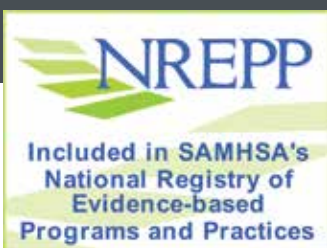
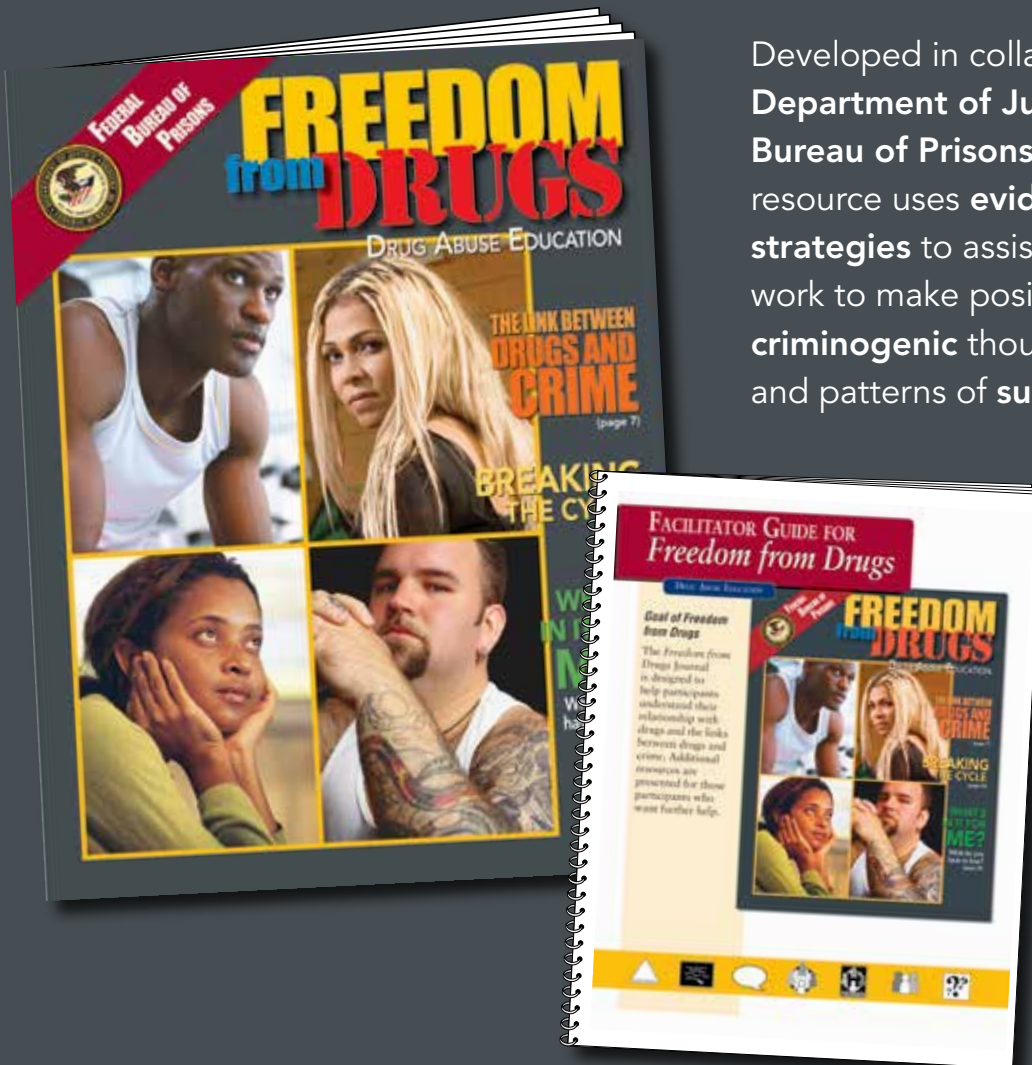


FREEDOM from DRUGS

DRUG ABUSE EDUCATION

Developed in collaboration with the Department of Justice, Federal Bureau of Prisons, this educational resource uses **evidence-based strategies** to assist participants as they work to make positive changes to their **criminogenic** thoughts and behaviors and patterns of **substance use**.



Why choose *Freedom from Drugs*?

- Features *Interactive Journaling*®, a structured and experiential writing process that motivates and guides participants toward positive life change
- Helps participants understand their relationships with drugs and the links between drugs and crime
- Provides facts participants need to make informed decisions about their relationships with alcohol or other drugs
- Serves as a consciousness-raising, motivational experience offering information about available resources for those who want further help
- Provides guidance for a 10-session program, but can be modified to fit program needs

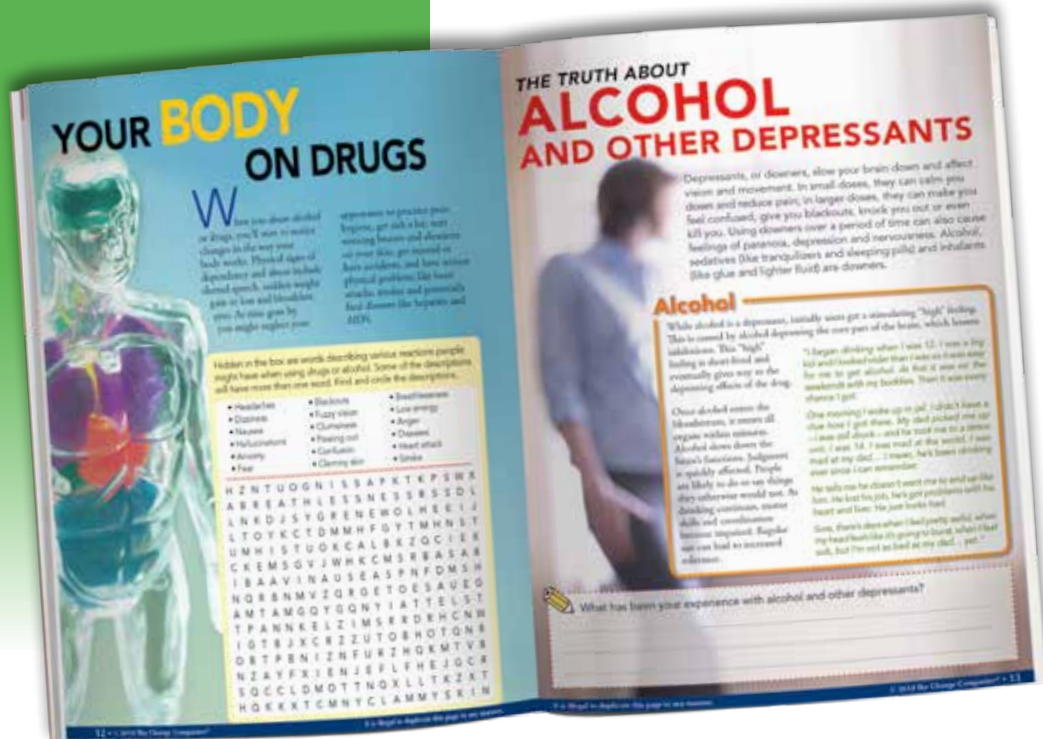
“Once I understood that it was up to me, that I was the only one who could do the daily work of change, good things began to happen.”

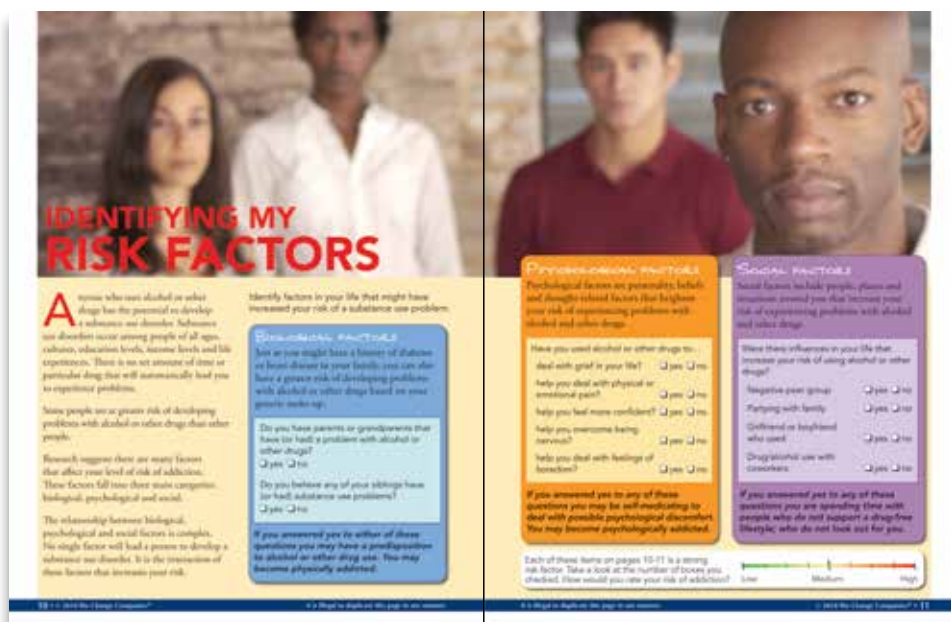
— Participant response to *Interactive Journaling*®

Research has revealed that structured journaling can improve overall health and well-being. Whether grappling with drug use problems or the loss of freedom that comes with incarceration, journaling has proven to be an effective tool in helping individuals cope with challenging situations.

This Interactive Journal encourages participants to engage with the content through personal writing, creating an immediately personal, relevant resource. Individuals can map

out where they have been, where they are today and where they wish to go. In addition, the Journal features examples which are directly relevant to the lives of inmates.





Freedom from Drugs Participant Journal

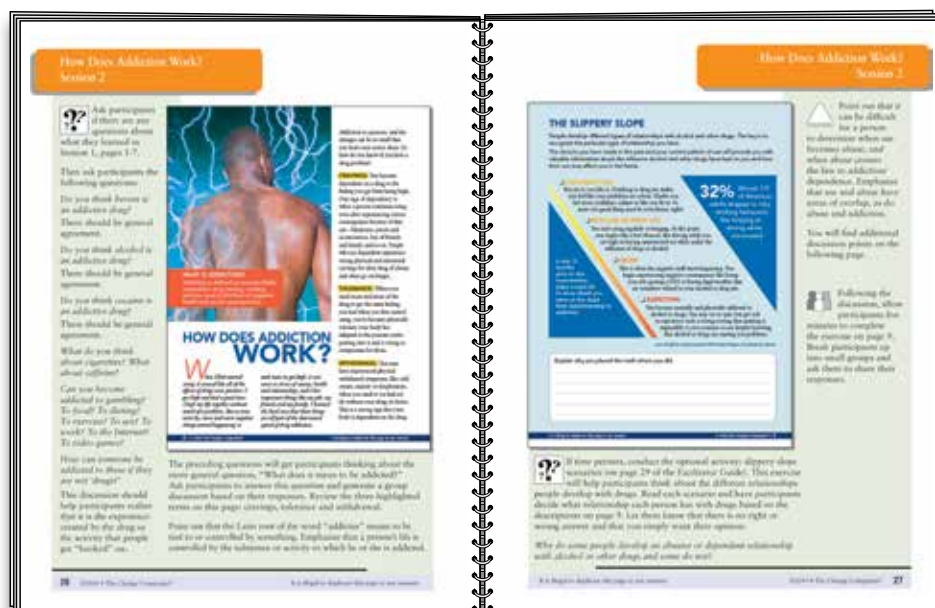
Participants are provided an opportunity to examine the consequences of alcohol and drug use in their lives, get the facts about alcohol and drugs in order to make better informed choices, consider the benefits of living a drug-free lifestyle and learn about available resources if they choose to seek further help.

Item #: FFDO • \$6.30 • 40 pages

Freedom from Drugs Facilitator Guide

This comprehensive Facilitator Guide offers session-by-session instructions on implementing *Freedom from Drugs*. The Guide features miniature versions of all Journal pages for ease of use and recommendations for processing information and activities. In addition, facilitators are provided with extensive background information on topics covered within the Journal for their own knowledge and discretionary use.

Item #: FDG • \$60.00 • 126 pages



Minimum order of
any Journal is 25.

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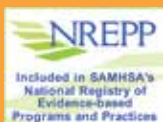
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