



### An Innovative Solution In Accountability

CorrectiveSolutions' CS Courses classes are administered via **LIVE** interactive webinars which participants complete online, unlike other online classes that are pre-recorded videos or self study programs. Each class is led by 2 instructors: one teacher and one facilitator. The teacher is the person participants see on the screen along with curriculum content, and the facilitator is the instructor that interacts in real-time with participants via personal chats, quizzes and poll questions.

**Participant**



**Instructor**



#### Evidence-Based Curriculum

The class utilizes cognitive behavioral modification programming accompanied by age appropriate interactive journals for maximum impact and effectiveness. The structure of the class is designed to engage participants and encourage honest self-reflection, without the pressure of sitting next to a peer.

#### We Keep Participants Engaged and Active

In a traditional group session or classroom setting, only a portion of the participants are fully engaged.

To ensure accountability and promote **real** behavioral change, our courses require participants to answer **every** quiz question and **regularly** participate in class discussion to get class credit.



## Available Courses For Adults

## Community Accountability

The Community Accountability Class is built on and utilizes cognitive behavioral change strategies. In this class, participants consider the connection between their thinking and their involvement in the criminal justice system. The participants weigh the payoffs and costs of their negative behavior and consider possible errors in thinking that lead to irresponsible and criminal behavior. They learn how to challenge and change their self-talk as well as decision-making and problem-solving skills.

## **Anger Management**

The Anger Management Class is built on self-control strategies that incorporate cognitive behavioral change principles. The class focuses on feelings participants experience most often and addresses risks related to low self-control.

## **Substance Using Behavior**

The Substance Using Behavior Class helps participants evaluate the impact of illegal and controlled substance use on their lives. The goals of the class are to help participants recognize the strengths and abilities they can utilize to achieve their goals for change and guide them in the development of a plan to help maintain their efforts toward recovery.

## Minors in Possession

The Minors in Possession Class is designed to address underage alcohol consumption, drug use and illegal tobacco use. The class uses a Substance Using Behaviors curriculum and evidence-based strategies to help participants make positive changes to their thoughts, feelings and behaviors.

# Strengthening Parenting Skills

Participants explore what good parenting means to them and consider strategies for maintaining relationships with their children while they are apart. Additionally, this class addresses emotional stability and cognitive behavioral change strategies that target root causes of non-violent child abuse from parents.

## Petty Theft/Vandalism

The Petty Theft/Vandalism course is appropriate for shoplifting and theft charges, as well as vandalism/destruction of property. The class addresses emotional stability and cognitive behavioral change techniques to both curb theft impulses while instilling a real sense of accountability.

**Independence**

**Honesty**

# Community Accountability

A program for getting your life back in balance

**Community Accountability**

New Awareness

Appropriate Social Behaviors

Emotional & Mental Stability

**Community Accountability**

**PROGRAM INTRODUCTION**

You may be wondering, "Why am I here? Why is this happening?" You may be experiencing a wide variety of emotions as you consider what is required of you. You may be asking yourself, "What does this mean for me? What is the course to help me make better decisions which will prevent such a violation from happening again?"

You are not alone. This Program is designed to assist you in making the right choices for your future. It is the hope of the course to help you make better decisions which will prevent such a violation from happening again.

Many people who break the law do not appear to possess a criminal personality or lifestyle, yet they have committed illegal acts. This Program is designed to assist you in understanding why you chose to commit illegal acts. It is also designed to assist you in avoiding future illegal acts by addressing the root cause(s) of your behavior. These are important questions that deserve your careful consideration.

The Prosecutor's office gives many of us the opportunity to avoid criminal prosecution through participation in this Program. This Program is designed to assist you in understanding why you chose to commit illegal acts. During the course, you will have the opportunity to openly evaluate the decisions you have made, and the consequences of those decisions. You will also have the opportunity to evaluate the factors that influenced your decision-making process. You will have the opportunity to evaluate the factors that influenced your decision-making ability.

The goal of this course is to create a positive learning environment where you may acquire new skills to help you succeed in your future endeavors. The ultimate responsibility rests with you. We encourage you to take advantage of this opportunity to better your life.

**SELF-EVALUATION OF SUBSTANCE USE**

These people can help you consider the effects alcohol and other drugs have had on your life. Read their descriptions and answer the questions that follow. Be specific and consider both the positive and negative aspects of each strategy in your responses.

<b>Your Thinking</b> Individuals come across and use alcohol and other drugs for many different reasons. Other than the reasons listed above, what are some other reasons people might drink or use other drugs?	<b>Using other tools</b> Using another person's tools or drugs can give you a temporary fix and coverage.	<b>Visual practical family</b> Using alcohol or other drugs can be a way to feel better about yourself, your body, and your life. It can also be a way to feel better about your family members.	<b>How does alcohol affect me?</b> How does alcohol or other drugs affect you? How does it affect your mood, behavior, and relationships?
<b>Your Mental Abilities</b> Using alcohol or other drugs can affect your physical abilities, concentration, and sense ability to think. In what ways do you think your substance use has affected your mental abilities such as memory, concentration, or sense ability to think?	<b>Drinking with problems</b> Drinking alcohol or other drugs can lead to health problems. These can range from minor health problems to serious health problems. They can also lead to legal problems, social problems, and financial problems.	<b>What are your true values?</b> What are some core values that you hold dear? These can include family, friends, work, religion, and personal beliefs. These values may change over time. They can also change because of certain situations or events. For example, if you are faced with a difficult decision, you may realize that your values are more important than your fears or doubts. This can help you make a better decision.	<b>How has alcohol or other drug use affected your health performance?</b>
<b>Shame</b> 	<b>True behavior</b> Individuals who drink or use other drugs may engage in behaviors that they would not normally engage in. These behaviors may be physical, emotional, or social. For example, they may drink or use other drugs to feel better about themselves, or they may drink or use other drugs to feel better about their relationships with others. They may also drink or use other drugs to feel better about their physical appearance. They may also drink or use other drugs to feel better about their social life.	<b>True self and alcohol</b> For some people, using alcohol or other drugs can help them feel better about themselves. They can feel more confident, more relaxed, and more social. However, for others, using alcohol or other drugs can make them feel worse about themselves. They can feel more anxious, more stressed, and more isolated. These feelings can lead to negative consequences, such as depression or anxiety, or even physical health problems.	<b>How has alcohol or other drug use affected your health performance?</b>

## STRATEGIES for CHANGE

**Me on a Parenting Scale**

1-5      I'm at the **Beginning** of my parenting journey. I may expect regular discipline and consequences from my children. I am learning how to manage my own behavior while you are out.

6-11     I'm at the **Middle** of my parenting journey. I have learned how to be a better parent, and my children are more responsive to my guidance.

12-14    I'm at the **End** of my parenting journey. I am your child's role model. My love for you has strengthened, and I now parent with confidence.

15        I'm at the **Expert** level. I am your child's role model. My love for you has strengthened, and I now parent with confidence.

## STRENGTHENING MY PARENTING SKILLS

**Parenting today**

What does it mean to be a parent? It can mean many things, including healthy and safe relationships with your children, being a good role model, and making sure your children are educated and healthy. Parents may also do all of these things, but they may not always be successful. That's why it's important to have a good plan.

**Write three words that describe your parenting style right now:**

1. \_\_\_\_\_  
 2. \_\_\_\_\_  
 3. \_\_\_\_\_

**Write three words that describe the relationship you would like to have with your children:**

1. \_\_\_\_\_  
 2. \_\_\_\_\_  
 3. \_\_\_\_\_

**Take it to heart**

**This journal would be great for you if you are:**

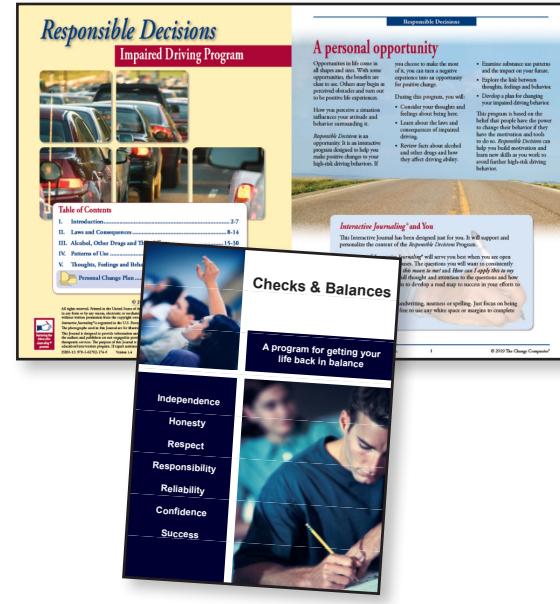
- A new parent
- A parent who wants to learn more about parenting
- A parent who wants to improve their parenting skills
- A parent who wants to connect with other parents
- A parent who wants to stay up-to-date on parenting trends
- A parent who wants to keep track of their progress as a parent

## Responsible Driving

This class is appropriate for all driving-related offenses, and addresses the understanding that safe driving can save lives while providing behavioral tools to curb aggression, recklessness, negligence, driving under the influence, and other underlying causes of unsafe driving, accidents, and even loss of life.

## Financial Accountability

The Financial Accountability class is appropriate for charges involving worthless checks and other financial crimes. Participants are taught healthy reactions to financial instability with tools that encourage responsible financial practices. It also addresses impulse control and underlying causes of financial crimes.



# Available Courses For Juveniles

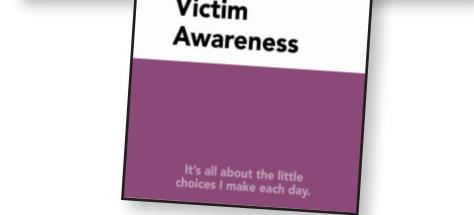
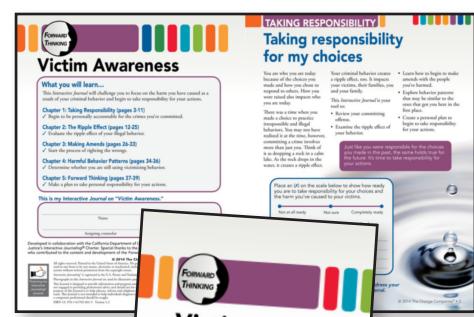
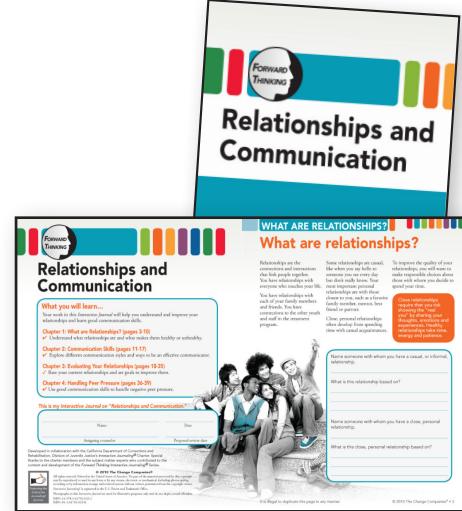
## Relationships and Communication (Sexting)

This class is appropriate for juveniles engaging in the sharing of sexually explicit photos of themselves or peers, and addresses pressuring (and being pressured) to participate in sexting while encouraging self-esteem growth. In-class exercises focus on respecting others, setting/keeping boundaries, and how to respond to uncomfortable/inappropriate behavior.

## Victim Awareness (Bullying)

The Victim Awareness Class is for juveniles engaging in behavior that seeks to harm, intimidate, or coerce someone they perceive as vulnerable. The focus is to address and encourage healthy emotional development by exploring insecurity, parental neglect, and lack of empathy for which bullying is used to cope.

**NOTE:** The "Minors in Possession," "Petty Theft/Vandalism" and "Anger Management" courses are also available for juveniles and include juvenile-specific curriculum.



## Learn More Online

Updated lists of classes and class prices can be found at [CScourses.org](http://CScourses.org). For full diversion options, go to [CorrectiveSolutions.org/ACCESS-Diversion](http://CorrectiveSolutions.org/ACCESS-Diversion). CorrectiveSolutions offers both offender-pay and agency-pay options, including full and partial payment. The pricing structure is finalized during the startup process. For all inquiries, email [Info@CorrectiveSolutions.org](mailto:Info@CorrectiveSolutions.org).



# CorrectiveSolutions

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