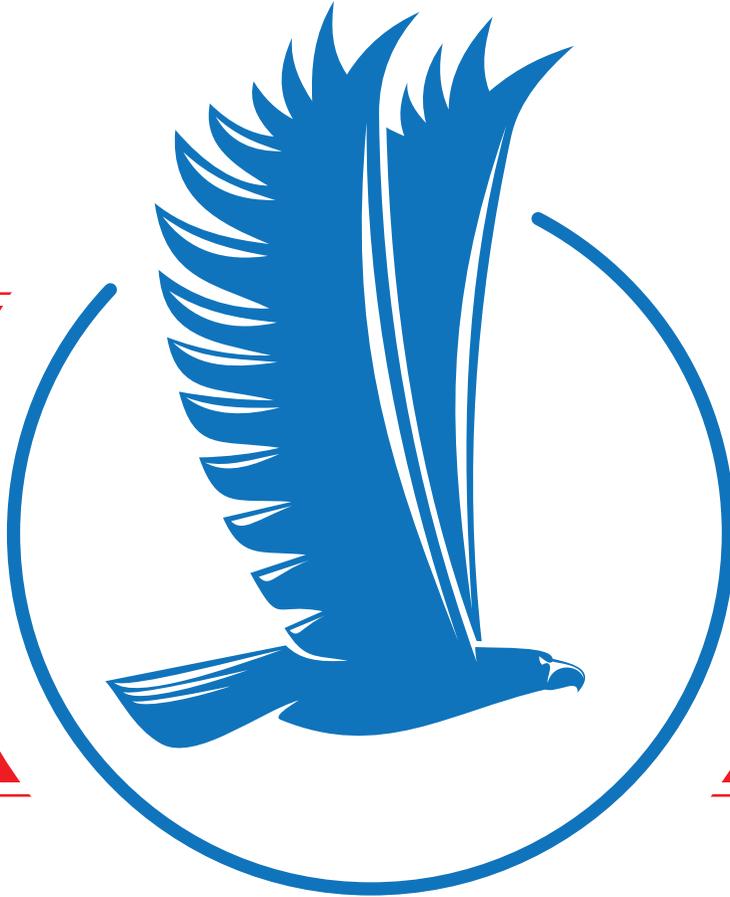


Cognitive Lifeskills for Jails Prisons and Re-Entry



Helping inmates on the road to re-entry





Dear Correctional Facilities:

ACCI (American Community Correction Institute) is a national provider of evidencebased, cognitive restructuring life skills courses and programs. Our focus is to help those in the criminal justice system to overcome self-defeating thoughts and behaviors. If we never change criminal thinking, we will never change criminal behaviors. ACCI's cognitive lifeskills curriculum has proven to meet several top tier criminogenic needs. ACCI's curriculum is developed for all socioeconomic peoples and can be adapted to work well with almost all levels of risk.

A true sign of evidence-based curriculum is that it is effective regardless of where, when or how it is used. For example, U. S. Probation in North Dakota, using ACCI's home study courses, conducted a randomized control and experiment study and found a "significant" difference between those who completed an assigned cognitive life skills course and those who were not assigned. Wherever the program has been tested, the results have always been the same!

We have many different courses and program options to offer your correctional facility. Our programs range from inmate or family-paid self-directed program, to a licence to reprint, to eLearning for both off line computer labs or secure tablets. ACCI curriculum focuses on the root causes of criminal activity, not just the symptoms. There are 23 different adult cognitive life skills courses and 8 juvenile courses that cover a wide range of criminal offenses from substance abuse and anger management to parenting and cognitive awareness.

ACCI Programs can efficiently assist your correctional facility in the following ways:

- **Re-entry** - inmates are better prepared to face the challenges that accompany transitioning back to the community.
- **Safety** - facilities that use our programs see a reduction in incidents and violence.
- **EBP** - utilizing ACCI programs will help your facility to implement evidence-based practices.
- **Staff** - correctional staff are empowered with having access to ACCI programming.

We offer an array of training options designed to help each officer get the best possible results from this program that range from free webinar training to an 8-hour on-site training session.

Sincerely yours,

Trevor Lloyd

Trevor Lloyd, MS
President

OVERVIEW

→ WHAT WE OFFER



Corrections Lifeskills Courses and Programs

Meeting criminogenic needs; ideal for re-entry.



Inmateliveskills.com

Family members can purchase our correspondence courses.



Evidence-Based

ACCI has developed a unique self-directed learning model. It works.



eLearning

Available through select inmate tablets and off line computer labs.



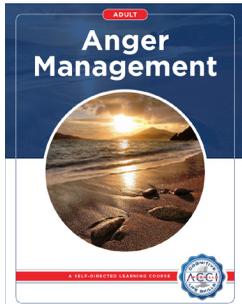
Licensing Options

Annual license for unlimited printing.

ADULT SELF-DIRECTED COURSES

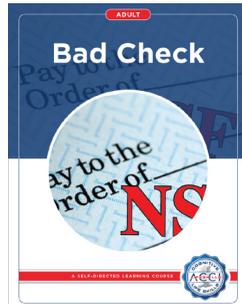
→ AVAILABLE IN eLEARNING & HARD COPY

AVAILABLE IN SPANISH



Anger Management

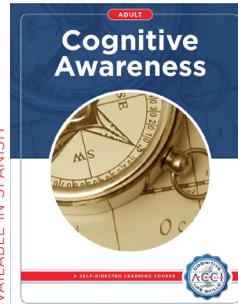
Those who anger you, control you.



Bad Check

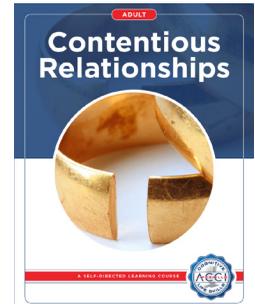
What goes around, comes around.

AVAILABLE IN SPANISH



Cognitive Awareness

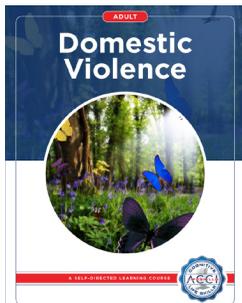
You can go no further in life than what you think of yourself.



Contentious Relationship

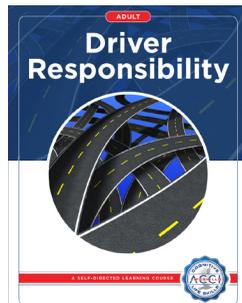
Avoid the ring of fire.

AVAILABLE IN SPANISH



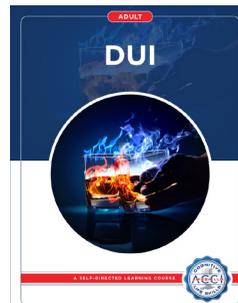
Domestic Violence

What you do to others, you do to yourself.



Driver Responsibility

A persons values and attitudes are reflected in their driving.



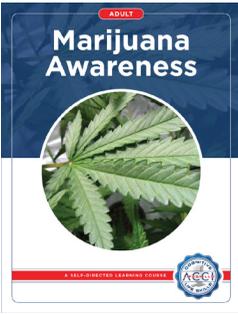
DUI

Think before you drink.



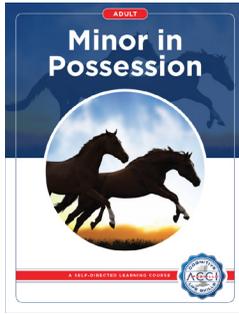
Employment

Positive Thinking Skills lead to Employment Skills.



Marijuana Awareness

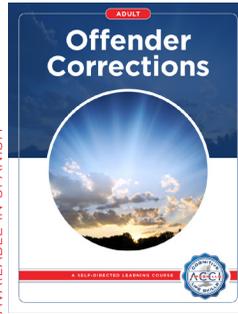
Developing awareness results in better decisions.



Minor in Possession

Avoid Mr. Grooge.

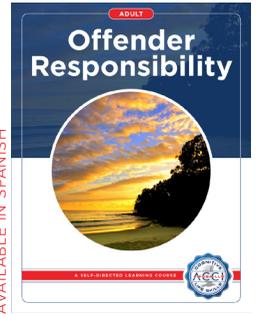
AVAILABLE IN SPANISH



Offender Corrections

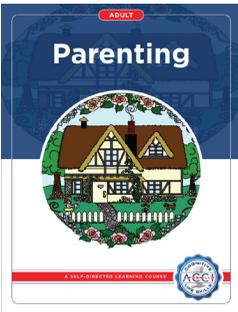
Overcoming self-defeating thoughts and behaviors.

AVAILABLE IN SPANISH



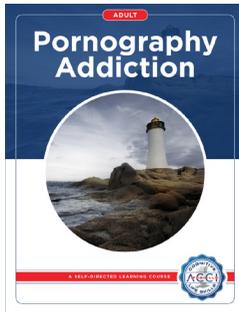
Offender Responsibility

If you are not responsible, then who is?



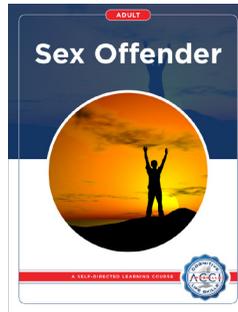
Parenting

Breaking dysfunctional family generational cycles.



Pornography Addiction

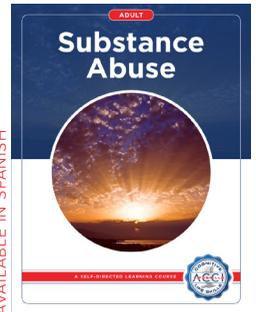
Breaking the cycling of addiction.



Sex Offender

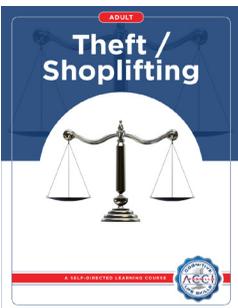
Cognitive thinking skills for healing and responsibility.

AVAILABLE IN SPANISH



Substance Abuse

Avoid captivity.



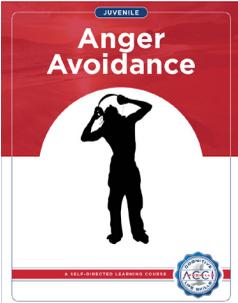
Theft / Shoplifting

Pro-social values for anti-social thinking.

YOUTH SELF-DIRECTED COURSES

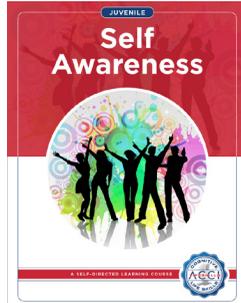
→ AVAILABLE IN eLEARNING & HARD COPY

AVAILABLE IN SPANISH



Anger Avoidance

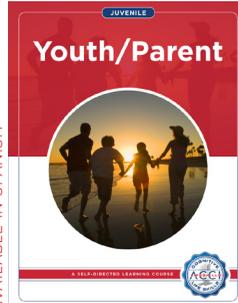
You can't manage anger.



Self Awareness

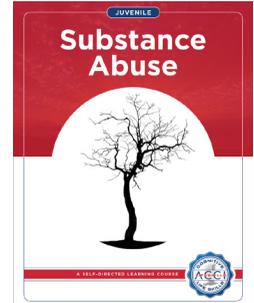
Self-awareness is the first step to change.

AVAILABLE IN SPANISH



Youth / Parent

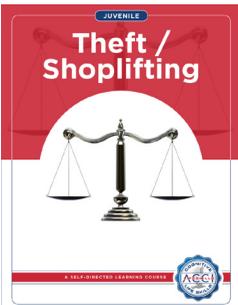
Providing parents with a platform for critical conversations.



Substance Abuse

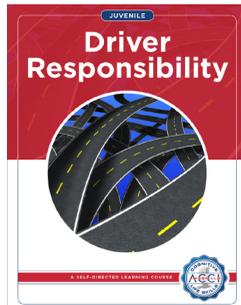
Avoid the drug monster.

AVAILABLE IN SPANISH



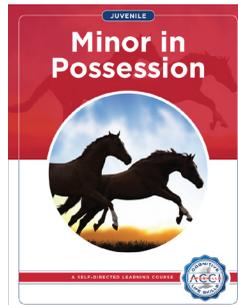
Theft / Shoplifting

Avoid pro-criminal thoughts and behaviors.



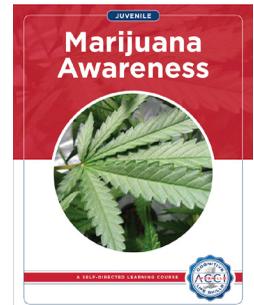
Driver Responsibility

Seconds from disaster.



Minor in Possession

Avoid Mr. Grooge.

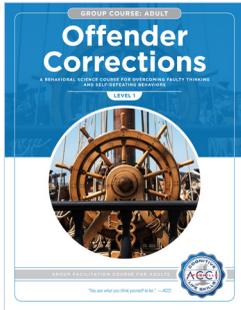


Marijuana Awareness

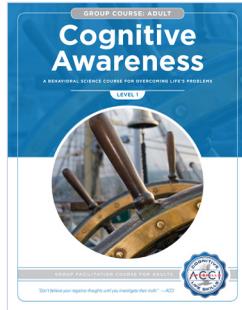
Developing awareness results in better decisions.

ADULT GROUP COURSES

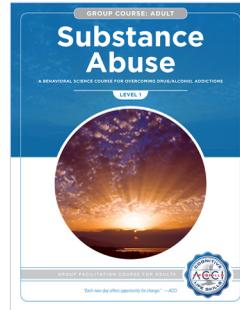
→ INCLUDING FACILITATOR MANUAL



**Offender
Corrections**
LEVEL 1 & 2



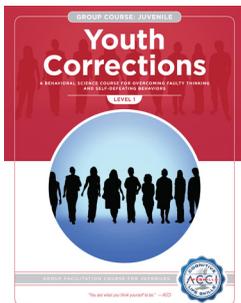
**Cognitive
Awareness**
LEVEL 1-3



**Substance
Abuse**
LEVEL 1

JUVENILE GROUP COURSES

→ INCLUDING FACILITATOR MANUAL

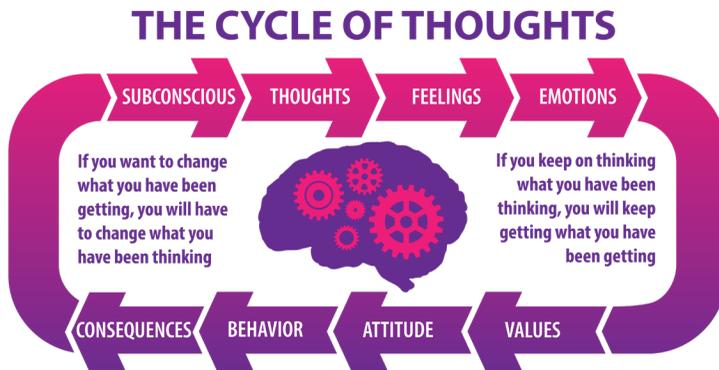


**Youth
Corrections**
LEVEL 1-3

OUR MODEL

Cognitive Restructuring Model

The philosophical model that drives American Community Corrections Institute is represented by the diagram below. It is that our thoughts drive our feelings and emotions, which produce our attitudes and behaviors, that result in the consequences of our lives. If we never change our faulty thinking, we will never change our self-defeating behaviors. If we keep on thinking what we have been thinking, we will keep on doing what we have been doing, and we will keep getting what we have been getting. If we want to change what we have been getting, then we will have to change what we have been thinking. Otherwise, nothing will change. Learn more on our website.



ACCI Curriculum Development

Since we first started working with court referred clients in 1975 we have continuously evolved and integrated the latest research while retraining our potent cognitive restructuring style of curriculum development. The following are some of ACCI's propriety techniques and strategies that are infused into all of our courses:

- Our content doesn't play the **shame game**. We do not believe in belittling people, rather, our focus is on empowerment and **self discovery**.
- Our curriculum's first and most important objective is to **challenge self defeating thoughts** and behaviors.
- We use **vicarious stories** to disarm our participant's objections to what they are learning.
- We carefully use You statements. We have **mastered the art of using third person references** as a way to help our participants to see their life is a new way.
- Our material is working simultaneously in the **Cognitive Domain** to challenge thinking errors and the **Affective Domain** to build empathy, self confidence and empowerment.
- The philosophy that drives our content creation is that the **subconscious mind doesn't know right from wrong** and that there are 3 main ways to get information into the subconscious mind. 1. Repetition 2.Trauma 3. Emotion.
- All of our self-directed learning courses are designed to be completed with a **pro-social "coach"** or mentor. Its all about relationships! Participants sink deeper into our content while in the presence of a person of trust. The conversations between the participant and informal coach lead to informal accountability, greater comprehension, personal conversations, role playing and stronger application of **new cognitive thinking skills**.
- **Responsive content**. The curriculum validates peoples efforts and issues and regards them as a person with tremendous potential.
- **No labels**. We are careful to use any type of labels in our material. Nor do we employ manipulative or punitive methods to motivate participants.
- **No ulterior sgendas**. ACCI content has no agenda for race, religion, gender, sexual orientation or political preference. We have a single focus of helping people face and over come their self-defeating thoughts and behaviors.
- **Facilitation versus telling**. Our content asks more questions and facilitates responses as opposed to simply telling the participant what to do.
- **Teaching doesn't equal learning**. Self-directed learning always leads to greater retention and application.

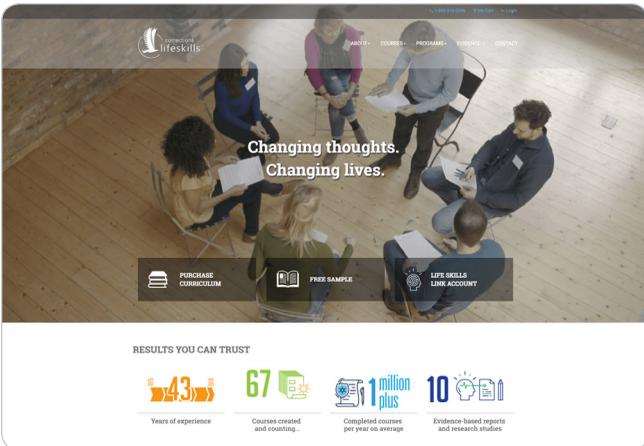
RESOURCES



COGNITIVE LIFESKILLS COURSE BUNDLES
Save a bundle!

Bundle 1: \$165 (\$200 value!) Any 10 workbooks Program guide included Shipping included	Bundle 2: \$165 (\$200 value!) 10 eLearning courses Requires participants to have active email addresses and good internet access
Bundle 3: \$600 (\$800 value!) Any 40 workbooks Program guide included Shipping included	Bundle 4: \$600 (\$800 value!) 40 eLearning courses Includes Lifeskills Link Admin account for 3 months, training included
Bundle 5: \$1,600 (\$2,250 value!) Any 100 workbooks Program guide included Shipping included	Bundle 6: \$1,600 (\$2,250 value!) 100 eLearning courses Includes Lifeskills Link Admin account for 6 months, training included
Bundle 7: \$800 (\$1,000 value!) Any 25 workbooks + 25 eLearning courses Includes Lifeskills Link Admin account for 3 months, training included	Bundle 8: \$400 (\$550 value!) ACCI Certified Facilitator Kit Includes 10 courses, a training kit and the corresponding facilitator manual

You can save a bundle by combining courses into Workbook Bundles to best fit your specific needs.



Changing thoughts. Changing lives.

PURCHASE CURRICULUM | FREE SAMPLE | LIFE SKILLS LINK ACCOUNT

RESULTS YOU CAN TRUST

- 43 Years of experience
- 67 Courses created and counting...
- 1 million plus Completed courses per year on average
- 10 Evidence-based reports and research studies

The newly designed Corrections Lifeskills website makes it easy to learn about all that we have to offer and to create an account and begin using our intuitive online referral & reporting tools.

EVALUATIONS

Male, age 29
CALIFORNIA CORRECTIONAL
INSTITUTE, CA

Substance Abuse

"I absolutely love your workbooks, I have also completed the course Cognitive Awareness and let me be the first to say THESE BOOKS REALLY WORK!. This book has changed my life. If I would have had this book one month before that accident I would not have gone out drinking and driving."

Male, age 26
OSBORN CORRECTIONAL
FACILITY, CT

Offender Corrections

"In ten years I have not come across anything like this program. I gave the brochure to my therapist and hope my facility looks into making this program available to those who need it most."

Male, age 33
MARSHALL COUNTY JAIL, TN

Cognitive Awareness

"This is a very good and helpful workbook. I saw a great improvement in my life, attitude and behaviors. everyday I woke up did unit in this life skills workbook I highly recommend this workbook to others."

CRIMINOGENIC NEEDS

RISK FACTORS CORRELATED WITH CRIMINAL BEHAVIOR

NEED	GOAL	ACCI'S SOLUTION	LEVEL
Pro-social values, attitudes, behavior	Introduce pro-social values, attitudes and behaviors. Help offenders by providing alternative pro-social thinking skills.	To achieve this goal, ACCI integrates "values clarification" into its curriculum. It uses the cognitive domain, narrative and cognitive dissonance to challenge faulty thinking errors and the affective domain to build self-confidence.	●
Pro-social cognition	Reduce anti-social cognition, recognize risky thinking and feelings, adopt alternatives.	The program has proven to be a successful solution to the top tier criminogenic needs. It works in the cognitive domain to challenge faulty thinking and the affective domain to build self-worth.	●
Pro-social companions	Reduce association with criminals, enhance contact with pro-social friends.	Most group-style cognitive programs don't help offenders build positive pro-social relationships. In fact, offenders spend more time with other anti-social individuals. The home study approach was designed to address this specific issue.	●
Pro-social personalities	Build problem-solving, self-imagining, anger awareness, and coping skills.	All ACCI's adult and juvenile life skills courses use cognitive restructuring to challenge faulty thinking errors, and allow the offender to see more clearly how their negative thoughts lead to criminal behavior. They also provide several cognitive skills designed to help offenders make permanent behavioral changes.	●
Family and marital relationships	Reduce conflict, build positive relationships and communication.	The program requires offenders to go through the cognitive life skills curriculum with a "coach" from their immediate circle of influence. This helps to build positive pro-social relationships and opens up healthy lines of communication.	●
Substance abuse	Reduce usage, reduce the supports for abusive behavior, enhance awareness.	The curriculum focuses on the deep underlying reasons for abuse, and not so much the symptoms. It takes a cognitive, mind-body approach that becomes the first step to sobriety. It uses well-written vicarious stories as an emotional delivery system.	●
Employment	Provide employment-seeking and-keeping skills and enhance performance.	The cognitive employment course directly addresses job-seeking skills. It increases self-worth and addresses common thinking errors that often keep people from pursuing employment or better paying jobs.	●
Education	Increase performance rewards and satisfaction.	The self-directed curriculum was not designed for academic learning. It does, however, give self-confidence and empowerment which helps offenders preform well in an academic setting.	●

● = DEFINITELY ● = SOMEWHAT

RESULTS

ACCI PROGRAM RESEARCH AND OUTCOMES

Evidence-based programs have to pass all of their trials. They must be able to operate consistently and effectively with all socioeconomic peoples and genders in all places and circumstances. The following evidence-based studies/reports were completed with the help of each agency, and focuses on completion and recidivism rates. For more detailed information, visit us online: www.accilifeskills.com.

AGENCY	TOTAL REFERRED	COMPLETION RATES	RECIDIVISM RATES
U.S. Probation	1,137	80%	18%
AZ Justice Courts	1,336	92%	13%
Texas CSCD	806	81%	12%
Arizona Parole	2,859	70%	10%
Oklahoma AP & P	747	86%	5%
San Diego County	60	88%	8%
Box Elder Justice Court	487	92.2%	57% drop in substance abuse cases
North Dakota U. S. Probation	346 total 101 experiment 245 control	88%	16 significant (.05) behavioral outcomes between control and experiment groups
Ohio Misdemeanor Probation	383	75%	5%

More scientific research needs to be conducted to establish a cause and effect relationship between ACCI's Lifeskills Link (self-directed) Program and recidivism reduction. However, these studies and reports clearly indicate that ACCI's Lifeskills Link Program has very low attrition and recidivism rates. All of ACCI's cognitive lifeskills courses not only address the behavioral or surface level symptoms, but spend most of their time challenging self-defeating thoughts and, at the same time, building confidence.

EVALUATIONS

Female, age 39
ROBERT ELLSWORTH
CORRECTIONAL FACILITY, WI
Anger Management

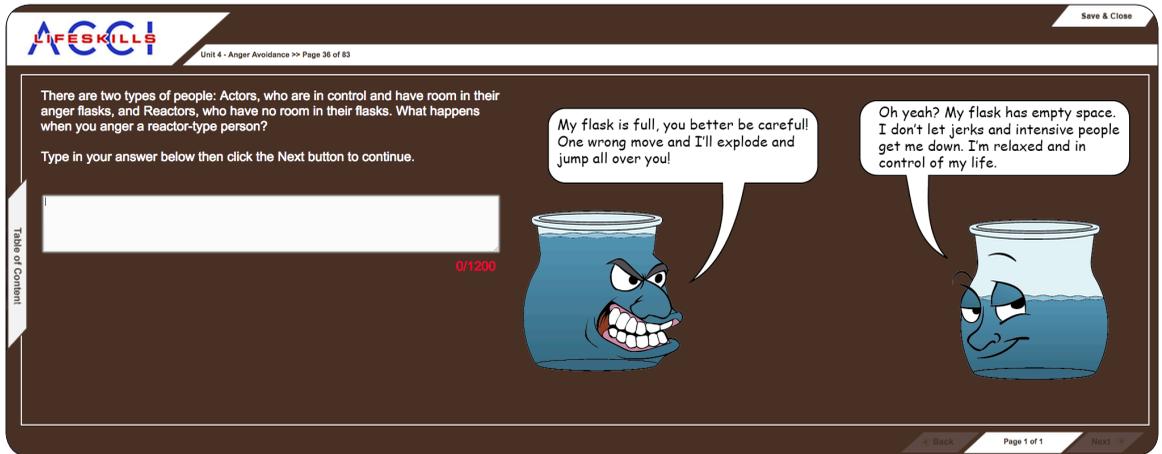
"I like this workbook because it helped me to understand the anger issues i have and thought that I had put behind me. It also gave me the tools to help deal with future anger issues that the anger management class didn't teach me, my favorite part is the "self-awareness". I feel good about going into my future I am going to make better choices."

Male, age 22
INDIANA STATE PRISON, IN
Anger Management

"The work book helped me a lot I was blaming others for my problems when I should have been looking in the mirror."

SAMPLE CURRICULUM

FROM “ANGER MANAGEMENT” eLEARNING COURSE:



The screenshot shows an e-learning interface with a dark brown background. At the top left is the 'LIFE SKILLS' logo. Below it, the text reads 'Unit 4 - Anger Avoidance >> Page 36 of 83'. In the top right corner, there is a 'Save & Close' button. The main content area contains a text block: 'There are two types of people: Actors, who are in control and have room in their anger flasks, and Reactors, who have no room in their flasks. What happens when you anger a reactor-type person?' Below this is a text input field with a '0/1200' character count. To the right of the input field are two cartoon characters representing 'Actors' and 'Reactors'. The 'Actor' flask is full and angry, saying: 'My flask is full, you better be careful! One wrong move and I'll explode and jump all over you!' The 'Reactor' flask is partially full and calm, saying: 'Oh yeah? My flask has empty space. I don't let jerks and intensive people get me down. I'm relaxed and in control of my life.' At the bottom of the interface, there are navigation buttons: 'Back', 'Page 1 of 1', and 'Next'.

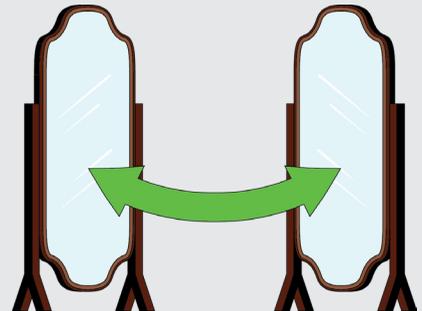
FROM “OFFENDER CORRECTIONS” WORKBOOK:

LIFE IS A MIRROR

As a general statement, people treat others as they are. If a person is dishonest, lies a lot, is untrustworthy, that is how others respond to him. If a person is being treated badly by his/her family or acquaintances, then most likely, that individual is the problem. Negative people get mad at the way others (the system) treat them. They deny that they themselves are the problem. Blaming others is many times easier than taking responsibility.

28. Mark “T” for true or “F” for false.

- If people don't trust me, it is because I am untrustworthy.
- If people don't believe me, it is because I lie.
- If people don't respect me, it is because I don't keep my word.
- If people don't like me, it is because I do unlikable things.
- If people are afraid of me, it is because I act mean toward them.
- If people don't want to be my friend, it is because I act unfriendly.
- If I am mean to others, they will always be nice to me.



You can't fake who you are. Life is a mirror. You will get back what you put out, whether you like it or not. People will treat you as you are. If you are currently having problems with the way your friends and family are treating you, you may be the problem. What you do speaks many times louder than what you say.

PROGRAM OPTIONS

FIND THE RIGHT OPTION FOR YOUR FACILITY

CORRESPONDENCE

This option is at no cost to your facility and is an excellent resource to offer the inmate population. We recommend using appropriate incentives for those who successfully complete a course. This option contains a peer component, the inmate can choose another inmate that they trust in completing a course. We can offer staff login access to monitor inmate participation from your facility.

PURCHASE COURSES

Any quantity of individual courses can be purchased at \$20.00 per course. This option is ideal for specific programming needs for specific inmate populations. Group facilitator guides and other programming guides are also available.

COMMISARY

Giving inmates the option to purchase a correspondence course through the commissary makes a lot of sense. ACCI has worked closely with several commissary providers to ensure a smooth process. Prices are determined in collaboration with each commissary provider.

LICENSE TO REPRINT

Facilities can select any 5 of ACCI's courses to include in their annual license for \$3,000.00. Your facility will receive a jump drive with the courses that have been included in your license as well as ACCI's complete training kit and any required facilitator guides. Most facilities are able to fit this cost of \$1.50 per head / per year into their budgets.

GROUPS & HYBRID

ACCI also offers group oriented courses with corresponding facilitator guides. The hybrid approach combines group classes with the selfdirected learning. There are several options to accommodate different schedules and the amount time available for inmate programming.

STAFF TRAINING

ACC is ready to assist correctional staff to get the most out of ACCI's cognitive change programs or simply assist staff in becoming effective and safe change agents. ACCI is partnered with the Arbinger Institute, an international peace building organization that helps others make a fundamental change in their way of being, going from seeing others as objects to seeing others as people.



eLEARNING

ACCI has embraced eLearning! We have converted our evidence-based curriculum in an interactive eLearning experience. eLearning courses can be delivered to a tablet via a secure kiosk, or on off line computer labs, as well as computers with secure internet access.

Our eLearning Courses are currently available on these inmate tablets:

- GTL
- Telmate
- Edovo

TRAINING OPTIONS

FROM ACCI LIFESKILLS

Free Webinar Training

This training quickly and effectively equips community correction professionals with tools and resources that they can begin using immediately. Officers can participate from their individual computers, making this a convenient training option. The training includes an overview of our web based referral system – www.lifeskillslink.com – and will also highlight ACCI's cognitive change model and curriculum.

Free Onsite Training

This training is identical to the webinar training with the key difference of having an ACCI representative in person to conduct the training at your location.

Arbinger® Training

ACCI is an authorized provider of Arbinger® Training. Arbinger is an international peace building organization that provides a powerful language and model which helps individuals and agencies learn how to overcome self-deception and take deep responsibility for their influence on clients and coworkers. It also helps them become more accountable for helping their department achieve the right results.

Arbinger® Training is focused on helping participants make a change in their 'Way of Being', which determines how they see others. This model suggests that there are two fundamental ways to see others; we can either see people as people (responsive 'Way of Being') or we can see people as objects (resistant 'Way of Being'). Success and safety are functions of one's 'Way of Being.' In other words, the most correct outward behavior is undercut and minimized by a resistant way of being.

ARBINGER TRAINING OPTIONS INCLUDE:

Developing an Outward Mindset (8 hours):

This workshop prompts a shift to an outward mindset and equips participants with the tools to build self-awareness and accountability.

Developing an Implementing an Outward Mindset (2 day):

This training option assists participants to improve their mindset and develop their influence and collaboration capabilities

ACCI plus Arbinger® Training

This training combines both the onsite Lifeskills Link training with the Arbinger training.

Contact us to discuss custom training options.

THE INFORMED DECISION

EVIDENCE-BASED RESOURCES

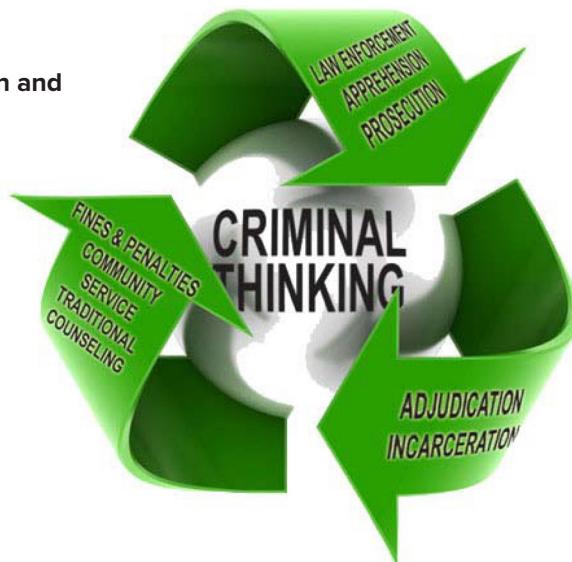
Through each of our program options in conjunction with our cognitive-behavioral life skills courses we can equip the staff at your facility involved with re-entry with a user-friendly platform for intervention. Utilizing our courses helps to foster a culture that is focused on helping inmates address their criminogenic and emotional hierarchy of needs as opposed to a facility that breeds resistance through traditional punitive strategies. Our unique self-directed learning model empowers inmates to identify their own pro-social values, attitudes and beliefs and prepares them to better face the challenges that are waiting for them upon their release. This approach is ideal for many facilities that have limited staff, space and budget as most of the self-directed learning program is being ran by the inmate. For those facilities that have robust resources and qualified social workers and mental health professionals, our programs become an excellent resource for them to engage and facilitate inmates in the process of overcoming self-defeating thoughts and behaviors.

CORE BENEFITS

- ✓ **Reduce Incidents**
- ✓ **Reduce correctional staff turn over**
- ✓ **Facilitate successful re-entry outcomes**
- ✓ **Influence a correctional culture of learnign and self-discovery**
- ✓ **Reduce Recidivism Rates**
- ✓ **Provide evidence-based resources to correctional staff**

Other ACCI Programs:

-  Juvenile Self-directed
-  Self-Directed In-House
-  Education Lifeskills
-  Lifeskills Link
-  Affiliate Opportunities
-  Group Facilitation
-  Arbinger® Training



Sometimes **Recycling** is **NOT** a good idea.



info@correctionslifeskills.com
www.correctionslifeskills.com
800.316.0246