



November 2025

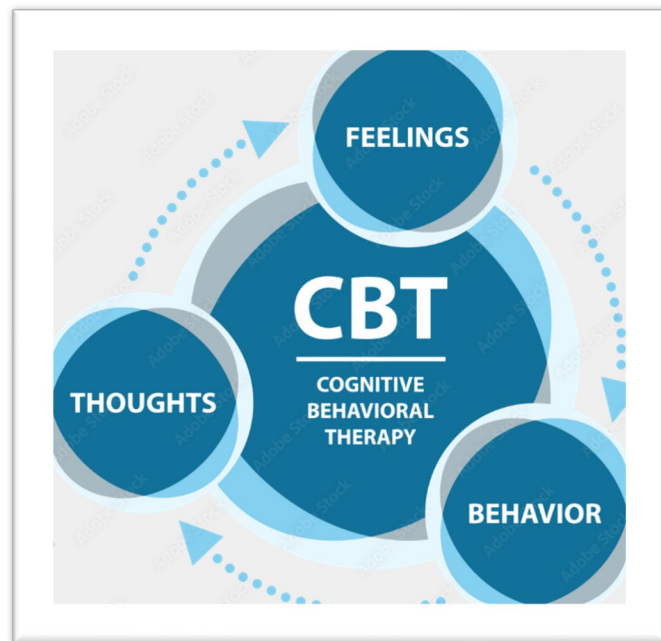
Cognitive Behavioral Therapy for Psychosis in Forensic Treatment

Research shows that cognitive behavioral therapy can help treat a range of mental health conditions. Cognitive behavioral therapy for psychosis (CBT-p), supports people in managing symptoms such as hallucinations, delusions and mood changes by teaching coping strategies and skill building.

In partnership with the Texas Behavioral Health and Justice Technical Assistance Center, Laura L. Adams, Ph.D., director of Psychology at Austin State Hospital, explains how CBT-p benefits people in competency restoration programs and those committed under Not Guilty by Reason of Insanity (NGRI) rulings.

For people participating in competency restoration, CBT-p may help reduce the impact of chronic delusions, support more flexible thinking about legal circumstances and ease the overall process. For those committed under NGRI rulings, CBT-p can help them build coping skills, continue their recovery and prepare for safer transitions back to the community.

Because many people in forensic settings face complex psychiatric conditions, treatment often involves a combination of medication, therapy and case



management. CBT-p offers evidence-based strategies that may support stabilization, recovery and community reintegration.

[To learn more about CBT-p and other therapies available in your community, contact your local mental health authority or local behavioral health authority.](#)

Housing Learning Community



Forensic and Jail Diversion Services will announce the selected participants for the Housing Learning Community this month.

The Housing Learning Community is a six-month program designed to support multidisciplinary teams across Texas working to improve housing access for people who are involved in the justice system and living with mental illness, substance use disorders, or intellectual and developmental disabilities.

The learning community will bring together local leaders, service providers and system partners to explore housing challenges and solutions. The program will use the Sequential Intercept Model to identify key points where people can be diverted from the justice system into treatment and support services.

The Texas Institute for Excellence in Mental Health at The University of Texas at Austin will lead the learning community, through the Texas Behavioral Health and Justice Technical Assistance Center, in collaboration with the Texas Health and Human Services Commission Behavioral Health Services division.

To Learn more about the [Housing Learning Community visit the TXBHJ website](#).

Veterans Day 2025



Veterans Day on Nov. 11 honors the service and sacrifices of the men and women who have served in the military. Many veterans face challenges when transitioning from active duty to civilian life, and these challenges can affect their mental health.

Resources are available to help veterans improve their well-being. The services listed below also build understanding of military culture and support higher-quality care for veterans.

- [Justice Involved Veterans Program](#)
- [Military Veteran Peer Network](#)
- [Homeless Veteran Program](#)

Technical Assistance



Need help? The Forensic and Jail Diversion Services team stands ready to support you.

The Texas Behavioral Health and Justice Technical Assistance Center (TA Center) provides timely guidance and connections to stakeholders across Texas on a variety of behavioral health and justice topics. Reach out to the TA Center today to receive tailored support and troubleshooting for issues big and small.

[Request support today.](#)