

# Action for Personal Choice (APC)

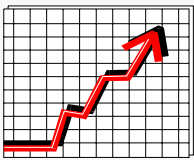
Adult learners



Action oriented course for adult learners:

- Participants gain skills to enter educational, job training, or counseling programs.
- Learners focus on behavioral skills in decision-making and building positive personal relationships.

## Results



- Within the NYS Incarcerated Education Program, the facilitation of APC has reduced recidivism considerably.
- A Pennsylvania State agency using APC as the foundation for their Welfare-to-Work program had a job placement rate of 21% as compared to Pennsylvania state's average job placement rate of 11%.

## The Program

Action for Personal Choice (APC) is a "pre-program" for people who intend to enter educational, job training, or counseling programs. APC was designed to help participants reduce the cognitive and emotional barriers that too often prevent them, particularly those disenfranchised from mainstream society, from reaching their personal, educational, and job attainment goals; identify the barriers to attaining their goals; and remove those barriers and begin building bridges to personal success. This intensive curriculum can be customized to meet both agency and participant needs. The ultimate goal of APC is to provide learners with the social and behavioral skills they need to participate fully in education and training courses, secure employment, build personal relationships, and make informed life decisions.

The program's active learning process ultimately leads learners from Awareness Trust-Building to Change/Healing and Rebuilding. Participants are active — mentally, emotionally, and even physically — throughout their time in the program as they gain practical tools and techniques which help them in the making of choices.

APC is presently being used in middle and high schools; welfare reform programs, correctional facilities, substance abuse treatment facilities, JTPA summer youth employment programs, as well as with a program for learners who have a mental illness or mental retardation. A new youth curriculum is available for youngsters 9-11 years old. It follows the adult APC, but all materials are youth oriented.

## Professional Development

There is a three-day Staff Training Seminar, in which staff from various agencies, facilities and businesses are trained to facilitate the APC curriculum. They will participate in selective lessons and exercises from the curriculum and will experience the power of the APC process. At the completion of the three-day training, participants will more than just learn to facilitate APC with clients/learners, they will also acquire new skills they can use for their own growth and improvement and in their relationships with families, friends, co-workers and administrators. A minimum of 10 participants and maximum of 30 are required to conduct the three-day training. Trainees receive a facilitator's manual (curriculum), overhead transparency masters, and posters. Follow-up technical assistance is provided.

## Costs & Funding Options

The training cost of \$750 per participant includes the three-day training and all materials. The costs of trainer's travel, meals and overnight accommodations is additional. Technical assistance is available to identify funding sources, and to customize the curriculum to meet agency needs and client outcomes.

## Learning Standards

### Career Development/ Occupational Studies:

1) be knowledgeable about the world of work, explore career options and relate personal skills, aptitudes and abilities to future career decisions.

### Health, Physical Education and Home Economics:

2) acquire the knowledge and ability necessary to create and maintain a safe and healthy environment.

## Contact

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