



# Behavior Change Starts Here

**Empowering individuals,  
strengthening communities,  
and driving success**



National Curriculum & Training Institute, Inc.  
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**NCTI's Complete Behavior Change System provides a support structure that makes a referring professional's work more effective, strengthens program fidelity, and enhances learning by clients. It is comprised of five parts.**

## 1 Evidence-based Crossroads Curricula

Group-based intervention is the proven way to affect positive behavior change. NCTI's Crossroads programs are designed for use in a group setting, and they are recommended by the American Probation and Parole Association, APPA.

Programs are available for both adult and youth participants. They are specific to the individual's area of need, and they are tailored to the individual's level of risk. This is not a one-size-fits-all program. NCTI's Crossroads programs are targeted intervention that ensures the correct services are available to the client.



### Available programs

#### Adult:

- Anger Management
- Cognitive Life Skills
- Drugs & Alcohol
- Felony Offenses
- Misdemeanor Offenses
- Parenting
- Shoplifting
- Theft

#### Youth:

- Anger Management
- Cognitive Life Skills
- Delinquent Behavior
- Drugs & Alcohol
- Gang Involvement
- Shoplifting

## 2 Real Colors Personality Instrument

Real Colors is a tool for individuals to understand their own values, needs, joys, and strengths plus an understanding of how others may view these things differently. It creates understanding and empathy and provides a framework for effective communication.

When used in conjunction with Crossroads programs, Real Colors provides common ground for communication between participants and facilitators. It also provides valuable insights for case plans and how to successfully reenter the community.



Real Colors®



*When I began researching evidence-based programs I knew what I DID NOT want and not so much what I DID want. I wanted something that worked (of course) and was respectful, not "group therapy" but focused on behavior, with specific expectations. I put months into looking for an exact fit for our agency and community. However, my search was over once I discovered the cognitive-based programs through NCTI.*

*NCTI does a phenomenal job of training and supporting its facilitators long after training. I will retire from a 30-year career working with youth and families. Being part of the NCTI programming has been the most relevant, important information I have ever learned. It changed the way I think in my career and life.*

— Teresa Carrigan LSW, Police Youth Bureau Bismarck Police Department

### 3 Facilitator Certification

NCTI's Certification Training\* equips you to deliver the complete line of Crossroads curricula as well as the Real Colors workshop. The fast-paced, interactive training is your first step to successfully deliver high quality, effective programs that move individuals toward successful pro-social choices.

Certified facilitators learn how to motivate others, how to encourage a commitment to positive change, and how to create a supportive environment based on trust.

*\*NCTI's Cognitive Certification Training is accredited by the American Probation and Parole Association for 40 contact hours.*

### 4 Cog Talk

Cog Talk is a guide to involve the participant's community of support in their learning. It creates natural conversations and helps further motivate the individual to make positive changes.



### 5 Program Fidelity

NCTI's Complete Behavior Change System includes the tools to ensure organizations are able to replicate successful outcomes.

Class ID	Attendance	Pretest Correct Mean	Posttest Correct Mean	% Change
CL3488888	8	2/20	6/13	65%
Student Name	Student Code	Pretest Correct	Posttest Correct	% Change
Jamelle M.	JM-08022017	3	7	40000%
Levi P.	LP-08022014	3	6	20000%
Yamelle M.	YM-08022014	3	7	30000%
Paul T.	PT-08022014	3	6	20000%
Terrence K.	TK-08022014	3	5	10000%
Ryan L.	RL-08022014	3	7	40000%
Harold R.	HR-08022014	3	6	40000%
Wayne T.	WT-08022014	3	6	40000%

#### Free facilitator resource library

- Evaluation forms
- Implementation guides
- Videos to support facilitators

#### Pre/Post Testing System

- Measures the effectiveness of the program and the facilitator
- Aids in case planning decisions

#### Access to NCTI's team of professional staff

*We use NCTI in our prevention early intervention programs with great success. We have offered NCTI Youth Cognitive Life Skills and Youth Drugs and Alcohol at our local schools. The pre and post testing makes it easy to show improvement and understanding of the material. The staff are there to help offer support with the NCTI data system, enrolling new staff in training, and general questions.*

– Linda Murphy, Team Supervisor, Pacific Clinics Family Resource Center/Military Services & Family Supportt

# Why NCTI?

NCTI's model of cognitive behavior change works because it focuses on the internal motivators of values and personal attitudes.

Additionally, our programs:

- **Are easy to implement.**

With a facilitator guide and workbook, all sessions are outlined step-by-step with homework included.

- **Are offense-specific & risk-specific.**

The right programming at the right time increases the likelihood of a participant's ability to exit supervision and reenter the community successfully.

- **Are group-based.**

Participants are encouraged to learn from and draw positive reinforcement from each other.

- **Incorporate Real Colors.**

This tool provides instant insight into what motivates participants and giving them common language to better understand themselves and others.

- **Include tools for Case Planning and Program Fidelity.**

NCTI supports you from start to finish.

- **Drive individual success, positively impact families, and benefit the community.**



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## Ready to bring NCTI's programming to your organization?

Connect with NCTI by completing this short form.  
It is the fastest way to get more information to you!



Or find out more and view upcoming training dates on [www.NCTI.org](http://www.NCTI.org).