

Cognitive Lifeskills Programs for Community Corrections

Self-Directed Learning Courses



lifeskillslinkTM
making connections



lifeskillslink.com



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Dear Courts and Community Correction Agencies:

ACCI (American Community Correction Institute) is an international provider of evidence-based, cognitive restructuring lifeskills courses and programs. Our focus is on helping individuals in the justice system overcome self-defeating thoughts and behaviors. **If we never change negative thinking, we will never change negative behaviors.** ACCI's Self-Directed Learning Program has been proven to meet several criminogenic needs without increasing budgets. ACCI's curriculum is designed for people from all walks of life, and can be adapted to work well with most risk levels.

The hallmark of evidence-based curriculum is its effectiveness regardless of where or when it is used. In a recent research article that was published in APPA's Perspectives Journal (The Efficacy of Self-Directed CBT Programming), it was reported that ACCI had 10 outcome reports and 1 scientific experiment that together averaged an **80% completion rate and 10% recidivism rate**. Each number in the data set represents a person who is changing their life for the better. Wherever our Lifeskills program is tested, the results speak for themselves.

We offer this user-friendly resource to your agency. This is a great alternative to incarceration or other sanctions that have not been successful with your clients in the past. This program is a low-cost, front-line resource that focuses on the root causes of negative behavior, not just the symptoms. There are 17 different adult cognitive life skills courses (several courses are available in Spanish) that cover a wide range of offenses.

To begin using the program, it takes about two minutes for a court or community corrections officer to create a free lifeskillslink.com account. This is an excellent resource for courts and officers that will equip them with a viable cognitive program that is proven to get the client to complete the program and learn to implement essential cognitive lifeskills. Thousands of courts and community corrections officers are currently benefiting from the user-friendly web-based referral system and getting more done with less!

Visit lifeskillslink.com to learn more and create your account.

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

Sincerely yours,

A handwritten signature in black ink that reads "Trevor Lloyd". The signature is written in a cursive, flowing style.

ACCI President & CEO, Trevor Lloyd

*For full report, see correctionslifeskills.com/published-outcomes

Overview

WHAT WE OFFER



Self-Directed Learning

Cognitive change is an inside-out job



17 Adult, 8 Juvenile, and 25 Prevention Courses

Available in hard copy or eLearning



Evidence-Based

Addressing criminogenic needs



Lifeskills Link

Referral system for justice-involved professionals



Change Agent Resources

Influence clients for positive cognitive change



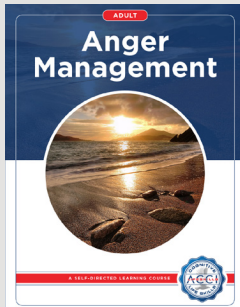
Education Lifeskills

Youth prevention courses for students, available in hard copy or eLearning

Adult Self-Directed Courses

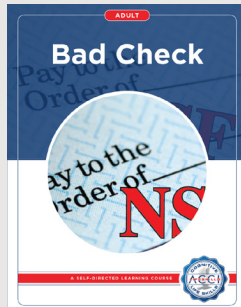
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Anger Management

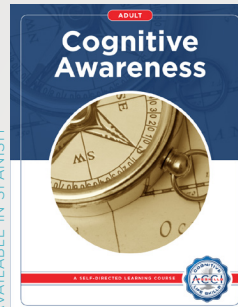
Those who anger you, control you.



Bad Check

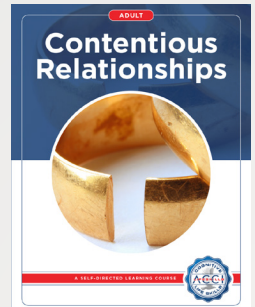
What goes around, comes around.

AVAILABLE IN SPANISH



Cognitive Awareness

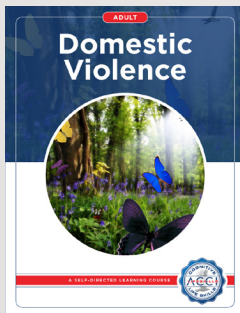
You can go no further in life than what you think of yourself.



Contentious Relationship

Avoid the ring of fire.

AVAILABLE IN SPANISH



Domestic Violence

What you do to others, you do to yourself.



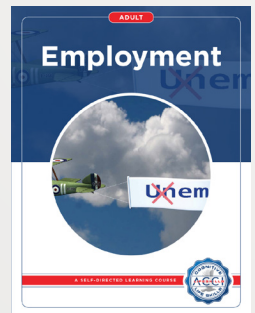
Driver Responsibility

A person's values and attitudes are reflected in their driving.



DUI

Think before you drink.



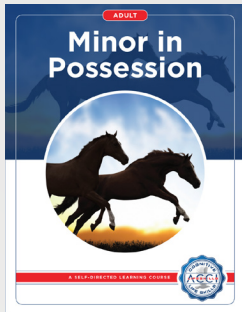
Employment

Positive Thinking Skills lead to employment skills.



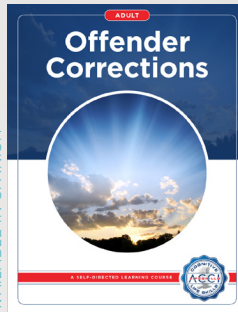
Marijuana Awareness

Developing awareness results in better decisions.



Minor in Possession

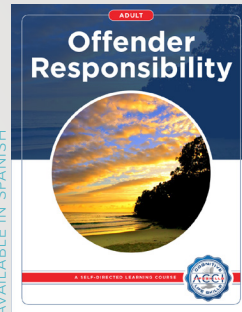
Avoid Mr. Grooge.



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Offender Corrections

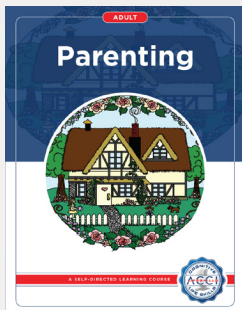
Overcoming self-defeating thoughts and behaviors.



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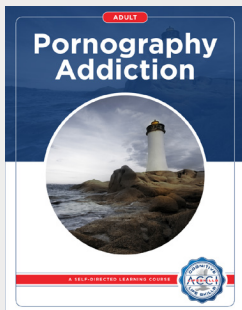
Offender Responsibility

If you are not responsible, then who is?



Parenting

Breaking dysfunctional family generational cycles.



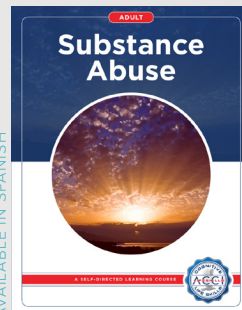
Pornography Addiction

Breaking the cycling of addiction.



Sex Offender

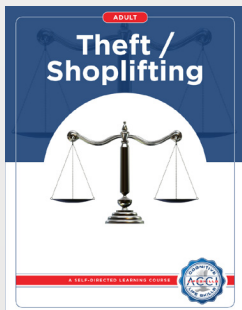
Cognitive thinking skills for healing and responsibility.



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Substance Abuse

Avoid captivity.

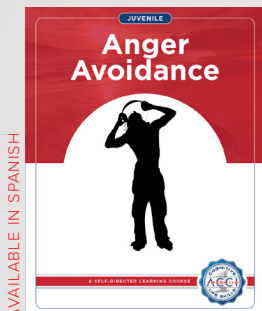


Theft / Shoplifting

Pro-social values for anti-social thinking.

Youth Self-Directed Courses

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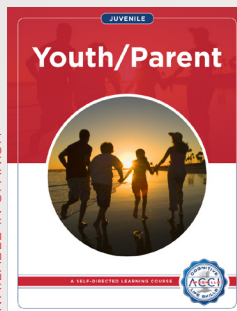
Anger Avoidance

You can't manage anger.



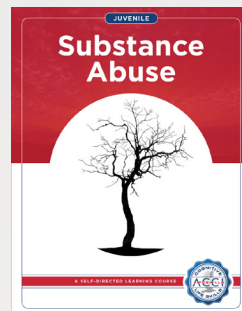
Self Awareness

Self-awareness is the first step to change.



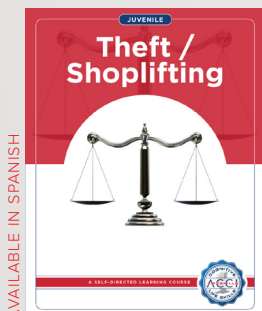
Youth/Parent

Providing parents with a platform for critical conversations.



Substance Abuse

Avoid the drug monster.



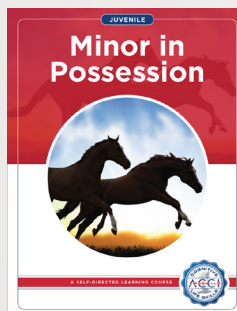
Theft/ Shoplifting

Challenge the faulty thinking errors and self-defeating behaviors associated with theft.



Driver Responsibility

Seconds from disaster.



Minor in Possession

Challenging the faulty thinking processes that precede a minor possessing and using illegal substances.

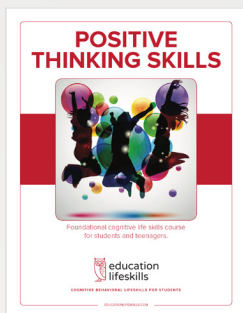


Marijuana Awareness

Developing awareness results in better decisions.

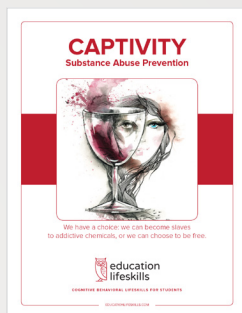
Youth Prevention / Early Intervention

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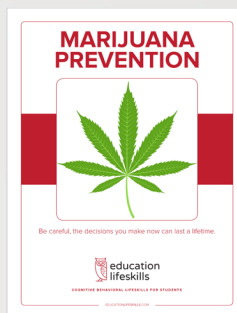
Positive Thinking Skills

Foundational cognitive lifeskills course for students and teenagers.



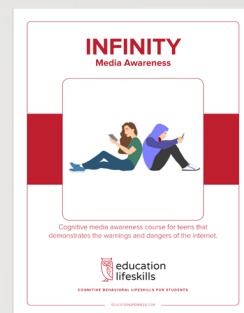
Captivity: Substance Abuse Prevention

We have a choice: we can become slaves to addictive chemicals, or we can choose to be free.



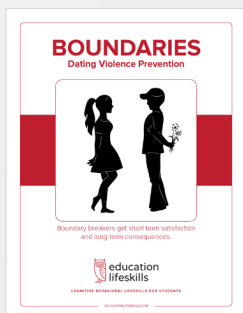
Marijuana Prevention

The consequences of our lives are made up of many small choices.



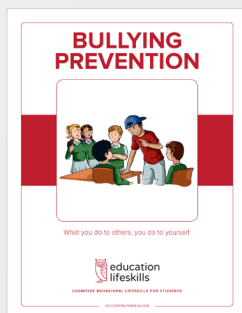
Infinity Media Awareness

Course for teens that demonstrates the warnings and dangers of the internet.



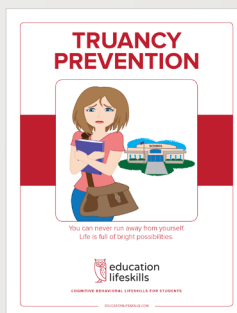
Boundaries: Dating Violence Prevention

Boundary breakers get short-term satisfaction and long-term consequences.



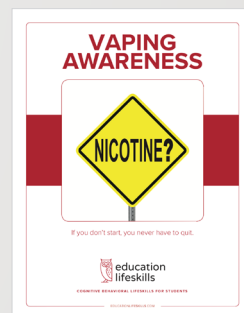
Bullying Prevention

What you do to others, you do to yourself.



Truancy Prevention

You can never run away from yourself. Life is full of bright possibilities.



Vaping Awareness

If you never start, you will never have to quit.

Criminogenic Needs

➔ RISK FACTORS CORRELATED WITH NEGATIVE BEHAVIOR

NEED	GOAL	ACCI'S SOLUTION	LEVEL
Pro-social values, attitudes, behaviors	Introduce pro-social values, attitudes, and behaviors. Help people by providing alternative pro-social thinking skills.	To achieve this goal, ACCI integrates “values clarification” into its curriculum. It uses the cognitive domain, narratives, and cognitive dissonance to challenge 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 those who have committed crimes, enhance contact with pro-social friends	Our home study approach encourages those who take our courses to seek out a pro-social ‘coach’ thereby encouraging pro-social contact in their personal circle.	●
Pro-social personalities	Build problem-solving, self-imagining, anger awareness, and coping skills.	ACCI Lifeskills courses use cognitive restructuring to challenge faulty thinking and allow people to see how their negative thoughts lead to negative behavior. Courses also provide cognitive skills designed to help people make permanent behavioral changes.	●
Family and marital relationships	Reduce conflict, build positive relationships and communication.	The program requires people to go through the cognitive lifeskills 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 people preform well in an academic setting.	●

Results

→ ACCI LIFESKILLS LINK PROGRAM RESEARCH & 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 in the case of the US Probation Research in North Dakota, the **University of North Dakota** ran the research. For more detailed information, visit us online at www.correctionslifeskills.com or see our Research Article in APPA's Perspectives Journal Volume 44 #1.

AGENCY	TOTAL REFERRED	COMPLETION RATES	RECIDIVISM RATES
US 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 also spend most of the time challenging self-defeating thoughts while simultaneously building confidence.

EVALUATIONS

Male, age 49
Tempe, AZ
Driver Responsibility

"At first I thought it was something I could just breeze through, but once I got into the program, I started to understand that I needed to make changes. I wanted to make changes and now have the structure and foundation to take the steps. I'm really happy to be involved in this program."

Male, age 39
Midland, OH
Anger Management

"I am glad I had the chance to go over this material. It taught me a lot about us humans and why we are the way we are and do the things we do. I will be a better person and employee after this booklet."

WEB-BASED REFERRAL SYSTEM

Lifeskills Link is a free, secure, automated system of client accountability, collaboration and, intervention for justice system agencies. It takes two minutes to enroll a client.

Here's what you can expect:



User-Friendly System



Mobile-Friendly System



Email Reminders



Text Notifications



Course Comments



Smart Dashboard



API



Coaching



Analytics



Single-Sign On



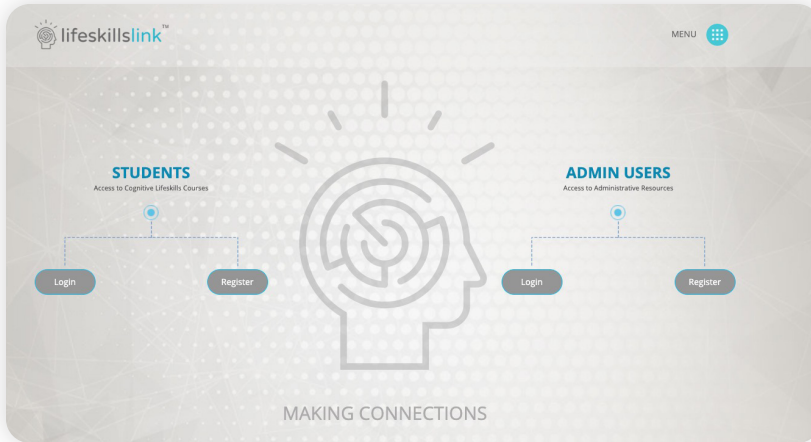
Autosave

A Crime-Detering Combination

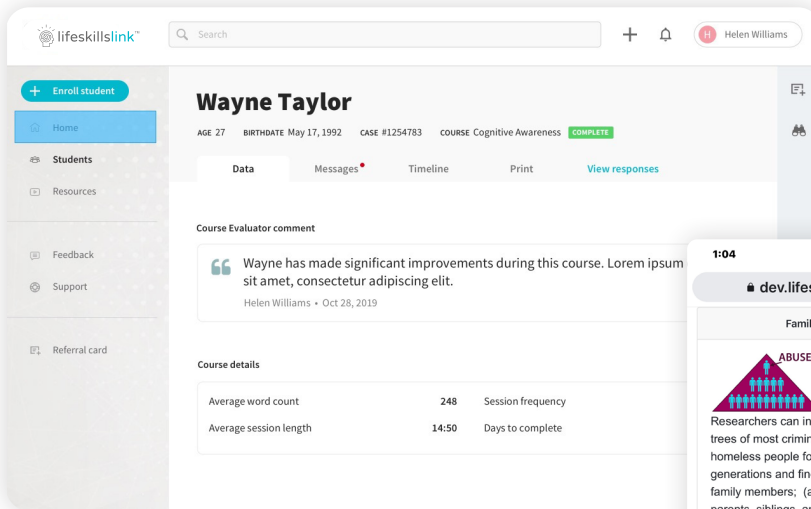
1. Lifeskillslink.com
2. Evidence-based cognitive curriculum
3. Meeting criminogenic needs
4. Self-Directed formats
5. Assisting users in becoming more change-agent oriented

This combination has proven to be a powerful deterrent against crime. ACCI leads the nation with a consistent 20% to 30% reduction in recidivism rates regardless of how, where, or what socio-economic peoples are referred. This has had a positive result in compliance, responsibility, and willingness to complete other court sanctions, fines, and penalties.

Create your account today by visiting lifeskillslink.com and enjoy access to a viable evidence-based program that helps you do more with less and **really make a difference** in the lives of those you refer.



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



Once you log in, it is easy to enroll a student, track their progress, run reports, access our support content, and view personalized data.

EVALUATIONS

Coach/Wife, age 46
Oklahoma

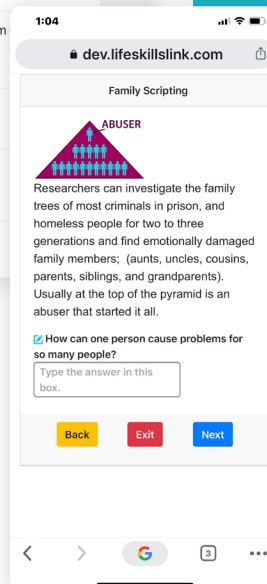
Substance Abuse

"Very good workbook! My husband and I opened up on a lot of issues. This workbook helped us talk and understand the things we were feeling and experiencing. It was hard, but made us face issues in our life we were just passing by and pushing down."

Female, age 24
Leeds, UT

Theft/ Shoplifting

"I really liked the part about how people don't make mistakes, but they make choices when they do things. I always used to say, 'Sorry, I made a mistake' when I messed up, but now I realize it was a choice."



And it all works just as easily on your mobile device!

Available in the App Store and Google Play Store



Electronic Monitoring + CBT Programming

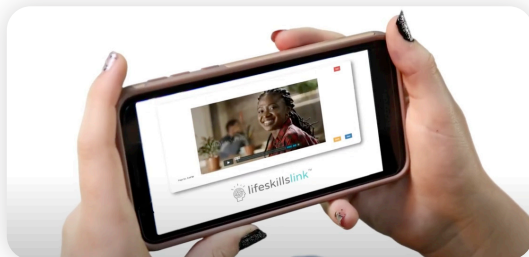
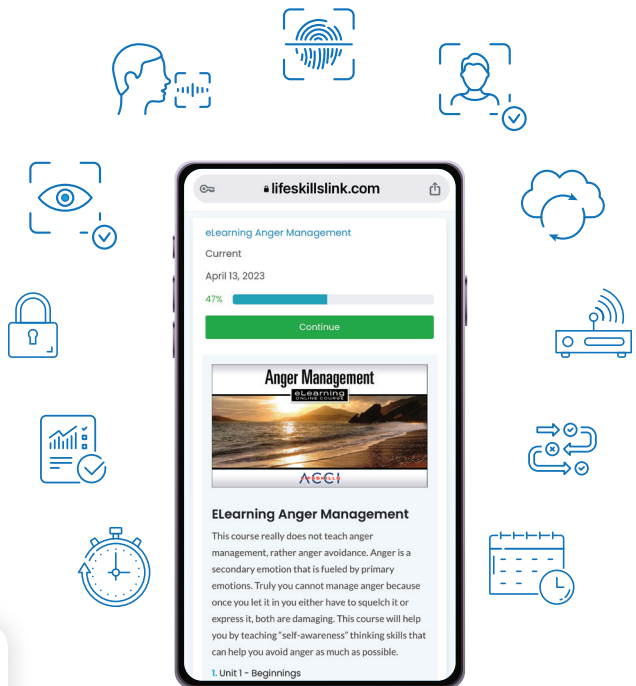
A holistic approach to community corrections

In partnership with leading electronic monitoring (EM) manufacturers, ACCI is excited to provide a more holistic, integrated solution to community supervision. Combining the best of electronic monitoring with cognitive behavioral programming on a single smart device will simplify work flows for community correction professionals and increase accessibility, participation and accountability for justice-involved individuals.

EM + CBT outcomes

Integrating the Lifeskills Link LMS (Learning Management System) securely with existing EM smartphones drives better outcomes through:

- ▶ removing program and compliance barriers
- ▶ increasing accessibility and accountability
- ▶ allowing individuals to submit information and schedules electronically
- ▶ LMS provides key insights into participant Values, Attitudes, and Beliefs
- ▶ easily enroll clients into cognitive behavioral programming
- ▶ single sign on (SSO) integration between LMS and existing case management systems
- ▶ providing biometric identity verification
- ▶ smart device monitoring including text messaging, video conferencing
- ▶ providing continuous location tracking and two-way calling



Combining electronic monitoring with ACCI's evidence-based CBT curriculum, the **EM + CBT** approach provides an unparalleled resource and supports for justice-involved individuals.

Program Options

ACCI has several options to make available to individuals with either misdemeanor or felony charges.

Self Pay (adult courses \$95, juvenile courses \$75)

In this option, the Admin User (probation or parole officer) submits referrals to ACCI via their Lifeskills Link account, and the referred person pays for their course. ACCI has up to 25 unique points of contact with each referred person which are designed to achieve high completion rates. All points of contact are published within each officer's account, which allows ACCI to be a fully transparent provider. In addition to monitoring the program and providing customer service to the officers, ACCI also grades and certifies each completed course and provides information-rich reports back to each referring officer, and sends a completion certificate to the referred person.

Agency Pay (Adult \$95.00 per referral; Juvenile \$75.00 per referral)

This option is virtually the same as client pay, except that ACCI will bill, monthly, the referring agency for all the Agency Pay referrals submitted for the prior month. This referral option is ideal for use with a smaller number of select cases.

Agency Pay Block (Adult \$85.00 per referral; Juvenile \$65.00 per referral)

This option is extended to agencies who purchase at least 100 enrollments per purchase. ACCI provides all of the same effort and points of contact with each referral. The agency can develop a customized sliding fee scale, or provide the program at no cost. ACCI provides the agency with an ongoing report of how many courses have been used.

Self-Directed In-house Program (Adult and Juvenile \$25.00 per course)

This is our most affordable program option for agencies. In this program option, ACCI does not receive any referrals. The agency is set up to operate the program independently from ACCI. For agencies who utilize this option, ACCI also provides Super Admin accounts for a more customized access to lifeskillslink.com. Using Lifeskillslink.com is essential to maintaining high degrees of program fidelity. There is a \$50.00 monthly cost for using a customized version of lifeskillslink.com, which covers tech support, web hosting, email hosting, and all related text messaging costs. Initial training and support is available at no cost to staff who would be responsible for operating the administrative functions for this option. There are many types of customizations that ACCI can recommend to help tailor the program to best fit the needs. While the cost of this program is much lower, the required man power increases for the agency.

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, 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.

Restorative Practices Professional Development Workshops

In addition to Lifeskills Link program training, ACCI also offers Professional Development training workshops designed to give staff members a comprehensive understanding of Restorative Practices, and how these principles can enhance the work we do in the justice system.

Restorative Practices Professional Development Training:

Rooted in Restorative Practices (4 hours)

This workshop focuses on the relational model and mindset that needs to be built and the philosophical underpinnings that accompany a successful Restorative Practice Framework. Rationale for implementation will be discussed along with the interpersonal skills that need to be cultivated in each staff member.

Growing in Restorative Culture (4 hours)

This workshop focuses on growing the Restorative culture of the workplace at large. We will dive into broadening and deepening the understanding of each staff member and their impact on the justice culture at large as it relates to their personal interactions, pervasive mindsets, and use of Restorative Tools.

Sustaining Restorative Capacity (4 hours)

This workshop guides staff members through skills to decrease burnout and allow cultivation of deeper compassion for themselves. Participants will be given psychoeducation on the impact of trauma on the brain and nervous system, how to track your inner experience in the office and with justice-involved individuals, and how to skillfully guide yourself to your resiliency zone. This workshop includes lecture, discussion, and most importantly, the opportunity to practice skills that will lead professionals beyond resiliency and into growth.

Contact us to discuss custom training options.

Who We Serve

→ USING LIFESKILLS LINK SELF-DIRECTED PROGRAM

Each referring officer or judge is expected to make an informed decision regarding when, where, and with whom to use this program. The Lifeskills Link Self-Directed Program is flexible and can be applied to a wide range of negative thinking and behavior. However, it is essential that the referring agency assists the referred client to see how the assigned course relates to his/her specific situation. Part of evidence-based practices is the responsivity principle, which requires the referring justice system professional to conduct a risk assessment and take into consideration a variety of other individual factors when determining the best-fit program for the individual. Each referral usually comes in under one of the following categories:

LEAST COSTLY, LEAST INTRUSIVE

GRADUATED SANCTIONS

EVIDENCE-BASED BEST-PRACTICES

DIVERSION

SATISFY COURT REQUIREMENTS

BUDGETING

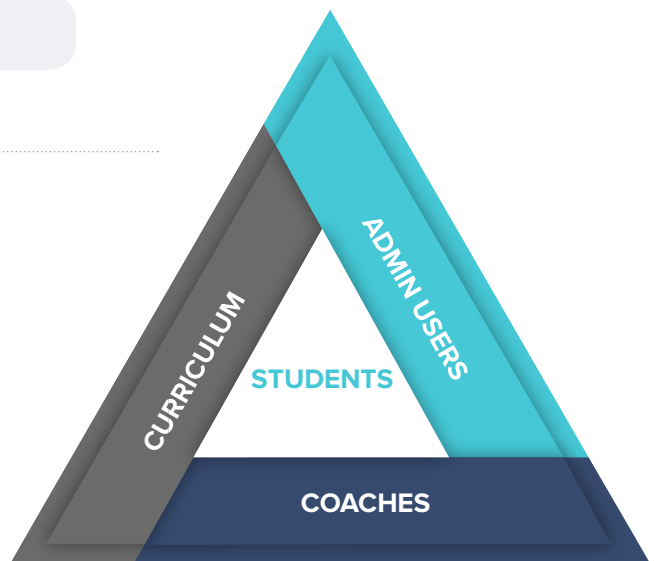
ADDRESSING CRIMINOGENIC NEEDS

RISK REDUCTION / EARLY TERMINATION

REACH RURAL AREAS

Other ACCI Programs:

- Juvenile Self-Directed
- Self-Directed In-House
- Correctional Facility
- Education Lifeskills
- Affiliate Opportunities
- Group Facilitation
- Professional Development Training





**ACCI'S SELF-DIRECTED CBT PROGRAMMING
HELPS INDIVIDUALS OVERCOME SELF-DEFEATING
THOUGHTS AND BEHAVIORS.**

lifeskillslink.com

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