

Why TruThought?

TruThought addresses numerous thinking barriers and tactics which interfere with the decision making process. Allowing youth to practice identifying these barriers and identify ways to intervene prior to trouble will contribute to more successful outcomes.

What to expect:

Youth will meet once a week for eight to twelve consecutive weeks. Each session will run for one and a half hours and include 6 to 10 youth (both male and female) of similar age and developmental level. Groups will be held at the Clackamas County Juvenile Department and satellite locations.



Developmental Assets

- Adult Role Modeling
- Positive Peer Influence
- High Expectations
- Integrity
- Honesty
- Responsibility
- Interpersonal Competence

TruThought is an open-ended group allowing new members to join at any time if found to appropriately mix with the current participants.



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**Corrective
Thinking
Process
For
Youth**

TruThought: Charting a New Course is a cognitive skills development group which addresses barriers in thinking. This corrective thinking process will use the knowledge of these barriers to implement responsible thinking steps. Through group discussion, role plays, and group and individual activities youth will learn skills to stop the tactics, change their thinking, and stay on **TRACK**.

- Think of the Consequences
- Remember who gets hurt
- Act on Plans to Make a Responsible Choice
- Check Their thinking
- Keep Thinking Responsible Thoughts



Thinking Barriers addressed:

- Tactics
- Closed Thinking
- Victim Role
- 'I'm okay' Self Image
- Reckless Careless
- Instant Gratification
- Fear of losing face
- Power Control
- Possessive Attitude
- Superior Uniqueness

Responsible thinking involves:

Open Channels:

A willingness to consider new information, cooperate with new ideas, to be open and truthful, and make every effort to see yourself as you really are.

Self-Discipline:

Planning for problems in advance, avoiding bad situations, and looking ahead.

Courage Over Fear:

Asking for input, expecting to be held accountable, having realistic expectations of yourself and others, and rebuilding ones conscience and responding to it.

Respect for Others:

Acknowledging the rights of others, respecting their thoughts, feelings, and property, and compromising.

True Humility:

Recognizing you have much in common with others, the ability to endure difficulties and disappointments rationally and patiently and developing a healthy fear of being grandiose.



Risk factors increase the likelihood a youth will participate in risky or illegal behavior while specific protective factors work as a powerful force to overcome these risk factors.

TruThought works to address the following risk and protective factors.

- ⇒ Increases empathy for others.
- ⇒ Moves youth toward accepting responsibility for behavior.
- ⇒ Discussions about friends who engage in unlawful behavior.
- ⇒ Promotes youth having an adult in their life (other than a parent/guardian) she/he can talk to.
- ⇒ Practices managing impulsivity.
- ⇒ Defines risk taking behaviors.
- ⇒ Increases problem solving and coping skills.
- ⇒ Practices skills to improve communication with family members (both verbal and nonverbal with healthy relationship boundaries).
- ⇒ Expands awareness of impacts regarding chronic truancy and /or dropping out.