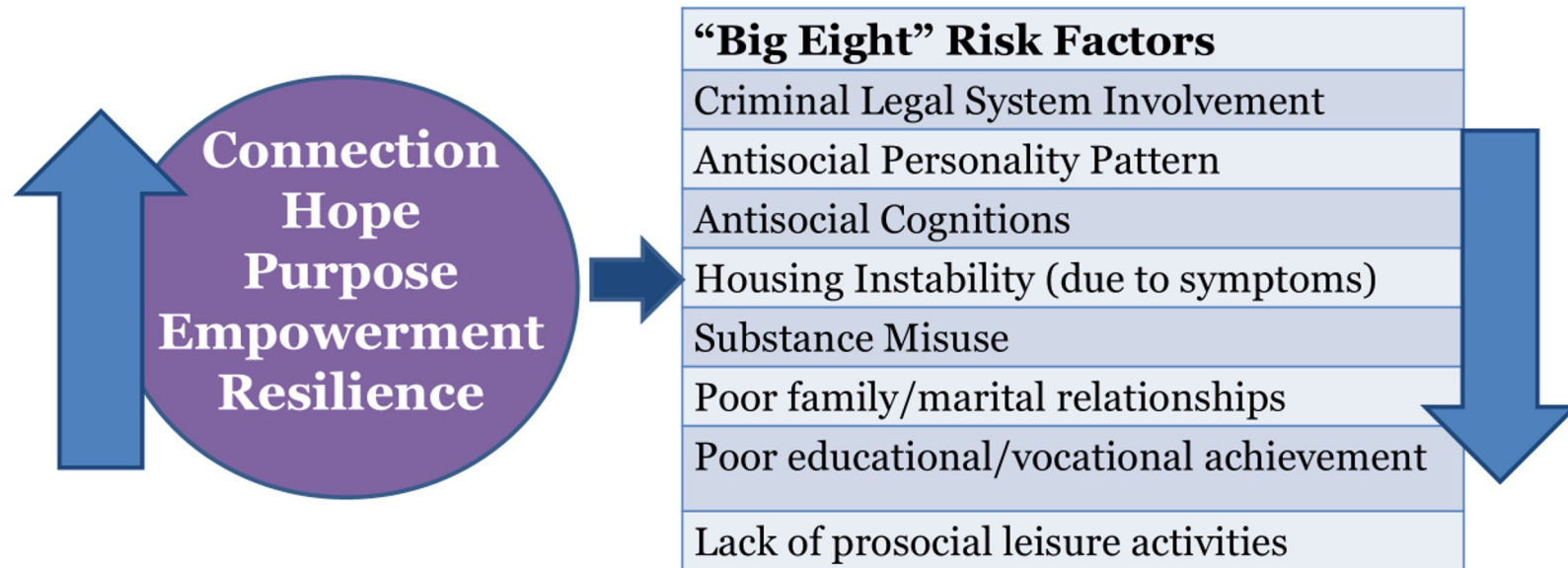Person with living/lived experience: *Preferred Focus*

Putting it all Together

Recovery Domains

Connection
Control
Feeling valued
Contribution
Safety

CT-R

Social Determinants of Wellness

Connection
Purpose
Identity
Empowerment

CT-R and Risk Mitigation

Connection
Hope
Purpose
Empowerment
Resilience

"Big Eight" Risk Factors
Criminal Legal System Involvement
Antisocial Personality Pattern
Antisocial Cognitions
Housing Instability (due to symptoms)
Substance Misuse
Poor family/marital relationships
Poor educational/vocational achievement
Lack of prosocial leisure activities

Bonta, J., & Andrews, D. A. (2007). Risk-need-responsivity model for offender assessment and rehabilitation. *Rehabilitation*, 6, 1-22.

How Do We Empower with CT-R?

- Learn about and access each person's "best self" (adaptive mode)

- Engage people in meaningful daily connections and activities within their community/setting

- Explore broader "aspirations" or desires for the future (beyond completing justice involvement)

- Collaborate to plan or take steps towards a desired future

- Navigate any challenges that may arise within each person's life

- Collaborate to notice progress, success, positive moments, and to build resilience

How Does CT-R Work?

CBT

| Identify situation-specific negative thoughts (e.g., I failed) | → | Evaluate accuracy of thinking (e.g., "What is an alternative explanation?") | → | Correct thinking to decrease challenging behaviors or responses |

CT-R

| Adaptive mode activates positive beliefs (e.g., I am capable, I am a good person) | → | Strengthen positive beliefs (e.g., "what does it say about you that you accomplished that?") | → | Adaptive mode becomes predominant (positive beliefs more accessible; negative beliefs neutralized) |