

CHOICES

A Brief Alcohol Abuse Prevention Program

CHOICES provides campuses with a brief, research-based, cost-effective and easy to implement method for helping students reevaluate their choices around alcohol. The program engages students in self-reflection and discussion about facts, risks and norms associated with alcohol while equipping them with the information, strategies and skills to make wise decisions.

The *Interactive Journaling*® process provides critical normative and physiological information while guiding students to apply information to their personal experiences. The

approach emphasizes student safety combined with personal responsibility. CHOICES is appropriate for both universal prevention and sanctioned students.

CHOICES was created by The Change Companies®, in collaboration with Alan Marlatt, Ph.D., and George Parks, Ph.D. of the University of Washington. The program is based upon research by the University of Washington Addictive Behaviors Research, which has been recognized by NIAAA and SAMHSA as leading alcohol abuse prevention for college students.



ABOUT INTERACTIVE JOURNALING®

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 justice services, substance use treatment, impaired driving, healthcare, mental health, prevention and intervention.

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.



CHOICES Participant Journal

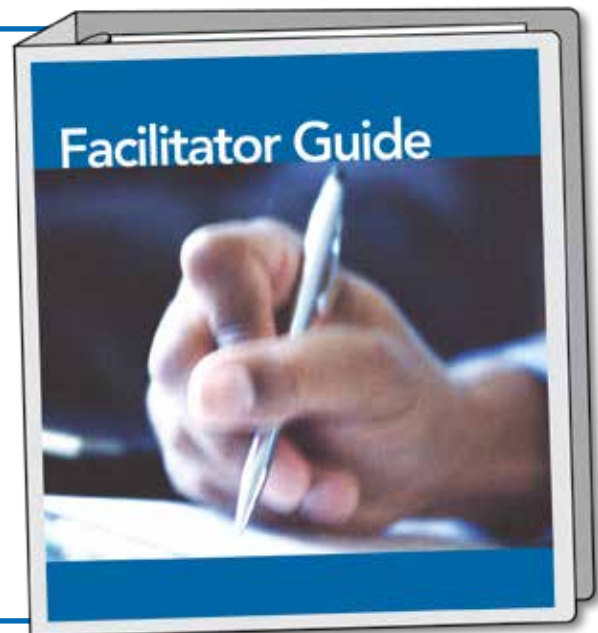
This Journal provides specific strategies and information identified by the award-winning Alcohol Skills Training approach to give college students the opportunity to reflect on facts, risks and norms associated with alcohol and make wise choices regarding alcohol consumption.

Item #: C1 • \$2.95 • 16 pages

CHOICES Facilitator Guide

The CHOICES Facilitator Guide provides a complete, easy-to-follow guide to delivering the CHOICES Program. The guide includes information on alcohol and the program's research underpinnings and provides step-by-step directions to facilitate the program. The guide also includes a pre/post-test for students and helpful links to supporting research.

Item #: C2 • \$45.00



CHOICES Facilitator Summary

For programs that have a copy of the CHOICES Facilitator Guide, the Facilitation Summary provides an easy way to ensure that every CHOICES instructor has the facilitation information they need at their fingertips. The Facilitation Summary provides a brief, side-by-side summary of the facilitation process for each page of the CHOICES Interactive Journal.

Item #: CD4 • \$15.00



CHOICES

ORDER FORM

Minimum quantity for Participant Journals is 25

ITEM #	PRODUCT	QUANTITY	UNIT PRICE	TOTAL
C1	CHOICES Participant Journal		x \$2.95	=
C2	CHOICES Facilitator Guide		x \$45.00	=
CD4	CHOICES Facilitator Summary		x \$15.00	
DOMESTIC S&H 7.5% (MIN. \$7.50)				
TAX (CA, CO, DC, KY, IN, MO, NM, NV, NY, TN, WA)				
TOTAL				

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