



# Forward Thinking *Interactive Journaling*® Series

*This cognitive-behavioral series uses evidence-based strategies to assist youth involved in the criminal justice system in making positive changes to their thoughts, feelings and behaviors. Applying the information presented in the Interactive Journals to their own lives helps participants achieve their goals of responsible living.*

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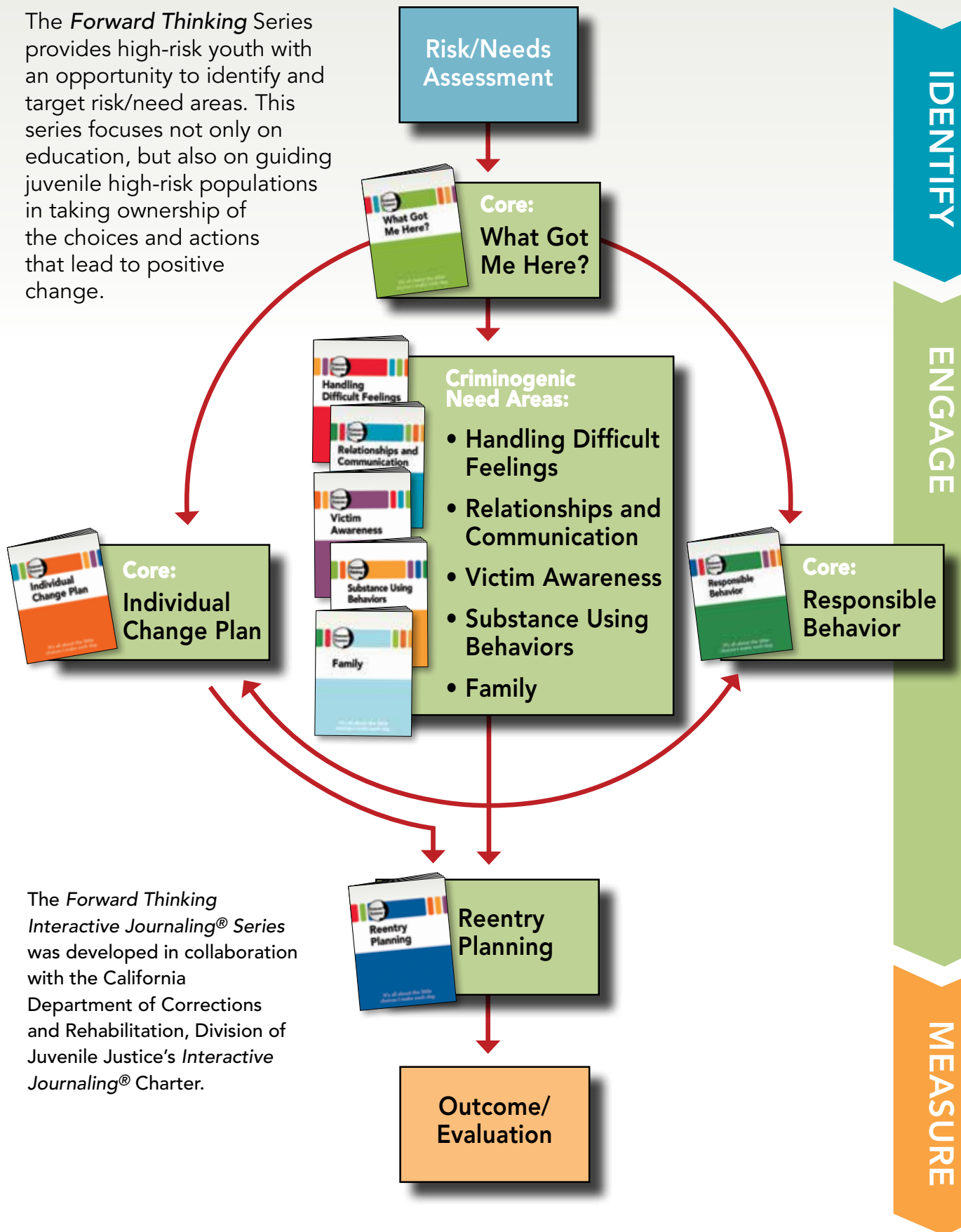
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## Forward Thinking *Interactive Journaling*® Series

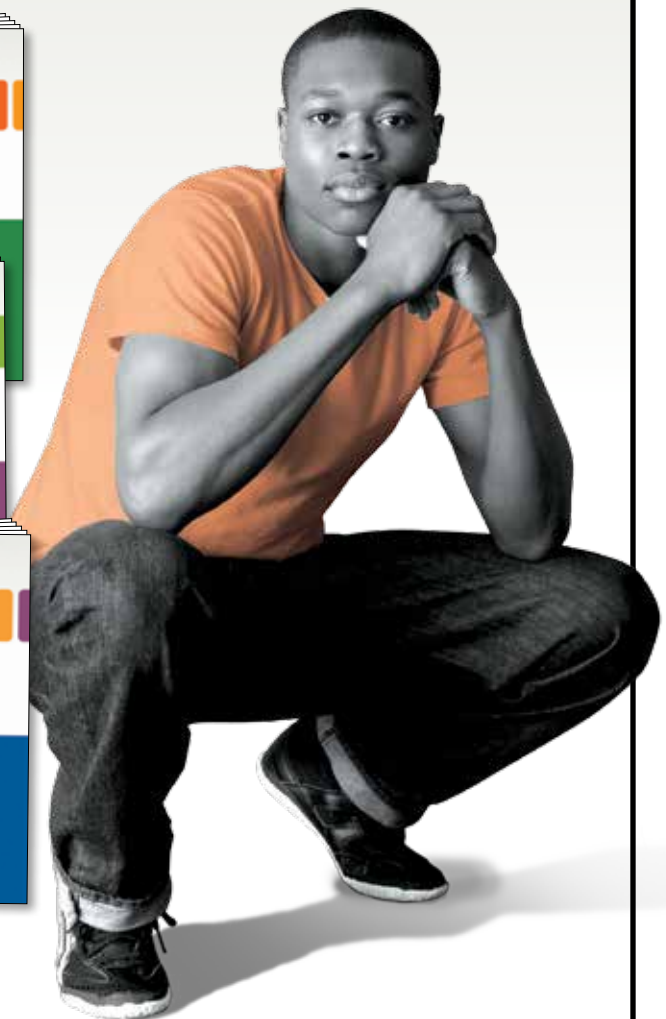
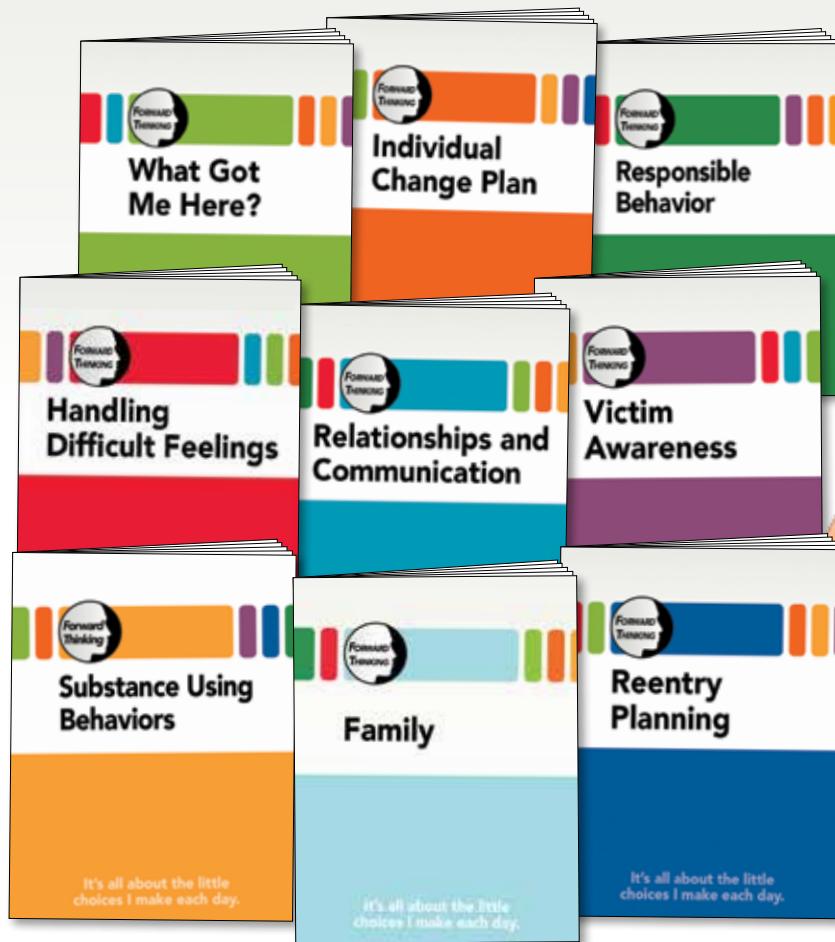
The *Forward Thinking* Series provides high-risk youth with an opportunity to identify and target risk/need areas. This series focuses not only on education, but also on guiding juvenile high-risk populations in taking ownership of the choices and actions that lead to positive change.



The *Forward Thinking Interactive Journaling*® Series was developed in collaboration with the California Department of Corrections and Rehabilitation, Division of Juvenile Justice's *Interactive Journaling*® Charter.



### *Participant Interactive Journals*



***What Got Me Here?*** – In this Journal, participants explore the consequences of past decisions and begin to learn skills for controlling anger, handling negative peer pressure, working with authority figures and strengthening family ties.

**Item #: FT1 • \$5.40 • 48 pages**

***Corresponding Facilitator Guide Item #: FTG1 • \$35.00***

***Individual Change Plan*** – In this Journal, participants explore the strategies for moving through the steps of change and create a personalized plan for targeting, developing and measuring progress toward goals with the provider and treatment team throughout the treatment process.

**Item #: FT2 • \$5.40 • 48 pages**

***Corresponding Facilitator Guide Item #: FTG2 • \$35.00***

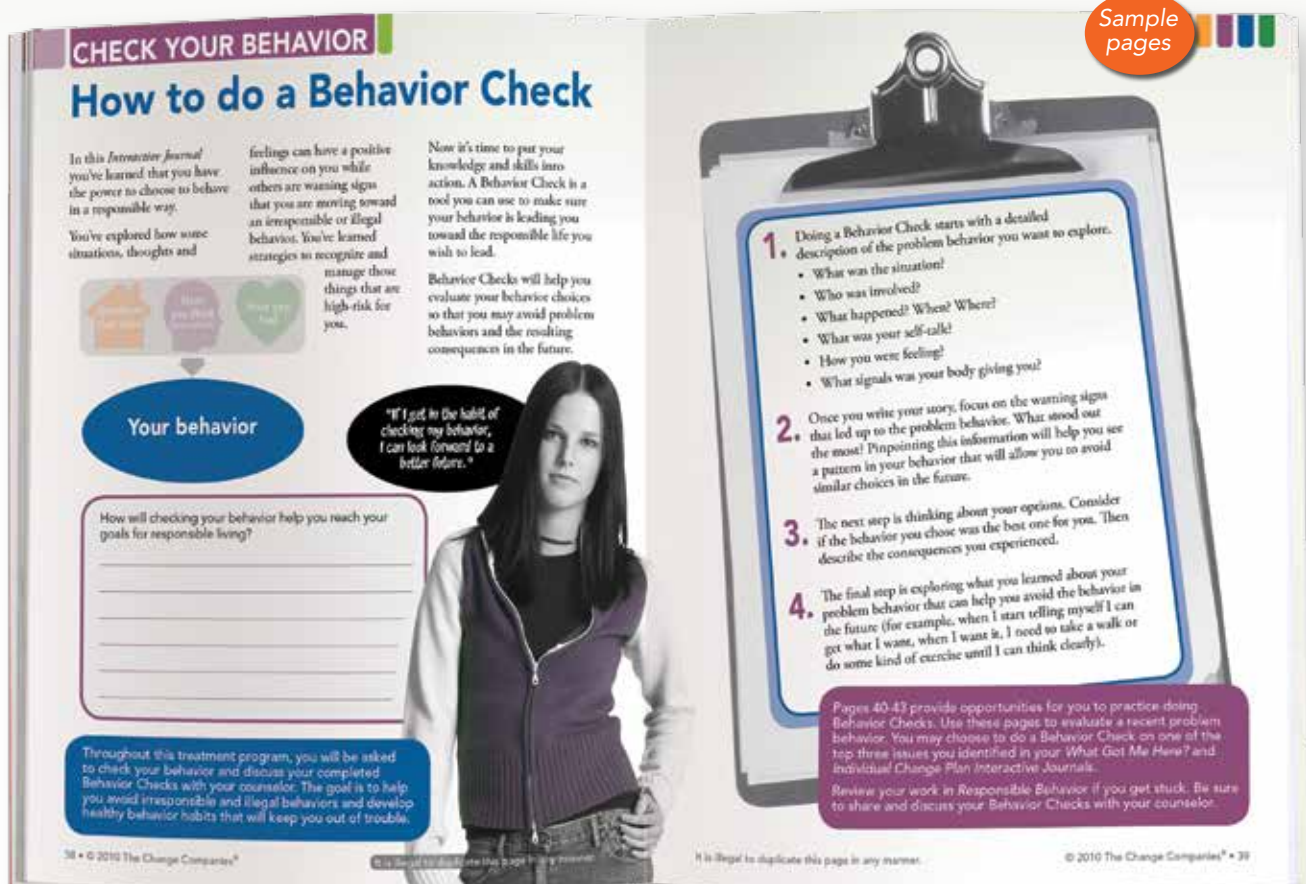


## Participant *Interactive Journals* (continued)

**Responsible Behavior** – *Responsible Behavior* focuses on the link between thoughts, feelings and behaviors. Participants explore the connection between situations, self-talk and feelings and how they relate to behavior choices. In this Journal, participants are introduced to the Behavior Check strategy for use throughout the treatment process.

**Item #: FT3 • \$5.40 • 48 pages**

**Corresponding Facilitator Guide Item #: FTG3 • \$35.00**



**Behavior Check**

**Problem Behavior**  
Explain the problem behavior below. Include as many details as you can remember. Consider what led up to the problem behavior including the situation (people, places and things), your thoughts (self-talk) and your feelings (including body signals).

**Warning Signs**  
Below identify the warning signs that led up to the problem behavior. If you have difficulty, review what you wrote above and look to increase what was happening in each area before you engaged in the problem behavior.

Situation	Thoughts	Feelings

## Forward Thinking *Behavior Check Pad*

The Behavior Check is a change tool participants learn to use in the *Responsible Behavior Interactive Journal*. A Behavior Check is available as a tear-off pad for use throughout the *Forward Thinking Series*. Participants analyze a problem behavior, including their available options and the resulting consequences, and consider how they can avoid problem behaviors in the future.

**Item #: FTC • \$10.50 • 50 sheets per check pad**





### **Participant Interactive Journals** *(continued)*

**Handling Difficult Feelings** – This Journal helps participants explore the influence of feelings on behavior. They learn and practice coping skills for handling uncomfortable feelings.

**Item #: FT4 • \$4.50 • 40 pages**

*Corresponding Facilitator Guide Item #: FTG4 • \$35.00*

**Relationships and Communication** – In this Journal, participants focus on understanding and improving relationships. Communication skills are presented to help participants learn to express themselves in healthy ways.

**Item #: FT5 • \$4.50 • 40 pages**

*Corresponding Facilitator Guide Item #: FTG5 • \$35.00*

**Victim Awareness** – *Victim Awareness* helps participants begin to consider the idea of taking personal responsibility for their criminal behavior. They look at the ripple effect of their behavior on themselves, their families, their victims, their victims' families and their communities and consider ways to make amends for the harm they caused.

**Item #: FT6 • \$4.50 • 40 pages**

*Corresponding Facilitator Guide Item #: FTG6 • \$35.00*

**Substance Using Behaviors** – This Journal helps participants examine the impact substance use has had on their lives and explore ways they can make changes to their alcohol and other drug use behaviors.

**Item #: FT8 • \$4.50 • 40 pages**

*Corresponding Facilitator Guide Item #: FTG8 • \$35.00*

**Family** – This Journal helps participants understand and improve their family relationships. They look at who their family is and the traits that were passed on to them and consider some qualities and expectations to pass on to future generations.

**Item #: FT9 • \$3.60 • 32 pages**

*Corresponding Facilitator Guide Item #: FTG9 • \$35.00*

**Reentry Planning** – This Journal pinpoints priorities for a successful transition including housing, financial responsibility, time management, healthcare needs, employment, life skills and building a support network. Participants learn how to apply new knowledge and skills to make the most of the reentry experience.

**Item #: FT7 • \$7.20 • 64 pages**

*Corresponding Facilitator Guide Item #: FTG7 • \$35.00*

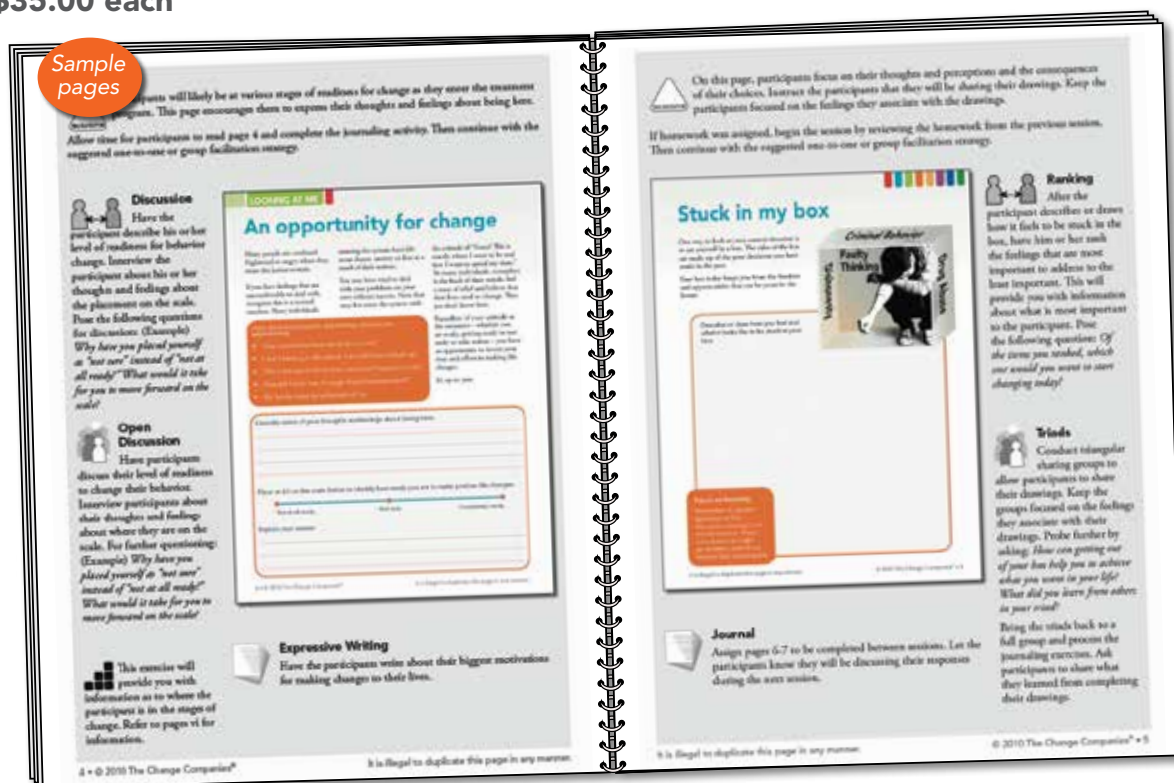


## Facilitator Guide Support

The *Forward Thinking* Series Facilitator Guides were developed to maximize the use of the Interactive Journals. Each Guide features miniature versions of the Interactive Journal pages with facilitation instructions, recommendations and participant activities wrapped around the border of each page. The Guides offer a variety of strategies for facilitating one-to-one and group sessions. Activities and optional homework assignments give flexibility to present Journal material according to facilitators' own schedules and capabilities. The Guides also include information on the power of *Interactive Journaling*® and a summary of change research and its application in the Journals.

## Corresponding Facilitator Guides

**\$35.00 each**



## Forward Thinking Fidelity Tools

Pre- and post-tests are available for each Journal. Two administration methods are offered: the Facilitator Assessment of the Participant is completed by an observing supervisor, facilitator or collaboratively by the participant and facilitator; the Participant Self-evaluation is completed by the participant. Both instruments measure changes in participants' attitudes, knowledge and skills in specific topic areas. Facilitator evaluations are also available. They can be completed by a participant, supervisor and/or facilitator. They measure adherence to the rules of *Interactive Journaling*® and fidelity to program delivery.



# Forward Thinking Series

Minimum order of  
any Journal is 25.



## ORDER FORM

Item #	Item Title	Quantity		Unit Price		Total
FT1	What Got Me Here?		x	\$5.40	=	
FT2	Individual Change Plan		x	\$5.40	=	
FT3	Responsible Behavior		x	\$5.40	=	
FT4	Handling Difficult Feelings		x	\$4.50	=	
FT5	Relationships and Communication		x	\$4.50	=	
FT6	Victim Awareness		x	\$4.50	=	
FT8	Substance Using Behaviors		x	\$4.50	=	
FT9	Family		x	\$3.60	=	
FT7	Reentry Planning		x	\$7.20	=	
FTCS	Complete Set of Forward Thinking Interactive Journals		x	\$40.50	=	
FTG1	Guide for What Got Me Here?		x	\$35.00	=	
FTG2	Guide for Individual Change Plan		x	\$35.00	=	
FTG3	Guide for Responsible Behavior		x	\$35.00	=	
FTG4	Guide for Handling Difficult Feelings		x	\$35.00	=	
FTG5	Guide for Relationships and Communication		x	\$35.00	=	
FTG6	Guide for Victim Awareness		x	\$35.00	=	
FTG8	Guide for Substance Using Behaviors		x	\$35.00	=	
FTG9	Guide for Family		x	\$35.00	=	
FTG7	Guide for Reentry Planning		x	\$35.00	=	
FTGC	Complete set of Facilitator Guides (a savings of \$30.00)		x	\$285.00	=	
FTC	Behavior Check Pad (50 sheets per pad)		x	\$10.50	=	

Packages will be shipped ground  
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