

Life Skills Academy

Substance Abuse Awareness Online Program

To the Honorable Judge Presiding:

This letter is to inform your Honor about Life Skills Academy's Substance Abuse Awareness Online Program. The Substance Abuse Program uses an approved curriculum and follows approved standards of the National Mental Health Association (NMHA) to insure a quality, comprehensive and practical intervention to help develop skills that increase the stability of our clients' behaviors, mindsets, and lives. The interaction between substance abuse, mental health, and criminal thinking is examined as our clients are educated and trained to identify and cope with the interpersonal processes that lead to chemical dependency.

Our curriculum is based on the Anderson and Anderson Standards and the Matrix Model which addresses the factors associated with substance abuse, the link between emotion and addiction, emotional health issues, impact substance use has on their children, Consequences of substance abuse, Societal cost of drug and alcohol abuse low self esteem/confidence issues and the problem it causes, mindfulness techniques to help with anxiety, depression and stress, life skills training, Refusal skills training, Relationship between substance abuse and domestic violence, assertiveness, communicating effectively, Identifying triggers, techniques in controlling anger, motivation, crisis management, healthy thinking, self awareness, honesty and accountability, respect, building social networks, emotional regulation 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 36 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



www.lindamcqueen.org
Admin@lindamcqueen.org
(336) 690 - 1367