

## Description of Lessons:



*Examining how thoughts, emotions, and behaviors all contribute to our outcomes, positive and negative.*

### **THOUGHTS...**

Instead of giving ourselves permission to remain trapped in negative thoughts, we can grant ourselves permission to rely upon positive character traits.

### **EMOTIONS...**

Understanding emotions have intensity levels and we can choose to lower the intensity with coping strategies and remain in control of our outcomes.

### **BEHAVIORS...**

Increasing options on how to handle situations increases

**GOOD OUTCOMES!**

FOR MORE INFORMATION  
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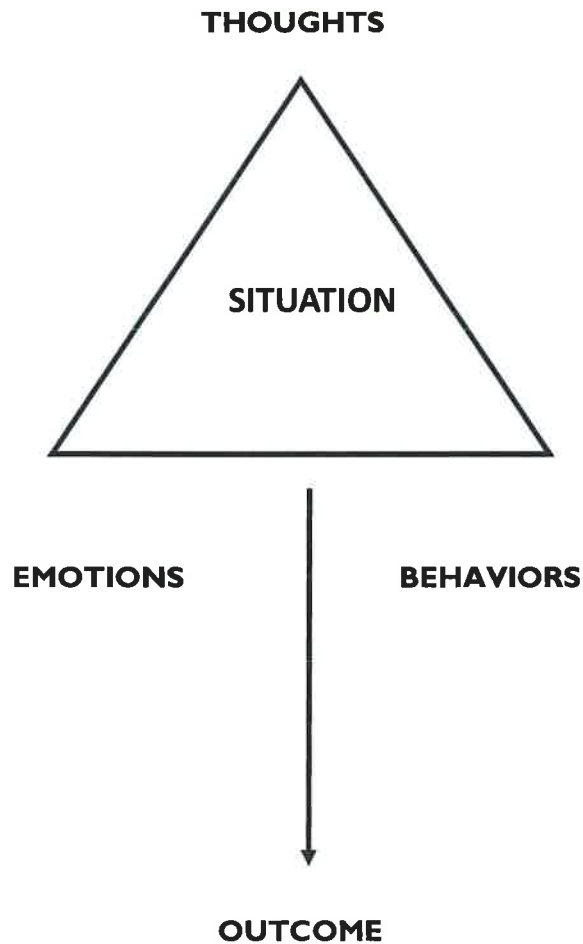
INDIVIDUAL  
ALTERNATIVE CHOICE TRAINING

# i-ACT



**Giving Ourselves  
Permission to  
Experience Positive  
Outcomes!**

## HOW IT WORKS....



### **Individual Alternative Choice Training (i-ACT)**

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Designed to address criminogenic needs using current researched based practices of Cognitive Behavioral Therapy (CBT) while addressing responsivity factors. While working with youth in the program, it is vital all trainers recognize and respect the cross-culture differences they may have with the youth they are serving. The trainer is culturally responsive to the needs of the youth and provides skills and tools of the i-ACT program, which match to the youth's experiences and needs.

## Who?

On Probation? On Diversion? Most youth under court supervision are eligible for this program. Those who have been assessed as moderate or high risk may be considered.

## Where?

Here...There...Everywhere....oh yeah even Online! Responding to what is best for the participant, the trainer will work with family and participant to ensure smooth delivery of lessons!

-Home -Office -Park -Library  
-School -Community Center

## When?

Weekly is strongly recommended! As few as once a week or up to three-times each week! You decide the pace. Understanding schedules and life gets in the way... i-ACT will be patient and flexible.

Phase 1 = 18 Lessons

Phase 2 = 6 lessons