The Change Companies®

Interactive Journaling®

ALTERNATIVES

YOUTH DIVERSION EDUCATION PROGRAM

RESOURCES to SUPPORT PERSONAL CHANGE

Over 25 million people have used Interactive Journals to make positive changes in their lives.

The Change Companies® collaborates with hundreds of professionals and providers to create program content, implementation methods, training options and outcome measurements.

Interactive Journaling® curricula are used in many behavior change fields, including prevention and intervention, justice services, substance use treatment, impaired driving, healthcare, mental health.

INTERACTIVE JOURNALING®

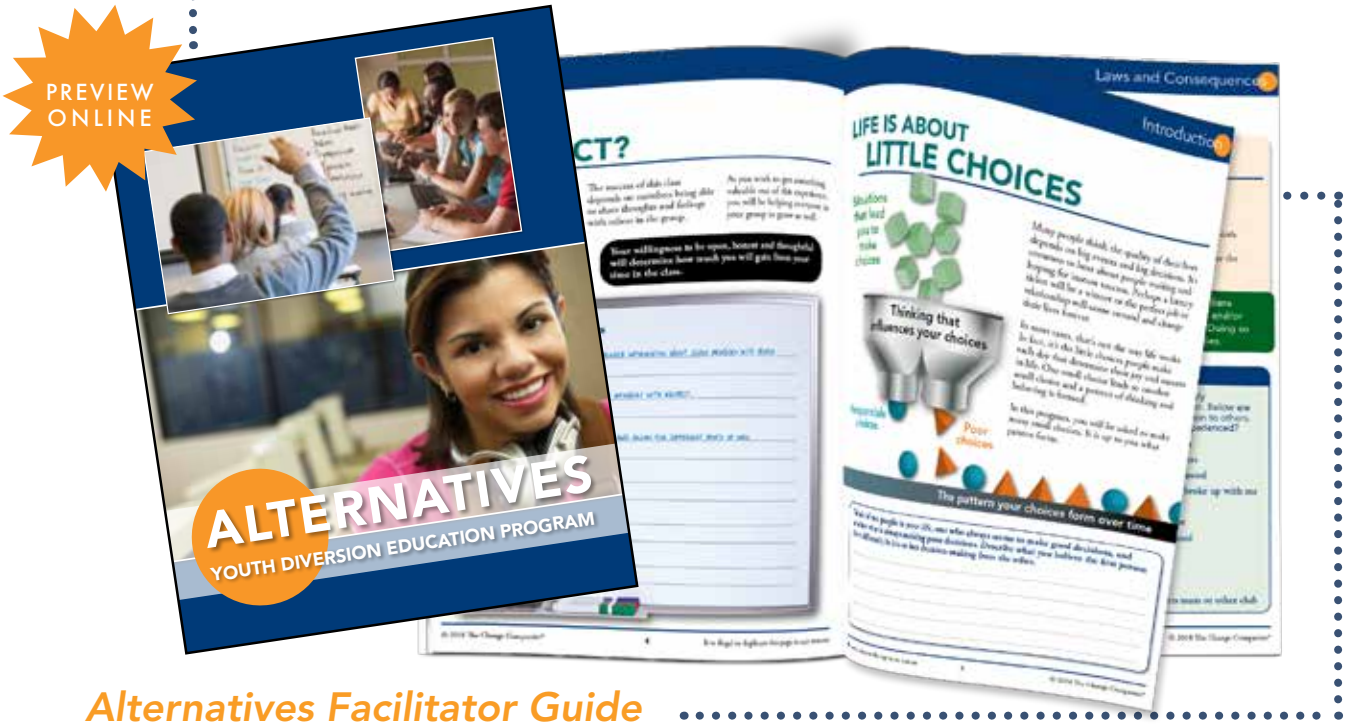
Interactive Journaling® is a structured and experiential writing process that motivates and guides participants toward positive life change. This evidence-based practice brings consistency to service delivery while keeping program participants engaged and focused on their personal change goals.

ALTERNATIVES *Journal*

Alternatives is a fresh approach to youth education, designed to provide facts, tools and support for those dealing with alcohol and other drug-related violations. Individuals learn personal responsibility and practice making positive, long-lasting behavior changes that will lead to better choices in the future.

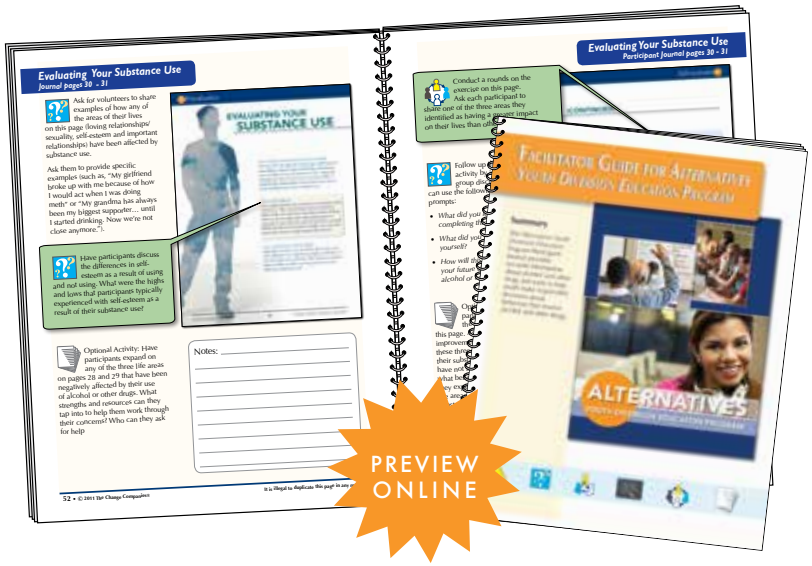
Alternatives

Item #: ALT | 40 pages | $4.50



Alternatives Facilitator Guide

Item #: ALTF | $35.00



This essential tool helps program facilitators effectively deliver course material. Each page of the *Alternatives* Participant Journal is reviewed in detail, with suggested activities and notes offering a variety of strategies which give facilitators the flexibility to adjust their presentation of Journal material according to their own schedule and capabilities. The suggested activities found throughout the Guide correlate with the content of the Participant Journal to help meet the objectives of the program.

ORDER FORM

ITEM #	PARTICIPANT JOURNALS	Minimum quantity for Participant Journals is 25	QUANTITY	UNIT PRICE	TOTAL
ALT	Alternatives Journal			x $ 4.50	=
ALTF	Alternatives Facilitator Guide			x $ 35.00	=
				SUBTOTAL	
				DOMESTIC S&H 7.5% (MIN. $7.50)	
				TAX (CA, CO, DC, IN, MO, NM, NV, NY, TN, WA)	
				TOTAL	

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