

# Cognitive Lifeskills for Jails Prisons and Re-Entry



**Helping individuals on the road to re-entry**





800 316-0246  
info@accilifeskills.com  
correctionslifeskills.com  
1675 N. Freedom Blvd. Ste. 5b  
Provo, UT 84604

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 dynamic criminogenic risk factors and 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 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 a correspondence program, to a licence to reprint, to eLearning courses for both secure computer labs or secure tablets. ACCI curriculum focuses on the root causes of criminal activity, not just the symptoms. There are 16 different adult cognitive life skills courses, 8 juvenile courses and 9 general lifeskills courses.

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 on-site training session.

Sincerely yours,

*Trevor Lloyd*

Trevor Lloyd, MS  
President

# OVERVIEW

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## WHAT WE OFFER



### **Corrections Lifeskills Courses and Programs**

Meeting criminogenic needs; ideal for re-entry

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### **Reentrylifeskills.com**

Family members can purchase our correspondence courses

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### **Evidence-Based**

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

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### **eLearning**

Available on select tablets and computer labs

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### **Licensing Options**

Annual license for unlimited printing

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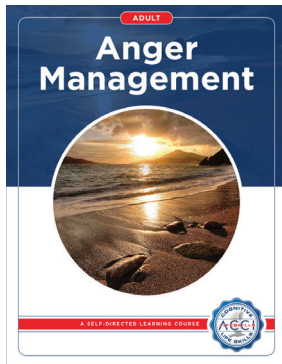
### **Discounted Course Bundles**

For first time buyers

# ADULT SELF-DIRECTED COURSES

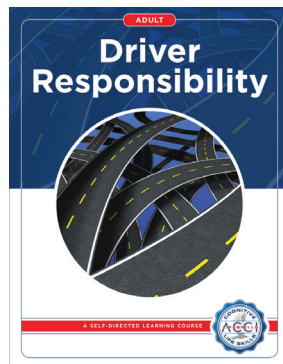
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## Anger Management

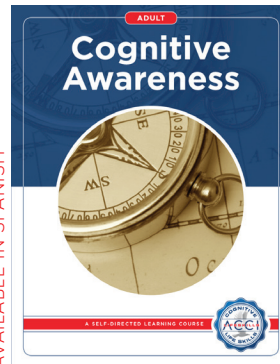
Those who anger you, control you.



## Driver Responsibility

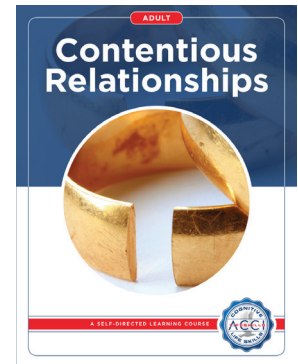
A persons values and attitudes are reflected in their driving.

AVAILABLE IN SPANISH



## Cognitive Awareness

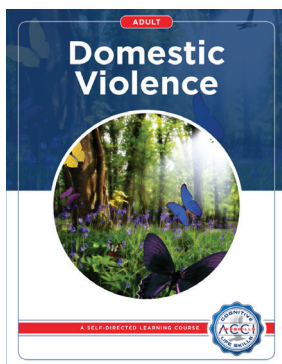
You can go no further in life than what you think of yourself.



## Contentious Relationship

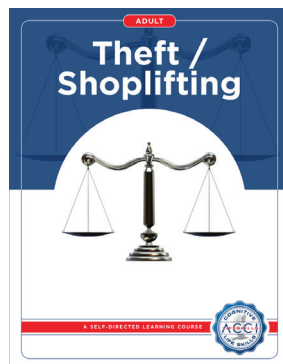
Avoid the ring of fire.

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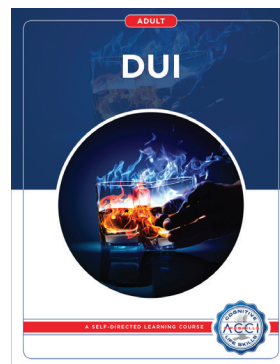
## Domestic Violence

What you do to others, you do to yourself.



## Theft/ Shoplifting

Pro-social values for anti-social thinking.



## DUI

Think before you drink.



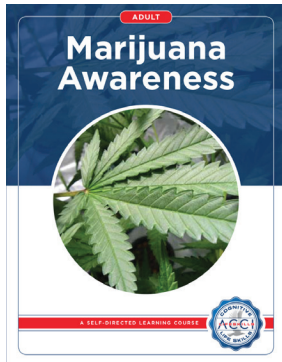
## Employment

Positive Thinking Skills lead to Employment Skills.



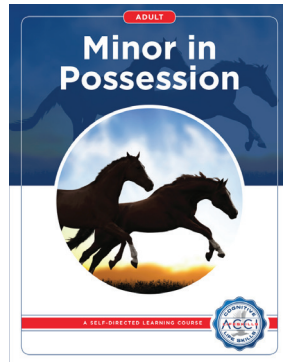
# ADULT SELF-DIRECTED COURSES

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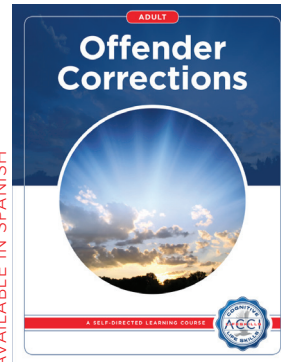
## **Marijuana Awareness**

Developing awareness results in better decisions.



## **Minor in Possession**

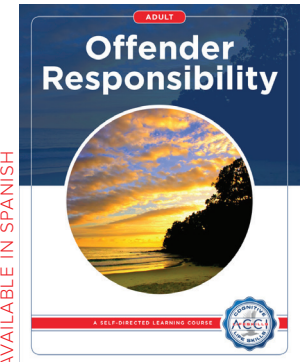
Avoid Mr. Googe.



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## **Offender Corrections**

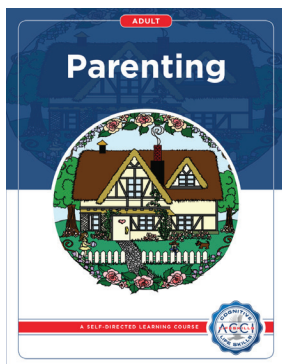
Overcoming self-defeating thoughts and behaviors.



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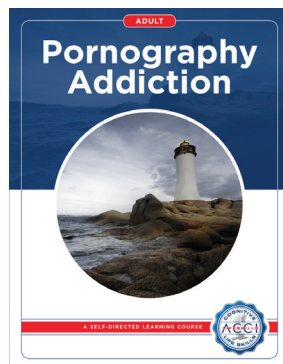
## **Offender Responsibility**

If you are not responsible, then who is?



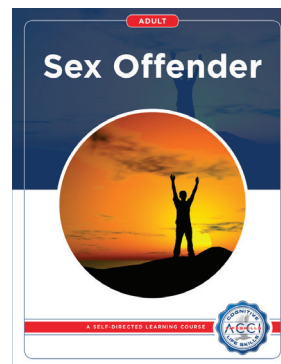
## **Parenting**

Breaking dysfunctional family generational cycles.



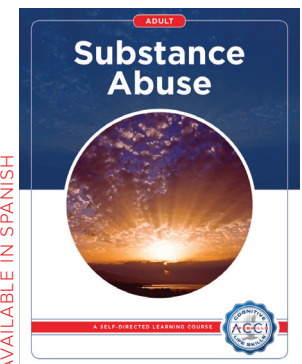
## **Pornography Addiction**

Breaking the cycling of addiction.



## **Sex Offender**

Cognitive thinking skills for healing and responsibility.



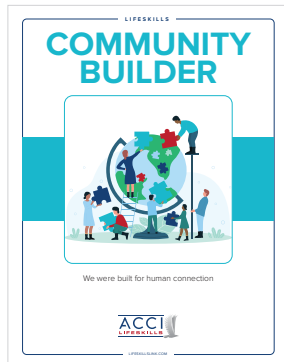
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## **Substance Abuse**

Avoid captivity.

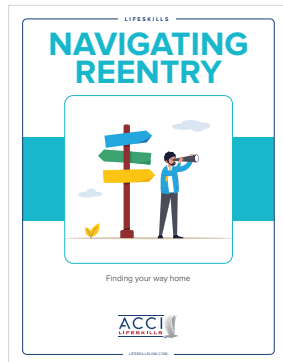
# LIFESKILLS SELF-DIRECTED COURSES

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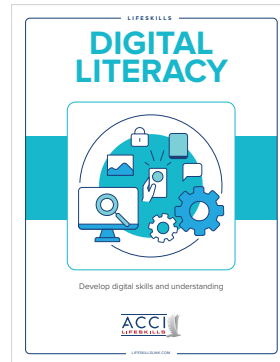
## Community Builder

We were built for human connection



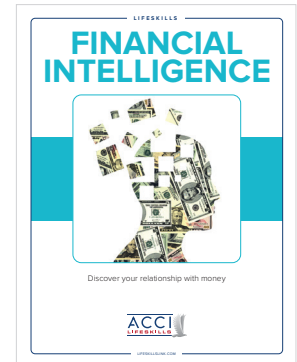
## Navigating Reentry

Finding your way home



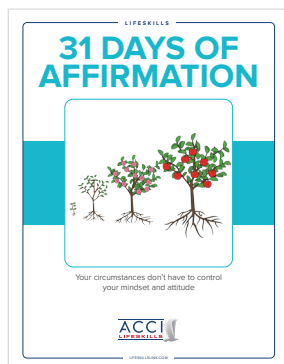
## Digital Literacy

Develop digital skills and understanding



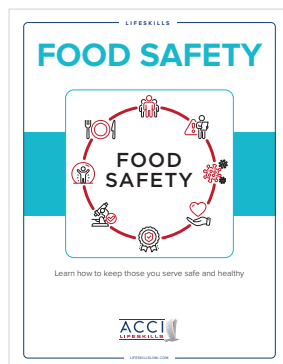
## Financial Intelligence

Discover your relationship with money



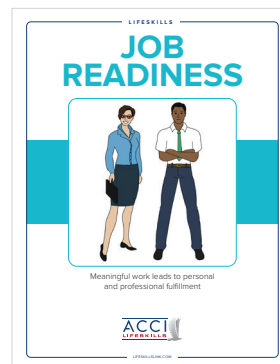
## 31 Days of Affirmation

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



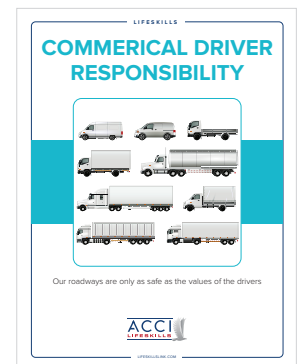
## Food Safety

Learn how to keep those you serve safe and healthy



## Job Readiness

Meaningful work leads to personal and professional fulfillment

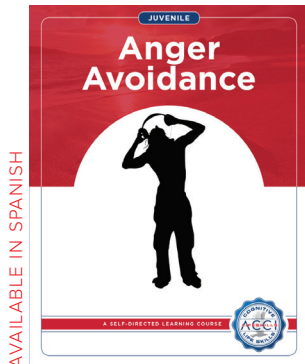


## Commercial Driver Responsibility

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

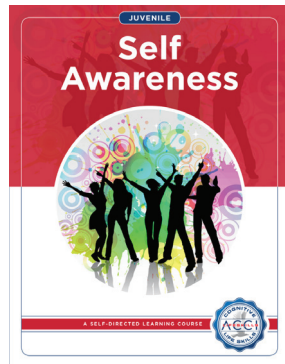
# YOUTH SELF-DIRECTED COURSES

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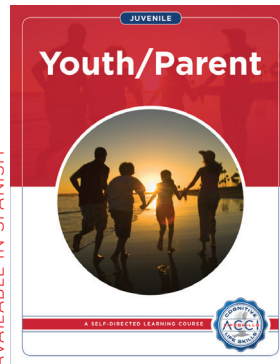
## Anger Avoidance

You can't manage  
anger.



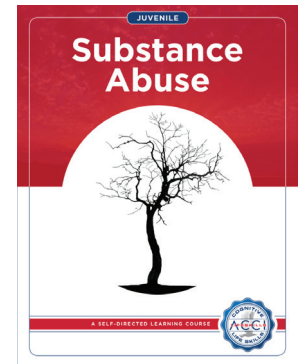
## Self Awareness

Self-awareness  
is the first step to  
change.



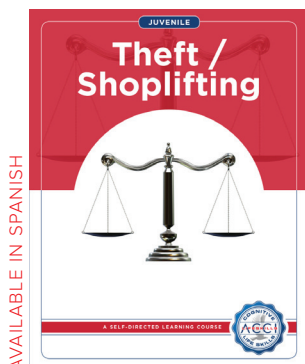
## Youth / Parent

Providing parents  
with a platform  
for critical  
conversations.



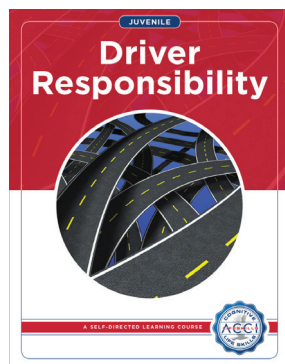
## Substance Abuse

Avoid the drug  
monster.



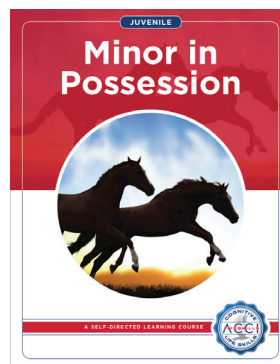
## Theft / Shoplifting

Avoid pro-criminal  
thoughts and  
behaviors.



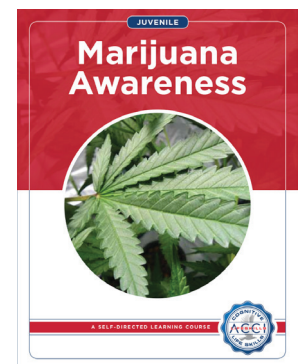
## Driver Responsibility

Seconds from  
disaster.



## Minor in Possession

Avoid Mr. Grooge.



## Marijuana Awareness

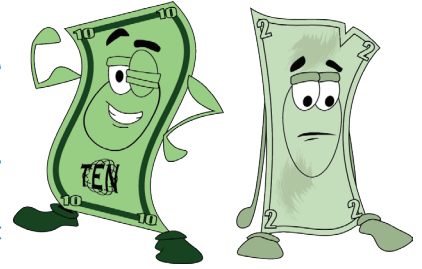
Developing  
awareness results in  
better decisions.

# Subconscious Programming

## \$2 MINDSET

The Universal Law says that everyone begins with a \$10 Mindset. However, some people have been programmed or scripted with a \$2 Mindset.

Debbie was raised in a dysfunctional home, often experiencing physical and emotional abuse. Outside of her home, Debbie found herself making friends with and dating people who treated her with cruelty and disrespect. Her social life was a toxic reflection of her home, and she was not even fully aware of it.



When a person experiences abuse, neglect, and mistreatment, it can affect their lives in a negative way. What a person's subconscious mind is programmed with will affect the choices they make, the relationships they seek, and even their quality of life.



*Engaging,  
third-person  
stories*

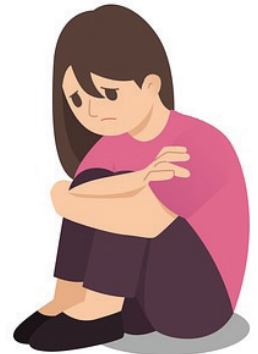
1. What do you think a **\$2 Mindset** is? \_\_\_\_\_
2. What are some **\$10 Mindset** thoughts? \_\_\_\_\_
3. How did **Debbie** develop a \$2 Mindset? \_\_\_\_\_
4. If **Debbie** had been brought up in a more loving, functional home, would her **choices** be different? How? \_\_\_\_\_



*Contrasting  
characters  
encourage  
students  
to think  
critically  
about beliefs  
and behavior*

## NATURAL CONSEQUENCES

It doesn't matter what people "believe" is right or wrong; what matters is truth. There are some natural laws that we cannot change. When we make positive choices, we are rewarded with bright possibilities. When we choose to make negative choices, we will suffer and keep suffering until we choose to change. We are all free agents and can make our own decisions; however, we can't choose the consequences.



5. What are some **natural consequences** of going through life, **not caring** about what happens? \_\_\_\_\_

## THINGS TO CONSIDER

A lot of our behaviors today is due to subconscious programming we received as children.

6. What do you think are some of the **subconscious thoughts** of students who are **apathetic** towards life, not caring what happens? \_\_\_\_\_



Regardless of what happened to us, it is our responsibility to take charge of our lives, heal from past hurts, and move forward. We may not have had control over things in the past but we can choose how we respond. You can make your life whatever you want it to be.



7. I am **in charge** of my life; I can make of it whatever I **choose**. **True or False?**

*Thoughtful  
questions  
help students  
recognize  
values and  
beliefs in  
characters &  
themselves*

# Cognitive Skills



Thoughtful  
introduction  
of cognitive  
concepts

## COGNITIVE SKILL #8: STAY OUT OF OTHERS' 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 others. So relax and stay out of their 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.

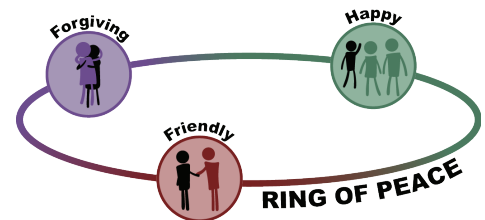
So many silly people go from one person's ring of fire to another, getting sucked into their awful lives. Stay out by being an observer; stand off, don't become angry, walk away, remain cool and in control. Feel sorry for them as they become contorted, ugly, disturbed, and angry. Take a deep breath and 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.



1. Describe the **behavior** of people who live inside a **ring of fire**: \_\_\_\_\_

What is your **plan** to stay out of another person'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-judgemental. These people tend to see the positive in others and ignore their weaknesses. They are quick to forgive and don't hold grudges.



2. Describe the behavior of people who have a **ring of peace**: \_\_\_\_\_

Who do you know in your life who **offers peace**? \_\_\_\_\_



Introspective  
questions that  
encourage  
students to  
engage with  
content

## COGNITIVE SKILL #9: STAND UP TO LIFE

Every 24 hours we have to get up and face life. We can either stand up to life or let it roll over us. We can either look at the positive or focus on the negative. When you look at a rose bush, do you see the roses or the thorns?

3. What happens to **people** who don't stand up to life? \_\_\_\_\_

4. You are learning in this course that you have vast **potential** to succeed. You are **strong** and **courageous**. You are **talented** and **smart** in the ways of life. You are at a point in your life where you can choose to climb the mountain to **happiness** or choose to live in the **swamp of despair**. **T or F?**

5. What can keep you from being successful in life? \_\_\_\_\_





# OUR MODEL

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## 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.



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## 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 agendas**. ACCI content has no agenda for race, religion, gender, sexual orientation or political preference. We have a single focus of helping people face and overcome 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.

# RISKS 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

# RESOURCES



**COGNITIVE LIFESKILLS COURSE BUNDLES**  
Save a bundle!

<b>Bundle 1: \$225 (\$310 Value)</b> <b>Any 10 workbooks</b> Program guide included Shipping included	<b>Bundle 2: \$225 (\$310 Value)</b> <b>10 eLearning courses</b> Requires participants to have active email addresses and good internet access
<b>Bundle 3: \$850 (\$1,145)</b> <b>Any 40 workbooks</b> Program guide included Shipping included	<b>Bundle 4: \$850 (\$1,145)</b> <b>40 eLearning courses</b> Includes Lifeskills Link Admin account for 3 months, training included
<b>Bundle 5: \$2,000 (\$2,800 value)</b> <b>Any 100 workbooks</b> Program guide included Shipping included	<b>Bundle 6: \$2,000 (\$2,800 value)</b> <b>100 eLearning courses</b> Includes Lifeskills Link Admin account for 6 months, training included
<b>Bundle 7: \$1,350 (\$1,550 value)</b> <b>Any 25 workbooks + 25 eLearning courses</b> Includes Lifeskills Link Admin account for 3 months, training included	<b>Bundle 8: \$500 (\$600 value)</b> <b>ACCI Certified Facilitator Kit</b> 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.

## 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

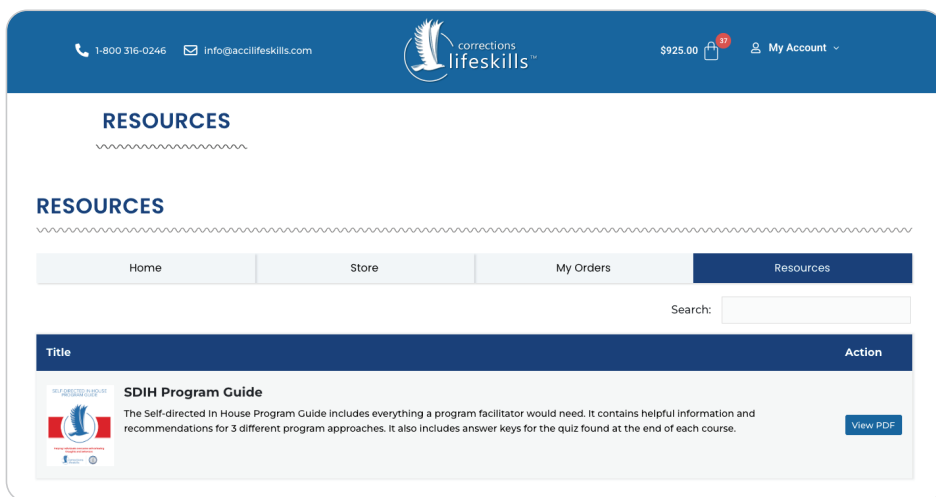
### **Offender Corrections**

*"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."*



1-800-316-0246 info@accilifeskills.com corrections lifeskills \$925.00 My Account

## RESOURCES

Home Store My Orders Resources

Search:

Title	Action
<b>SDIH Program Guide</b> The Self-directed In House Program Guide includes everything a program facilitator would need. It contains helpful information and recommendations for 3 different program approaches. It also includes answer keys for the quiz found at the end of each course.	View PDF

The newly designed Corrections Lifeskills website makes it easy to learn about all that we have to offer. Once you make a first purchase and establish an account with us, you will have access to a growing number of resources, including program guides.

# 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](http://www.lifeskillslink.com) – and will also highlight ACCI's cognitive change model and curriculum.

### Free Onsite Training

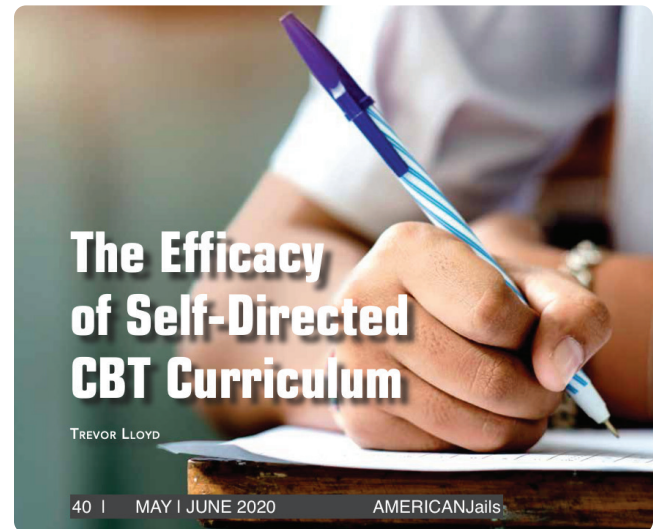
This training is identical to the webinar training with the key difference of having an ACCI representative in person to conduct the training at your location.

### Restorative Justice Training

ACCI provides professional development training for correctional staff to enhance their intervention capacity. This Training includes 3 workshops that build on each other. Each workshop is 4 hours long:

- **Rooted In Restorative Justice**
- **Growing a Restorative Culture**
- **Sustaining Restorative Capacity**

**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.

# 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.correctionslifeskills.com](http://www.correctionslifeskills.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 case
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%
PSI Probation Report	814	89.3%	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 spend most of their time challenging self-defeating thoughts and, at the same time, building confidence. Please refer to this research article in *American Jail Association*: "[The Efficacy of Self-Directed CBT Programming.](#)"

### 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."*



# PROGRAM OPTIONS

## FIND THE RIGHT OPTION FOR YOUR FACILITY

### 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: Smart Communications, Nucleos, Vant4ge, Orijin, Tech Friends, Socrates, CypherWorx, Moodle, ShadowTrack.

### 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. Reentry Lifeskills: [www.reentrylifeskills.com](http://www.reentrylifeskills.com).

### 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.

### CORE BENEFITS

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



### LICENSE TO REPRINT

Facilities can select any 5 of ACCI's courses to include in their annual license for \$3,500 and \$350.00 for each additional course. 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.

### PURCHASE COURSES

Any quantity of individual courses can be purchased at **\$27.50** per course. This option is ideal for specific programming needs for specific inmate populations. Group facilitator guides and other programming guides are also available.

### Other ACCI Programs:



Education Lifeskills



Lifeskills Link



Affiliate Opportunities



Group Facilitation



# 50<sup>TH</sup> ANNIVERSARY

1975-2025

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TRUSTED FOR 50 YEARS, AND COUNTING . . .

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