

ACCI is an evidence-based, best practice organization that researches and produces cognitive life skills curriculum for criminal offenders. Our goal is to assist the criminal justice system by developing effective cognitive restructuring curriculum that can sharply reduce recidivism by successfully meeting the criminogenic needs of offenders.

### *What is the Self-directed In-house Program?*

Instead of referring offenders to ACCI, we have developed a unique opportunity for agencies to utilize our evidence-based home study curriculum in-house. The cost to an offender is substantially less and agencies can control and customize the home study program to best fit their needs.

Choose from the following options:

#### Home Study Option

- Allows courts and community correction agencies to duplicate ACCI's Home Study Program
- Easy to administer; no facilitator required
- Ideal for agencies with large percentages of offenders that live in rural areas
- No travel required
- Least costly and least intrusive approach to reducing recidivism

This option comes with a simple to use software solution, which significantly decreases the workload associated in operating this program. ACCI has developed a customized software solution called *LifeskillsLink*. Agencies and their staff would have access to their own web-based referral system. Learn more about *LifeskillsLink* at [www.lifeskillslink.com](http://www.lifeskillslink.com).

#### Hybrid Option

- Combines both self-directed learning and facilitator led instruction
- Ideal for Day Reporting Centers, Re-entry Programs or high risk offenders
- Facilitators spend less time teaching and more time facilitating
- This option provides many viable customizations to adjust the level of intensity

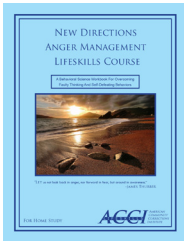
#### Group Facilitation Option

- ACCI's home study curriculum is topic specific and targets specific risk factors
- Ideal for residential or treatment centers
- Several training options are available for facilitators to get the most out of our curriculum
- Contact us for additional information on becoming an ACCI Certified Facilitator

*If we never change criminal thinking,  
we will never change criminal behavior.*

## New Directions Adult Self-directed Workbooks

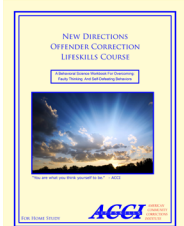
### Anger Management (W 111)



The *New Directions Anger Management Lifeskills Course* is not your ordinary anger management workbook. It focuses on faulty thinking, self-deception, justification and resistant behavior. It teaches anger avoidance and uses cognitive restructuring to intervene at the deepest level where permanent change can take place.

- Domestic violence
- Self-deception
- Justification
- Hostility
- Rage
- Impulse control
- Anxiety / stress
- Assault
- Anger avoidance
- Divorce
- Resistant behavior
- Denial

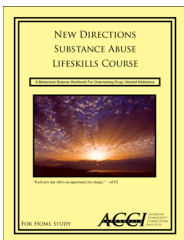
### Offender Corrections ( W 112)



ACCI'S home study workbooks are based on cognitive restructuring. They are effective with all individuals, whether a first time or multiple offender. The *New Directions Offender Corrections Lifeskills Course* is for all adult criminal offenders. For ages 12 to 18, see *Youth/Parent (W 134)*. This course is also **available in Spanish**.

- Theft
- Disorderly conduct
- Trespassing
- Assault
- False information
- Probation violation
- Fraud
- All others

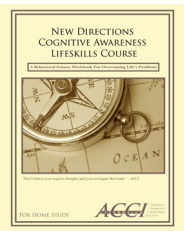
### Substance Abuse (W 114)



The *New Directions Substance Abuse Lifeskills Course Workbook* is for individuals with substance abuse problems. Cognitive restructuring by its very nature can work at any level of addiction, either as prevention or rehab. This is a unique cognitive restructuring workbook written in a story format.

- Marijuana / drugs
- Possession
- DUI
- Drugs
- Chemical addiction
- Denial
- Distribution
- Self-deception

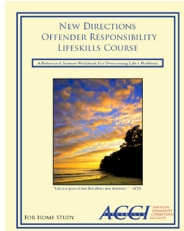
### Cognitive Awareness (W 118)



The *New Directions Cognitive Awareness Lifeskills Course* is designed to help people overcome faulty thinking and self-defeating behaviors. It is especially relevant for people with self-esteem, anxiety and stress problems. It's curriculum, like all ACCI Workbooks, is based on best practices, supported by evidence based results. This workbook is good for all socioeconomic groups whether criminal or not.

- Finances / Debt
- Addictions
- Self-deception
- Anger
- Worry / Fear
- Thinking errors
- Relationships
- Depression

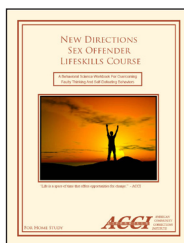
### Offender Responsibility (W 119)



The *New Directions Offender Responsibility Lifeskills Course* was written as a responsibility course for offenders. It works in the cognitive domain to challenge faulty thinking and the affective domain to build self-esteem. It helps offenders overcome denial and self-justification. It is excellent wherever a strong cognitive restructuring component is needed.

- Denial
- False perceptions
- Debt / finances
- Justification
- Responsibility
- Victim awareness
- Addictions
- Anxiety/fear/worry

### Sex Offenders (W 123)



The *New Directions Sex Offenders Lifeskills Course* is based on ACCI's evidence-based, best practice format. It was specifically written to challenge faulty thinking and self-defeating behaviors. This is not intended as therapy, but as a powerful cognitive restructuring lifeskills intervention to help offenders overcome denial, justification, false perceptions, and accept responsibility.

- Self-justification
- Faulty thinking
- Mind games
- Fear/ worry/ stress
- False programming
- Recycling
- Self-deception
- Denial / blaming
- Triggers
- Sexual addiction
- Alternatives
- Detachment

ACCI also offers the following *New Directions Lifeskills Courses*: *Driver Responsibility*; *Contentious Relationships for Divorced or Separating Couples*; *Parenting*; *Bad Check*; *Theft/Shoplifting*; and *Pornography Addiction*. We also offer a variety of group courses with corresponding training materials for both adults and juveniles.