



Alexus Alston, MS, MSW, LISW-CP

Virtual Services in  
SC

[www.peaceandtranquilitycounseling.com](http://www.peaceandtranquilitycounseling.com)



# PROGRAM OVERVIEW

Reentry Readiness & Life Skills Program

# Meet The Facilitator



**ALEXUS ALSTON, MS,  
MSW, LISW-CP**

***FACILITATOR***

My name is Alexis Alston, and I am a dedicated and passionate Licensed Clinical Social Worker. I have a deep commitment to helping individuals facing various life challenges. I am very excited to bring my education and professional experiences to the field of therapy. I graduated with my Bachelor of Arts in Psychology from Winthrop University and received my Master's Degree in Clinical Social Work from the University of Kentucky. I also received my Master of Science in Forensic Psychology from Walden University. I was born and raised in Myrtle Beach, SC.

My journey into counseling was inspired by my strong desire to make a positive impact on people's lives. I truly believe that all individuals can be resilient. My work history includes working with diverse populations, specifically children, adults, and families. My academic background has equipped me with a solid foundation in therapeutic techniques, counseling theories, forensic psychology, and a deep understanding of human behavior. I love using a hands-on approach in sessions, paired with elements of Cognitive Behavioral Therapy, Solution-Focused Therapy, and Dialectical Behavioral Therapy. I also draw on a range of therapeutic modalities to meet my clients' needs. I am eager to apply my knowledge to support clients on their path to personal growth and well-being.

I take pride in providing a compassionate and empathetic space for clients to explore their thoughts and emotions. I am very dedicated to actively listening and understanding the unique experiences of each individual I work with. As a social worker, I am committed to creating a safe, non-judgmental environment where clients can open up, reflect, and work toward positive change.

# Program Overview



## Program Structure

### Program Length:

- 8 weeks
- 12 Hours Total
- 90 Minute Sessions

### Delivery Format:

- Virtual Live Group
- Hybrid Option (Live + Self-Paced)
- Individual Educational Sessions Available

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## Program Goals

### Participants will:

1. Improve emotional regulation and coping skills
2. Develop communication and conflict-resolution skills
3. Improve decision-making and accountability
4. Increase employment readiness and professionalism
5. Strengthen family and community relationships
6. Develop healthier routines and coping strategies
7. Build long-term reintegration and stability plans

# Intended Audience

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## Adults seeking:

- Reentry support services
- Life skills education
- Emotional regulation skills
- Employment readiness skills
- Community reintegration support
- Communication improvement
- Healthy coping strategies
- Personal development
- Structured behavioral support programs

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## Program Structure Completion Requirements

### Each session includes:

- Attendance verification
- Check-in
- Educational lesson
- Group discussion
- Skills practice
- Reflection activity
- Homework assignment

### Recommended requirements:

- Attend all required sessions
- Participate appropriately
- Complete assignments
- Demonstrate understanding of material
- Follow program rules



# Curriculum Outline

The Reentry Readiness & Life Skills Program is an 8-week psychoeducational and skills-based program designed to assist participants in developing emotional regulation, communication, coping, decision-making, employment readiness, and community reintegration skills following incarceration or major life transition. This program is educational in nature and is not psychotherapy or clinical mental health treatment.

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## Week 1

### Topics Covered

- Adjustment challenges
- Rebuilding routines
- Emotional stress
- Accountability
- Personal goal setting

### Skills Focus

- Goal setting
  - Self-awareness
  - Accountability
  - Routine development
  - Adjustment and transition planning
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## Week 2

### Topics Covered

- Stress awareness
- Anger management
- Coping skills
- Emotional triggers
- Impulse control

### Skills Focus

- Emotional regulation
- Stress management
- Trigger identification
- Healthy coping strategies

# Curriculum Outline

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## Week 3

### Topics Covered

- Communication skills
- Healthy boundaries
- Conflict resolution
- Rebuilding trust
- Relationship stress

### Skills Focus

- Communication skills
- Active listening
- Boundary-setting
- Conflict resolution
- Relationship-building



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## Week 4

### Topics Covered

- Problem-solving
- Consequences
- Responsibility
- Behavior patterns
- Accountability

### Skills Focus

- Problem-solving
- Consequence thinking
- Decision-making
- Accountability
- Behavioral awareness

# Curriculum Outline

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## Week 5

### Topics Covered

- Interview preparation
- Workplace communication
- Professionalism
- Routines and punctuality
- Employment expectations

### Skills Focus

- Professional communication
  - Interview preparation
  - Workplace behavior
  - Time management
  - Responsibility and reliability
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## Week 6

### Topics Covered

- Routines and structure
- Support systems
- Stress reduction
- Healthy habits
- Avoiding risky environments

### Skills Focus

- Healthy routines
- Lifestyle stability
- Stress reduction
- Support-system development
- Healthy habit building

# Curriculum Outline

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## Week 7

### Topics Covered

- Rebuilding relationships
- Parenting/family roles
- Communication
- Support systems
- Community resources

### Skills Focus

- Family communication
- Relationship repair
- Community engagement
- Support-system utilization
- Healthy social interaction



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## Week 8

### Topics Covered

- Relapse prevention
- Maintaining stability
- Future goals
- Accountability planning
- Long-term success strategies

### Skills Focus

- Relapse prevention
- Long-term planning
- Stability maintenance
- Personal growth
- Continued accountability & goal tracking

# Sample Completion Certificate

## Participants are expected to:

- Attend scheduled sessions
- Participate appropriately
- Complete required assignments
- Follow program expectations and policies

**Participants meeting program requirements may receive a Certificate of Completion and attendance verification documentation.**

*Certificate*  
OF COMPLETION

*proudly presented to*

*Juliana Silva*

*for completing the online Reentry Readiness & Life Skills  
Program*

ALEXUS ALSTON,  
MS, MSW LISW-CP  
Facilitator



PEACE AND  
TRANQUILITY  
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CONSULTING  
SERVICES

803-515-7743

# Facilitator Information

**Alexus Alston, MS, MSW, LISW-CP**

- Bachelor of Psychology
- Master of Social Work
- Master of Forensic Psychology
- Licensed Independent Clinical Social Worker (SC)

**Peace and Tranquility Counseling and Consulting Services**

**[www.peaceandtranquilitycounseling.com](http://www.peaceandtranquilitycounseling.com)**

803-515-7743

[alexusalston@peaceandtranquilitycounselingandconsulting.org](mailto:alexusalston@peaceandtranquilitycounselingandconsulting.org)

## IMPORTANT DISCLAIMER

This program is psychoeducational and skills-based in nature and is not psychotherapy, psychiatric treatment, or clinical mental health treatment.

Acceptance of completion documentation is determined individually by courts, probation offices, attorneys, employers, and referral sources.

