

Cognitive Lifeskills Programs for Community Corrections

Self-Directed Learning Courses





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Dear Courts and Community Correction Agencies:

ACCI (American Community Correction Institute) is a national provider of evidence-based, 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 Self-directed Learning Program has proven to meet several top tier criminogenic needs without increasing budgets. ACCI's curriculum is developed for all socio-economic 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 cognitive lifeskills courses, conducted a randomized control and experiment research project and found many statistically significant differences between those who completed an assigned cognitive life skills course and those who did not. Wherever the program has been tested the results have always been the same!

We would like to offer this user-friendly resource to your agency. This is a great alternative to incarceration or other sanctions and forms of punishment that have not been successful with your clients in the past. It is a low cost, front-line resource that focuses on the root causes of criminal activity, not just the symptoms. There are 20 different adult cognitive life skills courses (five in Spanish) that cover a wide range of criminal offenses. See enclosed catalog.

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 and implement essential cognitive life skills. Thousands of courts and community corrections officers are currently enjoying the user-friendly web-based referral system and getting more done with less!

Visit www.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,

Trevor Lloyd

Trevor Lloyd, MS
President of ACCI Lifeskills

OVERVIEW

→ WHAT WE OFFER



Self-Directed Learning

Cognitive change is an inside-out job



17 Adult Courses, 8 Juvenile Courses, 11 Prevention Courses

Available in hard copy or eLearning



Evidence-Based

Addressing criminogenic needs



LifeskillsLink.com

Referral system for criminal justice professionals



Change Agent Resources

Influence offenders for positive cognitive change



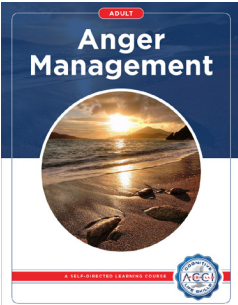
Education Lifeskills

Youth Prevention courses for students; available in hard copy or eLearning

ADULT SELF-DIRECTED COURSES

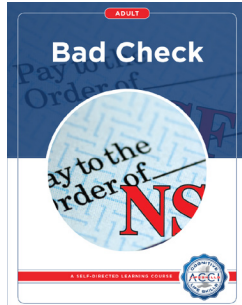
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AVAILABLE IN SPANISH



Anger Management

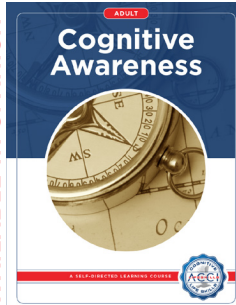
Those who anger you, control you.



Bad Check

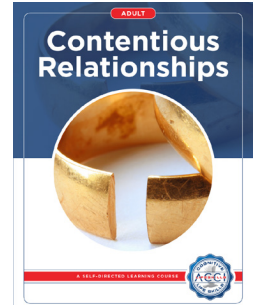
What goes around, comes around.

AVAILABLE IN SPANISH



Cognitive Awareness

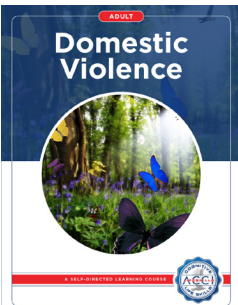
You can go no further in life than what you think of yourself.



Contentious Relationship

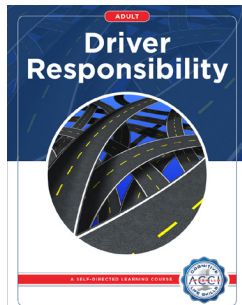
Avoid the ring of fire.

AVAILABLE IN SPANISH



Domestic Violence

What you do to others, you do to yourself.



Driver Responsibility

A persons values and attitudes are reflected in their driving.



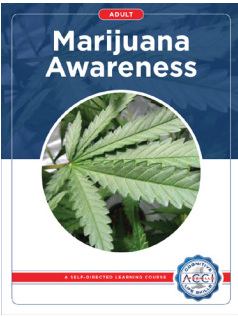
DUI

Think before you drink.



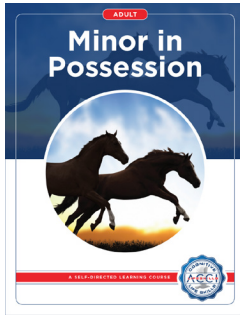
Employment

Positive Thinking Skills lead to Employment Skills.



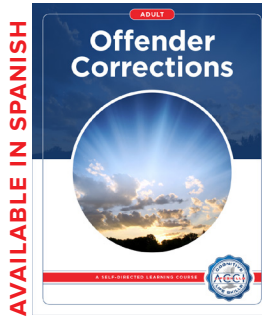
Marijuana Awareness

Developing awareness results in better decisions.



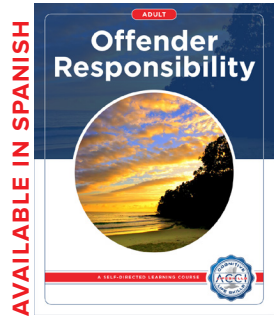
Minor in Possession

Avoid Mr. Grooge.



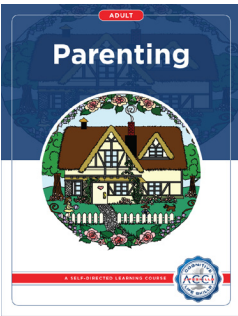
Offender Corrections

Overcoming self-defeating thoughts and behaviors.



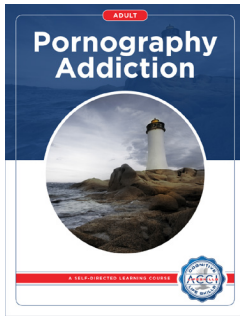
Offender Responsibility

If you are not responsible, then who is?



Parenting

Breaking dysfunctional family generational cycles.



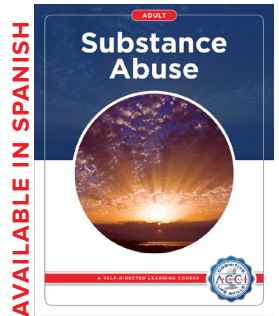
Pornography Addiction

Breaking the cycling of addiction.



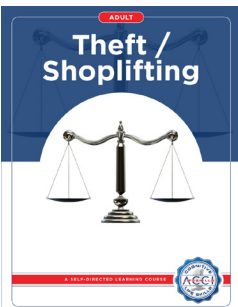
Sex Offender

Cognitive thinking skills for healing and responsibility.



Substance Abuse

Avoid captivity.

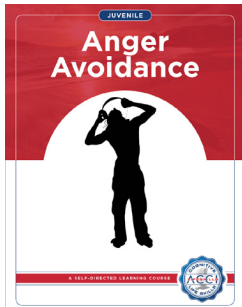


Theft / Shoplifting

Pro-social values for anti-social thinking.

YOUTH SELF-DIRECTED COURSES

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Anger Avoidance

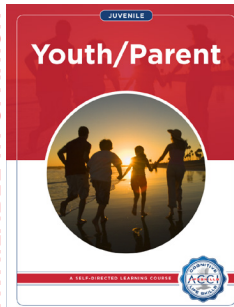
You can't manage anger.



Self Awareness

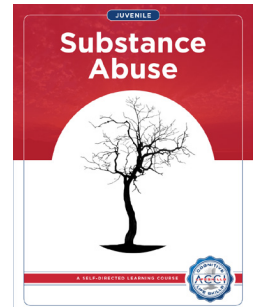
Self-awareness is the first step to change.

AVAILABLE IN SPANISH



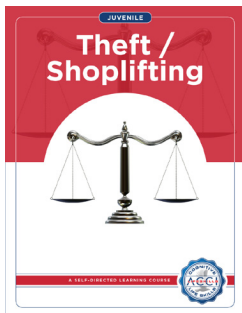
Youth / Parent

Providing parents with a platform for critical conversations.



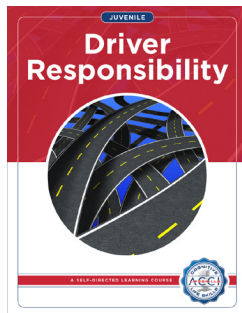
Substance Abuse

Avoid the drug monster.



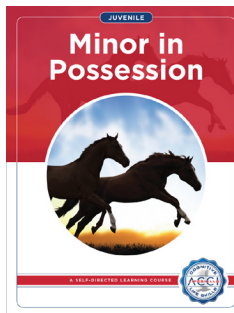
Theft / Shoplifting

Avoid pro-criminal thoughts and behaviors.



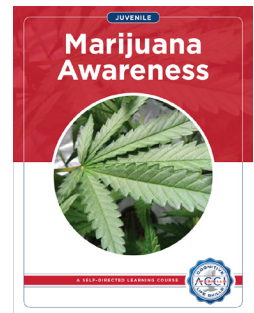
Driver Responsibility

Seconds from disaster.



Minor in Possession

Avoid Mr. Grooge.

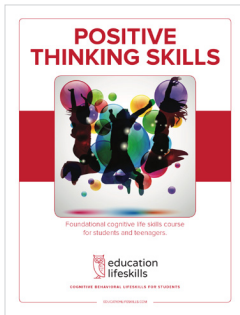


Marijuana Awareness

Developing awareness results in better decisions.

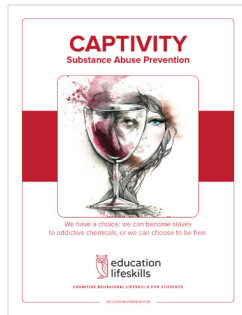
YOUTH PREVENTION / EARLY INTERVENTION

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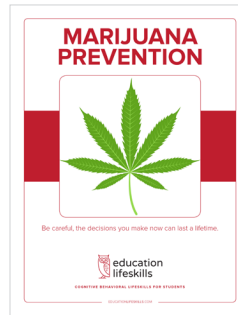
Positive Thinking Skills

Foundational cognitive life skills course for students and teenagers.



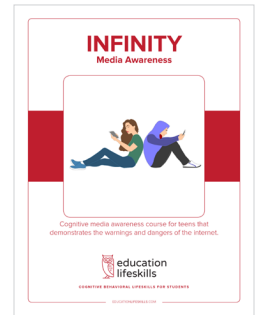
Captive: Substance Abuse Prevention

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



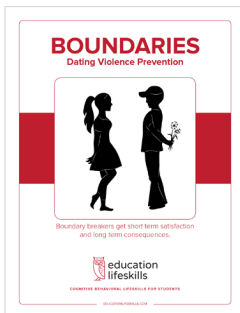
Marijuana Prevention

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



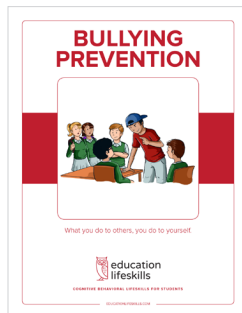
Infinity: Media Awareness

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



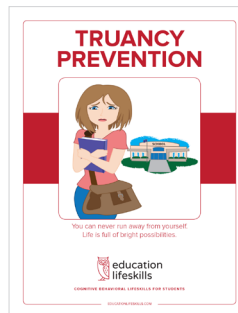
Boundaries: Dating Violence Prevention

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



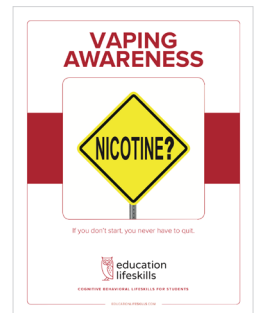
Bullying Prevention

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 CRIMINAL BEHAVIOR

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

● = DEFINITELY

● = SOMEWHAT

RESULTS

ACCI LIFESKILLS LINK PROGRAM RESEARCH AND OUTCOMES

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

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

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

EVALUATIONS

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

Lifeskillslink.com is a free, secure, automated web-based referral system for criminal justice agencies. It takes two to three minutes to refer a person. Here's what you can expect:

- 15-25 unique points of contact with each referral
- Customized referral cards for efficient referring
- A secure Lifeskills Link account is always free
- Rapid email notification and collaboration
- Integrated eLearning response tracking & accountability
- Utilizing a pro-social coach / mentor
- We set up referring professionals to have the right kinds of conversions with their clients

The combination of

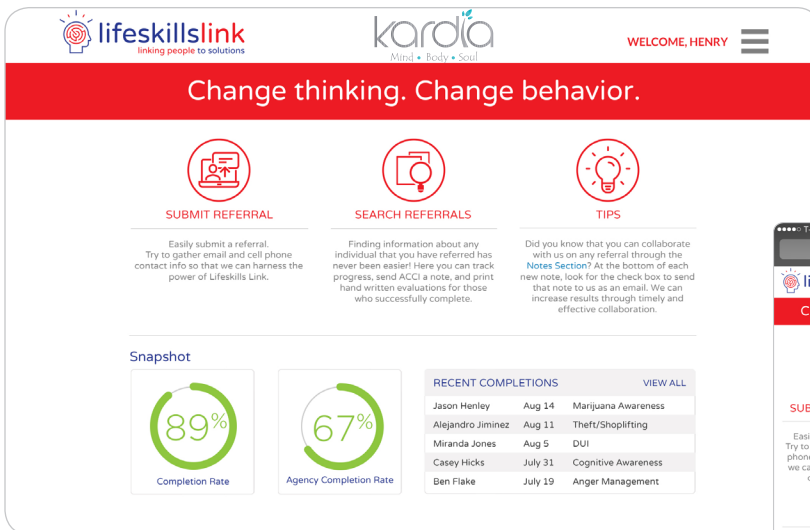
- (1) lifeskillslink.com
- (2) evidence-based cognitive curriculum
- (3) meeting offenders' criminogenic needs
- (4) the self-directed format, and
- (5) assisting users in becoming more change-agent oriented

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 offender compliance, responsibility, and a willingness to complete other court sanctions, fines and penalties.

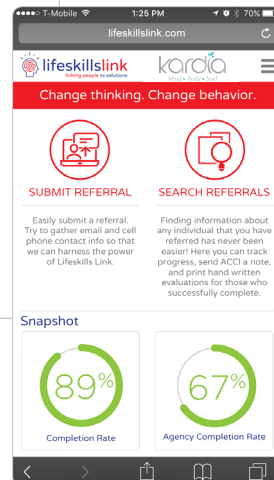
Create your account today by visiting kardia.lifeskillslink.com and enjoy access to a viable cognitive-based offender program that helps you do more with less and **really make a difference** in the lives of those you refer.



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 referral & reporting tools.



Once you log in its easy to submit or search referrals, run reports, access our support content, or view your personalized data.



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

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."

SAMPLE CURRICULUM

FROM “ANGER MANAGEMENT” eLEARNING COURSE:

The screenshot shows a digital learning environment. At the top left is the 'ACCII LIVESKILLS' logo. Below it, the text reads 'Unit 4 - Anger Avoidance >> Page 36 of 83'. In the top right corner, there is a 'Save & Close' button. The main content area contains a text prompt: 'There are two types of people: Actors, who are in control and have room in their anger flasks, and Reactors, who have no room in their flasks. What happens when you anger a reactor-type person? Type in your answer below then click the Next button to continue.' Below the text is a large white input box. To the left of the input box is a vertical 'Table of Contents' button. To the right of the input box is a red '0/1200' character count. Further right are two cartoon characters representing 'Actors' and 'Reactors'. The 'Actor' flask is full and angry, saying: 'My flask is full, you better be careful! One wrong move and I'll explode and jump all over you!' The 'Reactor' flask is partially full and calm, saying: 'Oh yeah? My flask has empty space. I don't let jerks and intensive people get me down. I'm relaxed and in control of my life.' At the bottom of the interface are 'Back', 'Page 1 of 1', and 'Next' buttons.

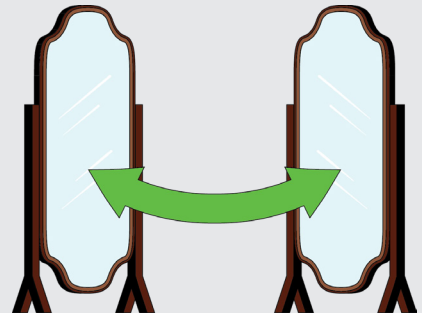
FROM “OFFENDER CORRECTIONS” WORKBOOK:

LIFE IS A MIRROR

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

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

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



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

PROGRAM OPTIONS

ACCI has several options for making its evidence-based cognitive life skills courses available to misdemeanor and felony offenders.

Offender Pay - (Adult \$95.00 and Juvenile \$85.00 per referral)

In this option, the judicial user submits referrals to ACCI via their LifeskillsLink.com account. 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 and Juvenile \$85.00 per referral)

This option is virtually the same as offender 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 \$90.00 and Juvenile \$80.00 per referral)

This option is extended to agencies who purchase at least 100 courses 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 to \$30.00 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 a customized version of lifeskillslink.com to ensure the program fidelity is high. There is a \$40.00 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.

Customized eLearning portal - (\$25.00 to \$30.00 per course)

This is an exciting option that allows agencies to provide ACCI's eLearning courses at a much lower cost for the offenders they supervise. ACCI's turn-key eLearning platform includes admin reports, a payment portal, completion certificates, mobile apps, and on-going customer support. The cost per course ranges from \$25.00 to \$30.00 depending on the number of courses used per month. This option is ideal for day reporting centers and as a resource to deliver programs to under-served or lower risk populations. Site licenses are also available; visit our eLearning website: www.onlinelifeskills.com.

TRAINING OPTIONS

FROM ACCI LIFESKILLS

Free Webinar Training

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

Free Onsite Training

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

Arbinger® Training

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

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

ARBINGER TRAINING OPTIONS INCLUDE:

Developing an Outward Mindset (8 hours):

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

Developing an Implementing an Outward Mindset (2 day):

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

ACCI plus Arbinger® Training

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

Contact us to discuss custom training options.

THE INFORMED DECISION

USING LIFESKILLS LINK SELF-DIRECTED PROGRAM

As a non-contracted provider, 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 criminal 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 responsibility principle - which requires the referring criminal justice 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**
- **EVIDENCE-BASED BEST-PRACTICES**
- **SATISFY COURT REQUIREMENTS**
- **ADDRESSING CRIMINOGENIC NEEDS**
- **REACH RURAL OFFENDERS**
- **GRADUATED SANCTIONS**
- **DIVERSION**
- **BUDGETING**
- **RISK REDUCTION / EARLY TERMINATION**

Other ACCI Programs:

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



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



kardia
Mind • Body • Soul



lifeskillslink
linking people to solutions

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