

# CLASS A TRAINING CENTER

## INTERACTIVE DECISION BASED TRAINING



### VIRTUAL & IN-PERSON ONLINE PROGRAMS OFFERED ANYWHERE! NO TRANSPORTATION NEEDED - SMALL CLASS SIZES



#### *Decision Based Driving*

##### Level One - One day - 4 contact hours - \$85

The focus is on identifying and changing poor driving behavior and its root cause; poor decision making. In addition to decision making, this class focuses on distracted driving, driving patterns, behavior modification, aggressive driving and becoming a proactive driver.

##### Level Two - One day - 8 contact hours - \$220

The focus is on problem drivers, reckless or negligent behaviors and how these behaviors have affected their lives and the lives of others. Topics discussed in class include: proactive vs. reactive driving, consequences for driving without a license or being uninsured, judgment, aggressive driving, collision factors, self-control and changing self-defeating behaviors.

#### *Controlling Anger 8 Consecutive weeks- 2 contact hours each - \$280*

Controlling Anger is a multi-week program designed for those who have exhibited trouble controlling their anger and emotional impulses. This course is focused on defining anger and other potentially damaging responses to troubling situations. Emphasis is also placed on gaining control over the use of this emotion and taking responsibility for changing "maladaptive" behavior. It is our goal to teach those who attend to properly identify their emotions and develop healthier alternatives to cope with feelings.

#### *Life Skills 8 Consecutive weeks- 2 contact hours each - \$280*

Life Skills is a comprehensive program created to work with individuals to help develop the skills necessary to be successful in all aspects of everyday life. Individuals may be referred to the entire program or by individual segments if found to be more appropriate.

##### Seg. A - 2 Days - Communication, Self Esteem, Decision Making

##### Seg. B - 3 Days - Seeking Employment, Interviewing, Resume Development

##### Seg. C - 2 Days - Financial Management, Time Management

##### Seg. D - 1 Day - Goals, Problem Solving, Dealing with Change

#### *Economic Crime Prevention One day - 6 contact hours - \$125*

The Economic Crimes Program is an interactive program focused on eliminating the habitual and self-defeating behaviors associated with retail fraud and other economic crimes. This course defines the triggers, influences and negative relationships often associated with economic crimes. Through active learning, participants are taught how to eliminate these behaviors by reducing temptations, utilizing coping skills and becoming aware of the long term consequences.

#### *Impact Panel 2 contact hours - \$40*

The Impact Panel is a powerful 2 hour event. During this program participants have the opportunity to hear the stories of individuals in long term recovery as well as families who have lost someone to addiction. The casual nature of this program encourages participants to ask questions. The presenters in this program come from every walk of life, relatable to all in attendance, therefore assisting in breaking down the stigma of addiction. This program is well suited for all ages and parents.

#### *Stress Management One day- 8 contact hours - \$220*

Stress Management is designed to aid those individuals who are having trouble effectively dealing with the everyday pressures of their lives. This course is focused on recognizing our own triggers and finding healthy ways to eliminate those triggers and/or cope with them in a more appropriate manner. This is an intensive one day course consisting of many personal reflection exercises, group discussions and role playing simulations. Although many feelings and emotions are discussed during this program, focus tends to shift towards anger and learning how to effectively express feelings in a healthy non-threatening way.

#### *Adult Alcohol Awareness Weekend*

##### 1 wknd- 24 contact hours - \$325

The Adult Alcohol Awareness Weekend is an intensive weekend program that focuses on the impact alcohol and other drug (AOD) use has on one's life and those around them. The weekend program offers a great deal of information regarding addiction, recovery and relapse. During each weekend program, a speaker who has been affected by drunk and drugged driving comes to share their testimony and discusses the impact it has had on their life. The speaker provides the program participants with the understanding that one choice can impact the lives of innocent people and how the tragic outcomes are preventable.

#### *Drug and Alcohol Education One day- 4 contact hours- \$100*

The Drug and Alcohol Education program is an intense 4 hour class focusing on the effects of alcohol and other mind-altering substances. This program utilizes a variety of learning activities and techniques to reach participants and to aid them in identifying harmful behaviors. By recognizing and addressing the developmental needs of participants exhibiting patterns of high-risk behavior, the Drug and Alcohol Education program teaches participants to become responsible for their own thoughts, feelings, and actions.

#### *Impulse Control One day- 6 contact hours - \$125*

The Impulse Control Class is designed to aid participants in the development of tools and skills to address difficulties with their tendencies toward following their impulsive thoughts and behaviors. The Impulse Control Class will provide an individual with tools and skills to manage their relationships, conflicts, and overall life adjustments and struggles. The skills provided in this program aids individuals struggling with issues including: poor decision making, lack of thought process, negative peer influence, and addiction.

#### *Customized Programs*

##### *Juvenile Courts, Treatment Courts, etc.*

Class "A" has the capability to create new programs as well as alter and adjust existing program content to fit the needs of each target population. Due to this adaptability, not all program offerings are listed on this document and we encourage each court to contact us directly to see how we can create additional programming and services to better support specific needs.

#### *Manipulative Behaviors Program 6 consecutive weeks 2 hours each week - \$240*

While most people engage in manipulation from time to time, a chronic pattern of manipulation can negatively impact relationships and mental health. Sometimes, people may manipulate others unconsciously, without being fully aware of what they are doing, while others may actively work on strengthening their manipulation tactics. The purpose of this program is to identify manipulation tendencies, understand the motive behind the manipulation, address unwanted behaviors, and learn how to deal with manipulative people. Participants will learn skills for interacting with others while respecting their boundaries and addressing underlying insecurities that may be contributing to the behavior.

#### *AOD (Alcohol and other Drug) Awareness Program (formerly AAA Weekend) \$325*

The AOD program is an intensive weekend program that focuses on the impact alcohol and other drugs have on participants day-to-day lives. The weekend program offers a great deal of information regarding addiction, recovery and relapse prevention. This is a highly interactive program which helps individuals understand the disease model of addiction, explore patterns of abuse, identify high-risk situations, and develop healthy coping skills while understanding the importance of self-care. During each weekend program, a speaker who has been affected by drunk and drugged driving comes to share their testimony and discusses the impact it has had on their life. The speaker provides the program participants with the understanding that one choice can impact the lives of innocent people while also understanding the tragic outcomes are preventable.

#### *Marijuana Abuse/Dependency Group 4 consecutive weeks 75 minutes per week - \$180*

The goal of the Marijuana Abuse/Dependency Group is to enhance problem-solving skills, foster healthy coping mechanisms that are commonly needed for people that abuse substances, and to understand the disease of addiction. This group is intended to be goal oriented while promoting education and understanding about how long-term use of marijuana can lead to addiction. During this group, participants will learn about the stages of change model, learn to cope with urges, learn to manage thoughts, feelings and behaviors and lastly, learn to live a balanced life. Participants will be assigned weekly homework to enhance personal growth.