

# Cognitive Lifeskills Programs for Community Corrections

**Self-Directed Learning Courses**



**lifeskillslink**<sup>TM</sup>  
making connections





(435) 896-0246 | Fax: (866) 550-9132  
info@lifeskillslink.com | lifeskillslink.com  
1675 N. Freedom Blvd. Ste. 5B, Provo UT 84604

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. 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 over 20 adult courses and over 40 juvenile courses that address a wide range of criminal offenses, risk factors, and criminogenic needs (several courses are available in Spanish).

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 CBT 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](https://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,

ACCI President & CEO, Trevor Lloyd

# Overview

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## WHAT WE OFFER



### **Self-Directed Learning**

Cognitive change is an inside-out job

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### **17 Adult, 8 Juvenile, and 25 Prevention Courses**

Available in hard copy or eLearning

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### **Evidence-Based**

Addressing criminogenic needs

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### **Lifeskills Link**

Driving cognitive-behavioral change with multiple collaboration and accountability tools

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### **Change Agent Resources**

Influence clients for positive cognitive change

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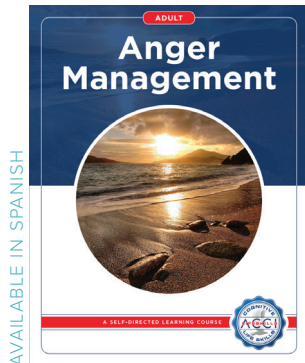


### **Education Lifeskills**

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

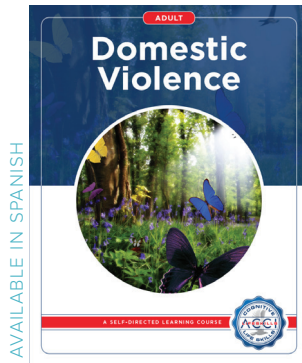
# Adult Self-Directed Courses

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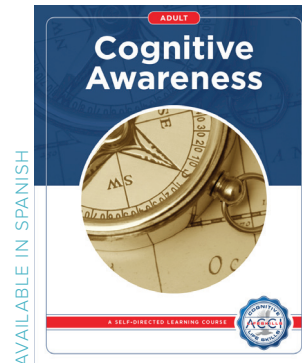
## Anger Management

Those who anger you, control you.



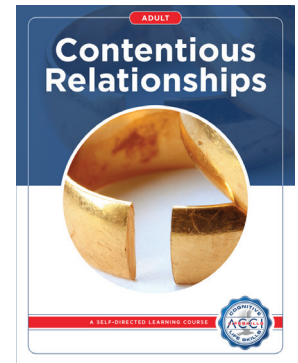
## Domestic Violence

What you do to others, you do to yourself.



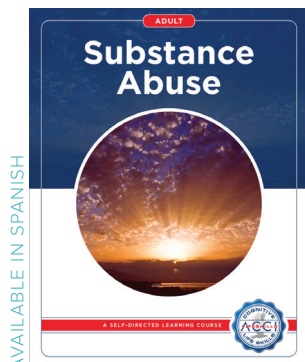
## Cognitive Awareness

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



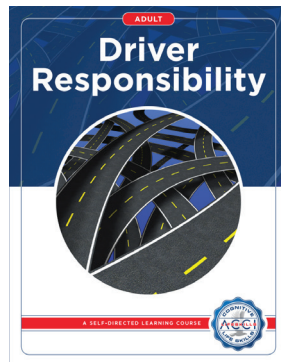
## Contentious Relationship

Avoid the ring of fire.



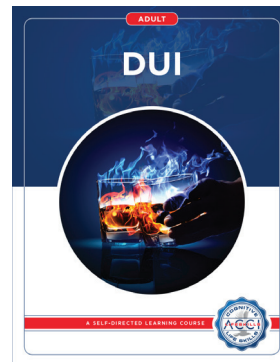
## Substance Abuse

Avoid captivity.



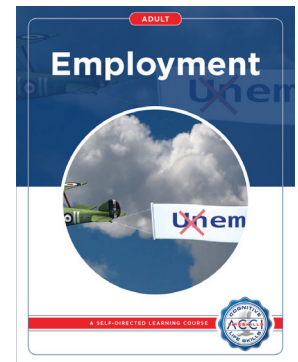
## Driver Responsibility

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



## DUI

Think before you drink.



## Employment

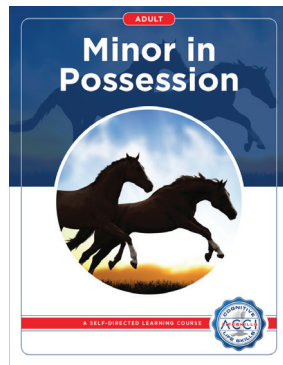
Positive Thinking Skills lead to employment skills.





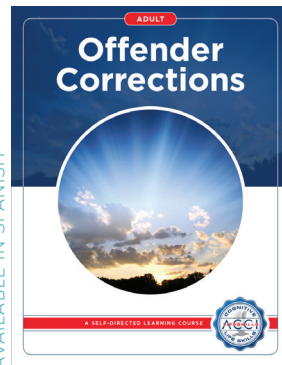
## Marijuana Awareness

Developing awareness results in better decisions.



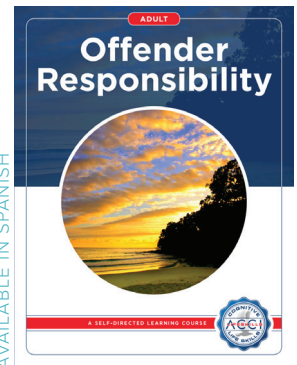
## Minor in Possession

Avoid Mr. Grooge.



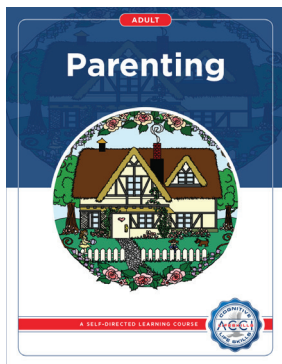
## Offender Corrections

Overcoming self-defeating thoughts and behaviors.



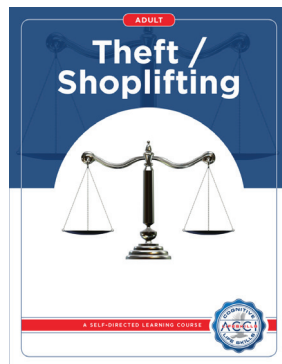
## Offender Responsibility

If you are not responsible, then who is?



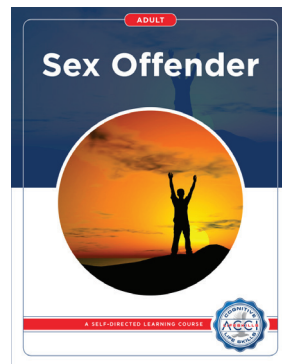
## Parenting

Breaking dysfunctional family generational cycles.



## Theft / Shoplifting

Pro-social values for anti-social thinking.

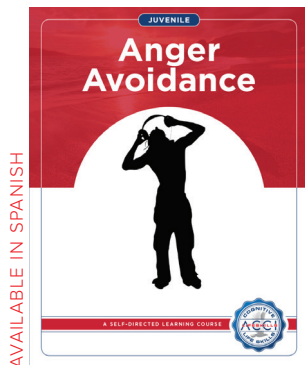


## Sex Offender

Cognitive thinking skills for healing and responsibility.

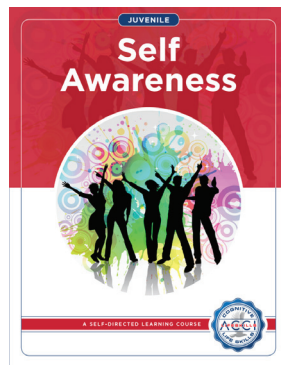
# Youth Self-Directed Courses

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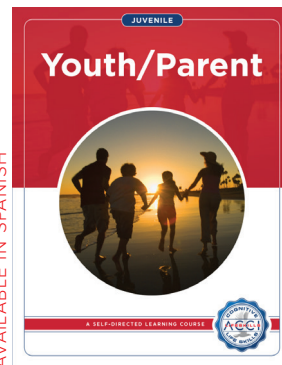
## Anger Avoidance

You can't manage anger.



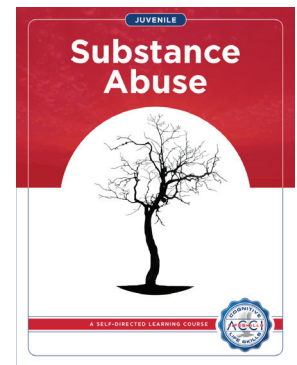
## Self Awareness

Self-awareness is the first step to change.



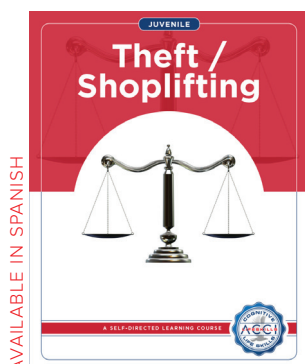
## Youth/Parent

Providing parents with a platform for critical conversations.



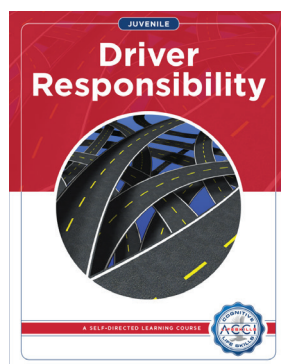
## Substance Abuse

Avoid the drug monster.



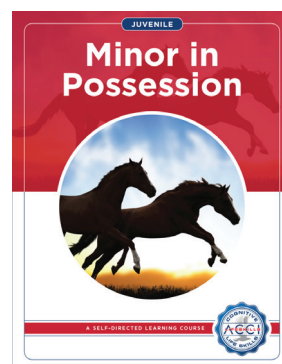
## Theft/ Shoplifting

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



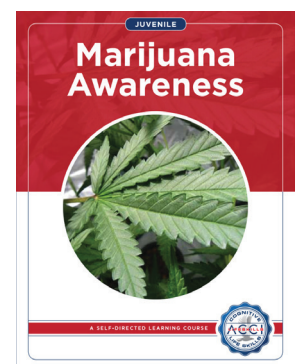
## Driver Responsibility

Seconds from disaster.



## Minor in Possession

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

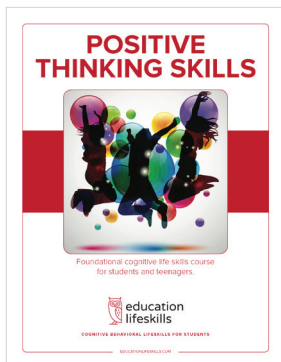


## Marijuana Awareness

Developing awareness results in better decisions.

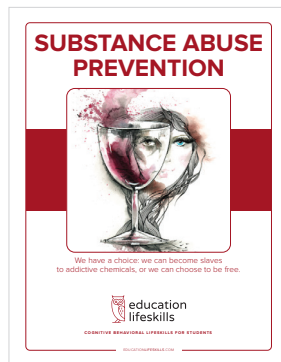
# Youth Prevention / Early Intervention

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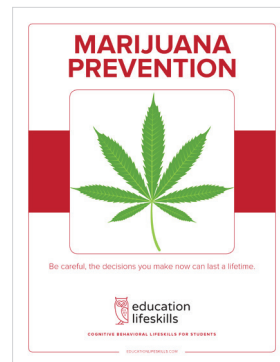
## Positive Thinking Skills

Foundational cognitive lifeskills course for students and teenagers.



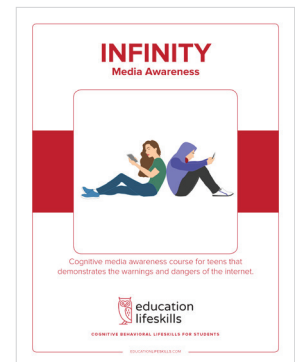
## Substance Abuse Prevention

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



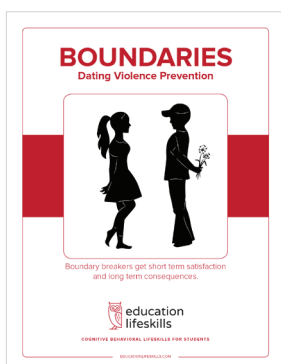
## Marijuana Prevention

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



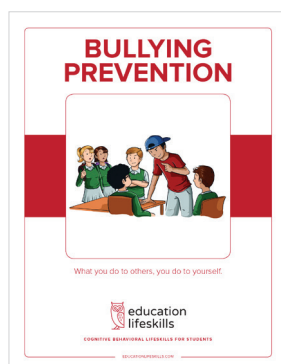
## Infinity Media Awareness

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



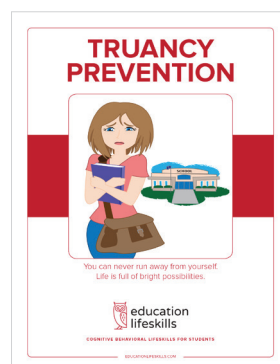
## Boundaries: Dating Violence Prevention

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



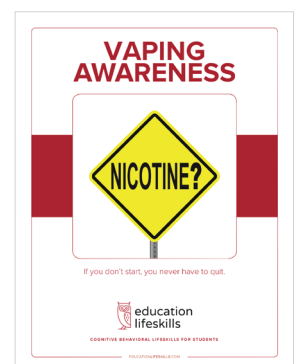
## Bullying Prevention

What you do to others, you do to yourself.



## Truancy Prevention

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

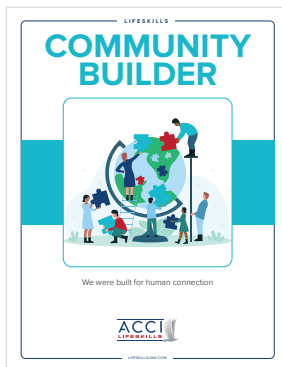


## Vaping Awareness

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

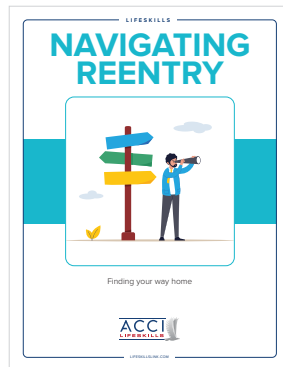
# Lifeskills Self-Directed Courses

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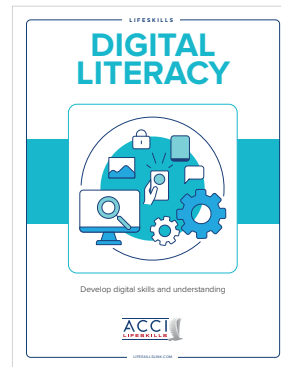
## Community Builder

We were built for human connection.



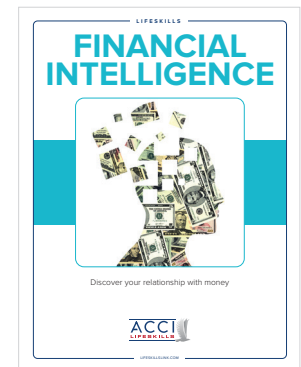
## Navigating Reentry

Finding your way home



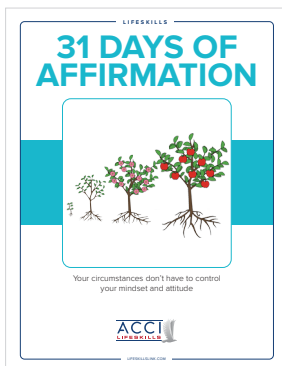
## Digital Literacy

Develop digital skills and understanding



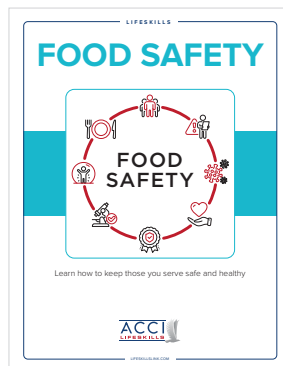
## Financial Intelligence

Discover your relationship with money



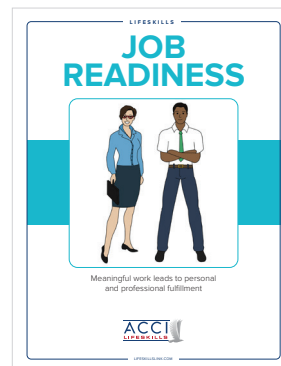
## 31 Days of Affirmation

Your circumstances don't have to control your mindset and attitude



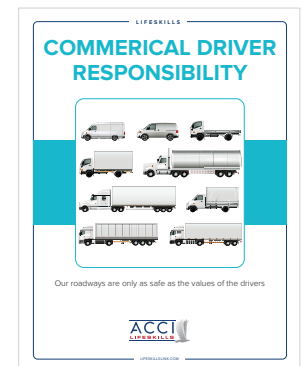
## Food Safety

Learn how to keep those you serve safe and healthy



## Job Readiness

Meaningful work leads to personal and professional fulfillment



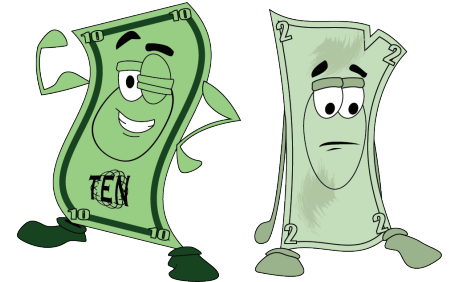
## Commercial Driver Responsibility

Our roadways are only as safe as the values of the drivers

# Truth Versus Untruth

## \$2.00 PEOPLE

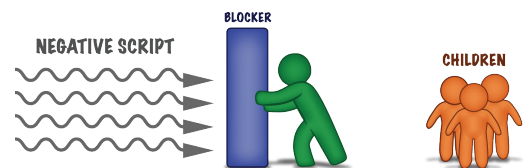
The Universal Law says everyone is a \$10.00 person. But some people have been programmed or scripted to believe they are \$2.00 people. Will this cause them problems in their lives? \_\_\_\_\_



1. **Debbie Johnson** grew up in an abusive home where she was physically and verbally abused. In her desperate need to find love and affection, she sought out \$2.00 men who also abused her. Why did **Debbie** seek out \$2.00 men?  
\_\_\_\_\_
2. There is a growing subgroup in our society of **emotionally damaged**, “\$2.00 thinking” people who go from one damaged person to another, desperately trying to fulfill their emotional needs. Do you know anyone like this? \_\_\_\_\_
3. The main difference between happy, **successful** people and unhappy, **unsuccessful** people is their thoughts; “\$2.00 thinking” people are just as good as “\$8.00 thinking” people, but don’t know it. **T or F?**
4. Do you know any “\$2.00 thinking” people? \_\_\_\_ How did they get this way? \_\_\_\_\_
5. Regardless of what happened to us as children, **we are responsible for our lives**. If we let others put us down, hurt our self-esteem, shame us, make us angry/lose control, or abuse us, it is our responsibility. No one can put us down unless we give them our permission. **T or F?**

## BLOCKERS

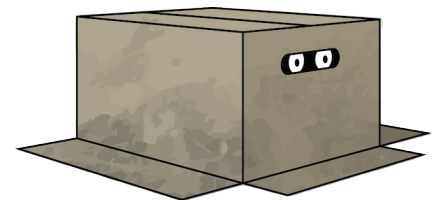
We can be blockers. Instead of transferring our negative scripts to our children and future generations, we have the power to rewrite our scripts and what we pass on. We can reduce the negative we have received. We can stand between the past and the future and rewrite the future.



6. If we don’t **block** the negative done to us, what will we pass on to the generations that follow? \_\_\_\_\_
7. How can you **block some of the wrong done to you so you don’t pass it on to others?** \_\_\_\_\_

## LIFE IN A BOX

People who live in the box don’t progress in life. They live in denial, and blame others for their problems. They recycle in a rut with the same old thinking errors and self-defeating behaviors. People who live outside the box have more happiness and freedom.



8. What is **life** like for people who **choose** to live in the box? \_\_\_\_\_

**THE PIT:** The prison doors of the mind that hold our negative thoughts are never locked; all we have to do is push on them and leave. Each new day offers us an opportunity to start over.

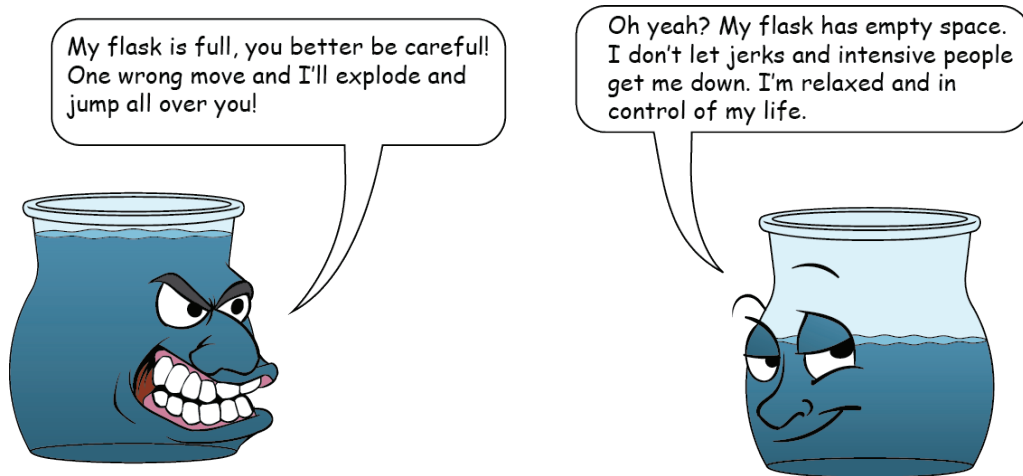
9. Why do people keep **digging** themselves deeper into the pit when all they have to do is **stop** and get out?  
\_\_\_\_\_



## THINGS TO CONSIDER

**Angry people** put themselves into a self-imposed prison. They rob themselves of **physical** and **mental** well being. Freedom only comes to the **degree** they avoid **anger**. Describe the **life** of a patient, forgiving person.

What happens to people with no **coping skills** who walk around with their **flask full**?



## RING OF FIRE

Stay out of other people's business. It is very tiring and non-productive. If you are always in other people's business, who is in your business, building your life? You can't force people to change; you can only influence them. So relax and stay out of the ring of fire.

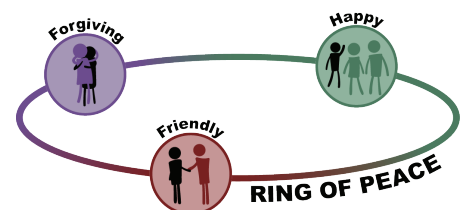
What is the "Ring of Fire"? It is a zone of hostility where "below 500" people, who are filled with contention, dwell with hate and anger. It is a personal ring of fire they create to invite you in and duke it out with you. They are miserable human beings who see you as an object to control and manipulate or even abuse.

So many silly people go from one person's ring of fire to another, getting sucked into their awful lives. Stay out by being an observer; stand off; don't become angry; walk away; remain cool and in control. Feel sorry for them as they become contorted, ugly, disturbed, and angry. Take a deep breath and be glad you are staying "above 500" and didn't descend into the swamp of despair with them. You have too many beautiful things to do with your life to waste your precious life sources on "below 500" people and their self-inflicted pain and problems.



12. Describe the **behavior** of people who live inside a **ring of fire**: \_\_\_\_\_
13. What is your **plan** to stay out of other people's **ring of fire**? \_\_\_\_\_

Opposite to the "Ring of Fire" is the "Ring of Peace." At its center are "above 500" people who are compassionate, caring, understanding, and non-judgmental. These people tend to see the positive in others and ignore their weaknesses. They are quick to forgive and don't hold grudges.



14. Describe the behavior of people who have a **ring of peace**: \_\_\_\_\_
15. Who do you know in your life that **offers peace**? \_\_\_\_\_

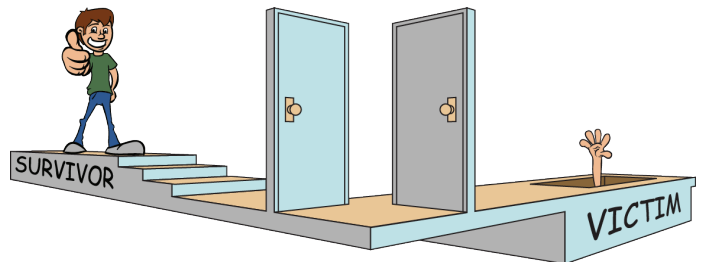


Victims	Survivors
Keep things bottled up inside and are ashamed to share or talk about their anger management problems.	Have sought anger management counseling and are willing to share (talk about) their problems, when appropriate.
Re victimize themselves repeatedly and keep paying the price for their lack of control.	Paid the price and overcame their anger issues and are no longer victims. They are moving on in life.
Don't move on with life, and their lack of self-control keeps them captive. They stay in the darkened room.	Have found the door out of the darkened room and have gone through the door into a brighter day.
Feel more anger in life; they don't like themselves. They don't make good partners because they are preoccupied with themselves and their anger issues.	Are able to be more sensitive and offer help. Helping others increases their self esteem. They are more relaxed and in control of their emotions.

### I can be a victim or a survivor; it's my choice. T or F?

11. What can happen when a person stops being a **victim** and chooses to be a **survivor**? \_\_\_\_\_

12. Are you presently a **victim**, held captive by your negative emotions? \_\_\_\_ If you are currently a **victim**, what can you do to not only become a **survivor** but also a **thrivor**? \_\_\_\_\_



13. Determine if the following statements describe a victim or survivor. Put a “**V**” for **victim** or an “**S**” for **survivor**.

- |  |  |
|--|--|
| _____ Bonded to others through hate                | _____ Is controlled by addictions          |
| _____ Is happy and optimistic                      | _____ Has more freedom in life             |
| _____ Stays in the swamp of despair                | _____ Will pass anger on to offspring      |
| _____ Wallows in self-pity                         | _____ Has a lot of emotional problems      |
| _____ Loses self-control easily                    | _____ Has goals and is moving on with life |
| _____ Cries and throws fits                        | _____ Goes outward, heals others           |
| _____ Refuses to talk about deep hurts or problems | _____ Feeling anger and/or hostility       |
| _____ Is more forgiving, less reactive             | _____ Is resistant and self deceived       |

## IT IS NOT YOU, IT IS YOUR PROGRAMMING

One of the important concepts in this course is for people who experienced negative childhood programming to separate themselves from it. Their programming is not who they are; they are not their bad memories.

14. People from abusive beginnings like **Jason** often have a lifetime of problems with anxiety, panic attacks, nervous habits, digestion problems, bad dreams and many other physical and emotional ailments. Why? \_\_\_\_\_
15. Why is it hard to convince people from homes like **Jason's** that a lot of their problems are a result of their bad programming and not of their own doing? \_\_\_\_\_

## PROBLEM SOLVING

Jason changed his life, his personal way of being. However, his cousin Curt didn't. Curt, like many of the Johnsons, was an angry, abusive substance abuser with a violent temper. Put a “**J**” for Jason or a “**C**” for Curt. Note: There can be more than one answer for some statements. (See page 6)

- |                                       |                                     |
|---------------------------------------|-------------------------------------|
| _____ Greatly improved his life       | _____ No goals, just same old thing |
| _____ Stabbed someone, went to prison | _____ Happy, excited about life     |

# Criminogenic Risk and Needs

## → RISK FACTORS CORRELATED WITH NEGATIVE BEHAVIOR

NEED	GOAL	ACCI'S SOLUTION	LEVEL
<b>Pro-social values, attitudes, behaviors</b>	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.	●
<b>Pro-social cognition</b>	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.	●
<b>Pro-social companions</b>	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.	●
<b>Pro-social personalities</b>	Build problem-solving, self-imaging, 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.	●
<b>Family and marital relationships</b>	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.	●
<b>Substance abuse</b>	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.	●
<b>Employment</b>	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.	●
<b>Education</b>	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 perform well in an academic setting.	●

● DEFINITELY ● SOMEWHAT

# 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](http://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%	<b>57% drop in substance abuse cases</b>
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%
TN PSI Report	814	94.3%	7.6%

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

Lifesskills 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



AI insights and summaries



API



Coaching



Analytics



Single-Sign On



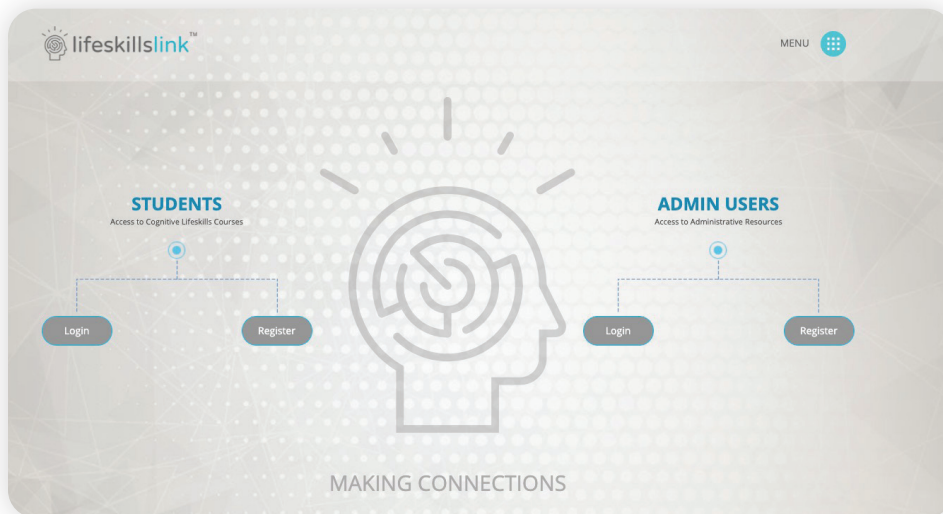
Autosave

### A Crime-Deterring Combination

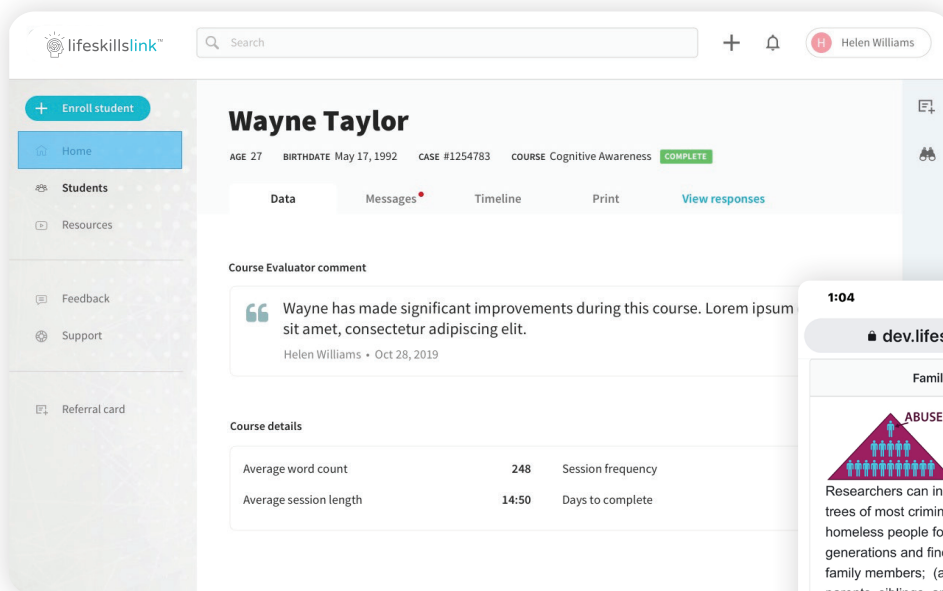
1. Lifesskillslink.com
2. Evidence-based cognitive curriculum
3. Meeting criminogenic needs
4. Self-Directed formats
5. Assisting users in becoming more change-agent oriented

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 [lifesskillslink.com](https://lifesskillslink.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

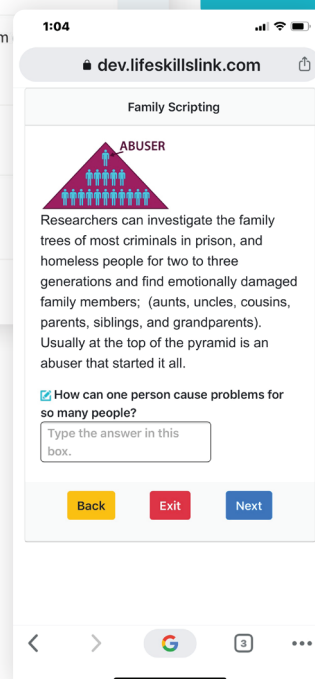
### Substance Abuse

*"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

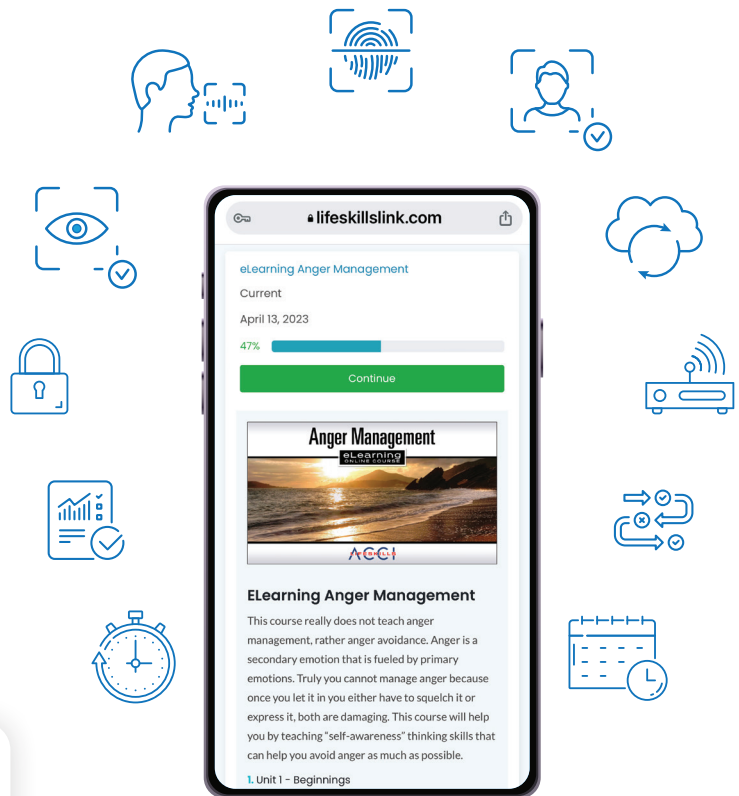
## A holistic approach to community corrections

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

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**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.

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## **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.

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## **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.

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## **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 \$83 (billed annually at \$1,000.00) 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

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→ **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](http://lifeskillslink.com), and will also highlight ACCI's cognitive change model and curriculum.

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## **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.

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## **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.

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**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**

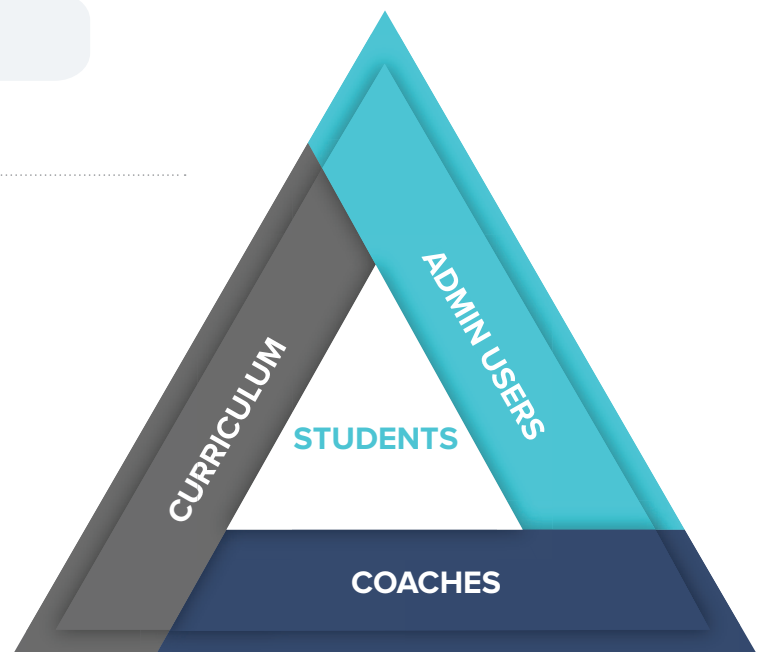
**ADDRESSING CRIMINOGENIC NEEDS**

**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](https://lifeskillslink.com)

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**info@lifeskillslink.com**  
**(800) 316-0246**