ALTERNATIVES YOUTH DIVERSION EDUCATION PROGRAM

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 Participant Journal

This 40-page Interactive Journal incorporates the research-proven practices of cognitive-behavioral interventions, the principles of Motivational Interviewing and the application of the Transtheoretical Model of Behavior Change through the delivery strategy of *Interactive Journaling*[®].

⁾ The **Change** Companies[®]

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Alternatives Facilitator Guide

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.

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