

**Life Skills Academy**  
**Anger Management Online Program**

To the Honorable Judge Presiding:

This letter is to inform your Honor about Life Skills Academy's Anger Management Online Program. The Anger Management Program uses an approved curriculum and follows approved standards of the National Mental Health Association (NMHA) to insure a quality program that leads to the adjustment of participants' perception of situations, and develop healthy, constructive ways in which to express anger and frustrations. Our curriculum is based on the Anderson and Anderson Standards and the Matrix Model which covers the root causes of anger, understanding anger, alcohol and drug use, honesty and accountability, respect, emotional intelligence, non-violent problem solving, how to be assertive without being aggressive, communicating effectively, techniques in controlling anger, use coping thoughts and exercising relaxation techniques and responsible parenting.

The sessions are taught using a very practical and skill based approach. Each session is geared to not just teach participants to stop the behavior that brought them before the courts, but to give them the tools they need to apply to their lives to ensure positive healthy coping skills are used in the future.

Program components:

Our courses contain a reading portion, self awareness assessments, practice exercises, homework and a Quiz portion. Videos are utilized on certain portions of the assignments. All these are ways to confirm the participants understanding of material. Many checks are in place to ensure the participant fully engages in each session and are not able to skip any sections. The participants have access to their peers and counselors using our forum, chat, email and webinars.

The classes are on-going and self-paced so participants can start anytime and can complete all portions online 24 hours a day on their own schedule. Our core curriculum consists of 52 weekly sessions or the Defendant can complete the number of sessions required in their state or their case as ordered by the presiding Judge. The Defendant is responsible for the cost of the course he has been ordered to take.

Each participant is also required to submit a final assignment at the end of their classes. The final assignment will allow them to assess what they have learned during the course and encourage and motivate long term attitude change and behavior modification.

They will also receive a Certificate of Completion after all sessions are complete.

We look forward to working with you in the near future and look forward in doing our part to make your job easier!

Linda McQueen, CDVS  
*Linda McQueen*  
Life Skills Academy, Administrator



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