

Attachment B

RE: Cognitive Behavioral Therapy (CBT) Program Scope of Services

Estimated timeframes for Professional Services – December 1, 2026 – September 30, 2027

The Juvenile Court seeks a qualified behavioral health service provider to implement and deliver a structured Cognitive Behavioral Therapy (CBT) program for up to 32 youth involved with the Juvenile Court using allocated grant funds.

The purpose of the program is to utilize a comprehensive, youth/family-centered approach to address disobedient/ungovernable, habitual runaway, or other behaviors that may result in continued involvement with the juvenile justice system.

The primary goal is delivering targeted, youth/family-centered services that prevent future delinquency and dependency referrals.

The program shall promote rehabilitation, accountability, improved decision-making, emotional regulation, problem-solving, prosocial behavior, and successful compliance with Court-ordered requirements for low-to-moderately at-risk youth.

II. Target Population

The program shall serve 32 low- to moderately at-risk youth referred by the Juvenile Court who demonstrate a need for cognitive and behavioral interventions. The primary focus will be on those youth charged as a Child in Need of Services for habitually Unruly/Ungovernable/Runaway charges.

Referrals may also present with:

- Repeated Disobedient/Ungovernable/Runaway offending behaviors;
- Aggression or anger-management concerns;
- Impulsivity or poor emotional regulation;
- Negative thought patterns or cognitive distortions;
- Poor decision-making and problem-solving skills;
- Difficulty accepting responsibility for behavior;
- School-related behavioral concerns;
- Family or peer conflicts;
- Deficits in communication and interpersonal skills;
- Difficulty complying with Court orders or supervision requirements; and
- Other identified behavioral needs appropriate for CBT intervention.

The selected provider shall demonstrate the capacity to provide CBT services to 32 youth during the contract period.

The provider shall:

- Accept referrals only from the Juvenile Court in accordance with established referral procedures.
- Complete an initial assessment/intake within a timeframe established by the Court.
- Develop an individualized treatment or service plan for each youth.
- Provide services at a frequency and intensity appropriate to each youth's identified needs.
- Maintain sufficient staffing and resources to serve the projected population of 32 youth.
- Maintain a waiting-list or referral-management process, if necessary, and promptly notify the Court of any anticipated service-delivery barriers.
- Provide documentation of enrollment, participation, progress, and completion for each youth served.

Minimum Service Expectations

For each referred youth, the provider shall provide:

- Initial assessment and treatment planning;
- Individual and/or group CBT sessions, as clinically and developmentally appropriate;
- Evidence-based cognitive and behavioral interventions;
- Skill-building activities and behavioral practice;
- Progress monitoring;
- Family engagement when appropriate;
- Coordination with Juvenile Court personnel and other authorized service providers; and
- Discharge planning and recommendations upon completion.

The provider shall establish measurable goals for each youth and document progress toward those goals throughout participation in the program.

Expected Program Outcomes

For the population of 32 youth, the provider shall establish measurable outcomes designed to demonstrate the effectiveness of the CBT intervention.

Expected outcomes may include:

- Increased ability to identify and modify negative thought patterns;
- Improved decision-making and problem-solving skills;
- Improved emotional regulation and impulse control;
- Improved communication and conflict-resolution skills;
- Increased accountability for behavior;
- Increased use of prosocial coping strategies;
- Improved compliance with Court-ordered services;
- Increased family engagement and support, when applicable;
- Reduction in behavioral incidents or identified risk factors; and
- Reduction in behaviors associated with continued juvenile justice involvement.

The provider shall report program outcomes to the Juvenile Court at intervals established by the Court.

Participation and Completion

The provider shall establish clear participation and completion criteria for the CBT program. Completion shall be based on achievement of identified treatment and behavioral objectives, not solely on the number of sessions attended.

The provider shall promptly notify the Juvenile Court of significant attendance problems, repeated refusal to participate, early termination, or other circumstances that may affect a youth's successful completion of the program.

Documentation and Reporting

The provider shall maintain accurate records for each of the 32-youth served. Documentation shall include, at a minimum:

- Referral date;
- Intake/assessment date;
- Treatment or service plan;
- Dates and type of services provided;
- Attendance and participation;
- Progress toward established goals;
- Interventions provided;
- Barriers to participation;
- Completion status; and
- Discharge recommendations.

The provider shall submit reports to the Juvenile Court in the format and timeframe established by the Court.

Programming Performance

The provider shall be evaluated based upon its ability to:

- Successfully enroll and serve the projected 32 youth;
- Provide services within established referral and scheduling timeframes;
- Maintain consistent youth /parental/family engagement;
- Deliver the selected CBT model with fidelity;
- Demonstrate measurable progress toward youth treatment goals;
- Maintain complete and timely documentation;
- Communicate effectively with Juvenile Court personnel; and
- Demonstrate measurable program outcomes.

Provider Qualifications

The selected provider shall demonstrate experience providing CBT or comparable evidence-based behavioral interventions to children and adolescents, preferably youth involved in the juvenile justice system.

The provider shall maintain qualified, trained staff capable of delivering developmentally appropriate CBT interventions and shall provide documentation of staff qualifications, training, supervision, and experience upon request; staff shall have passed background checks and be qualified to provide services to juveniles of all ages. (may have younger siblings)

- 5-10 years of experience - Licensed Marriage and Family Therapist (LMFT)
- 5-10 years demonstrated experience implementation/overseeing operations of a Cognitive Behavioral Therapy (CBT) program or services.
- 5-10 years demonstrated experience monitoring and managing the fidelity of an evidence-based program or services.
- 5-10 years demonstrated experience coordinating training, coaching, certification, and assistance for certified/qualified staff.
- Licensed to do business in the State of Georgia.

Contract Deliverable

The primary deliverable under this Request for Services shall be the successful implementation and delivery of a structured CBT program capable of serving 32 Juvenile Court-involved youth, with services designed to improve cognitive and behavioral functioning and reduce factors associated with continued juvenile justice involvement.

The provider shall work collaboratively with the Juvenile Court throughout the contract period to monitor participation, evaluate outcomes, address barriers to service delivery, and ensure that the program remains responsive to the needs of Court-involved youth and their families.

Counseling Deliverable

- Provide individual/family and/or group Cognitive Behavioral Therapy.
- Accept referrals only from the Juvenile Court in accordance with established referral procedures.
- Complete an initial assessment/intake within a timeframe established by the Court.
- Develop an individualized treatment or service plan for each youth.
- Provide services at a frequency and intensity appropriate to each youth's identified needs.
- Maintain sufficient staffing and resources to serve the projected population of 32 youth.
- Maintain a waiting-list or referral-management process, if necessary, and promptly notify the Court of any anticipated service-delivery barriers.
- Provide documentation of enrollment, participation, progress, and completion for each youth served.
- Provide Individual and/or group CBT sessions, as clinically and developmentally appropriate;
- Evidence-based cognitive and behavioral interventions;
- Skill-building activities and behavioral practice;
- Family engagement when appropriate;
- Provide weekly updates on attendance or lack of compliance in sessions.
- Provider is to email Program Coordinator/Court whenever you need additional information or have concerns that need to be addressed.
- Coordination with Juvenile Court personnel and other authorized service providers; provide monthly case notes/communication concerning youth and families served as requested by the court.
- Service provider is required to be present in court no more than 2x per month, unless otherwise requested by the Judge. (special set hearings)
- Maintain communication with the Program Coordinator.
- Discharge planning and recommendations upon completion.

- All invoices must be submitted once a month to the Program Coordinator by the 5th of each month or the date requested by Macon-Bibb County.
- Monthly report to be submitted with the monthly invoice, noting each youth receiving CBT.
- Provider is to attend all required training courses, certifications, or check-ins required by the Criminal Justice Coordinating Council (CJCC).