

*Interactive Journaling®*

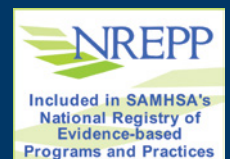
NEWLY REVISED

# The Courage To Change

*Interactive Journaling® System*



This Journal System has been designed for use with individuals under supervision. With special thanks to the contributing United States Probation Offices.



# RESOURCES

## to SUPPORT PERSONAL CHANGE

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

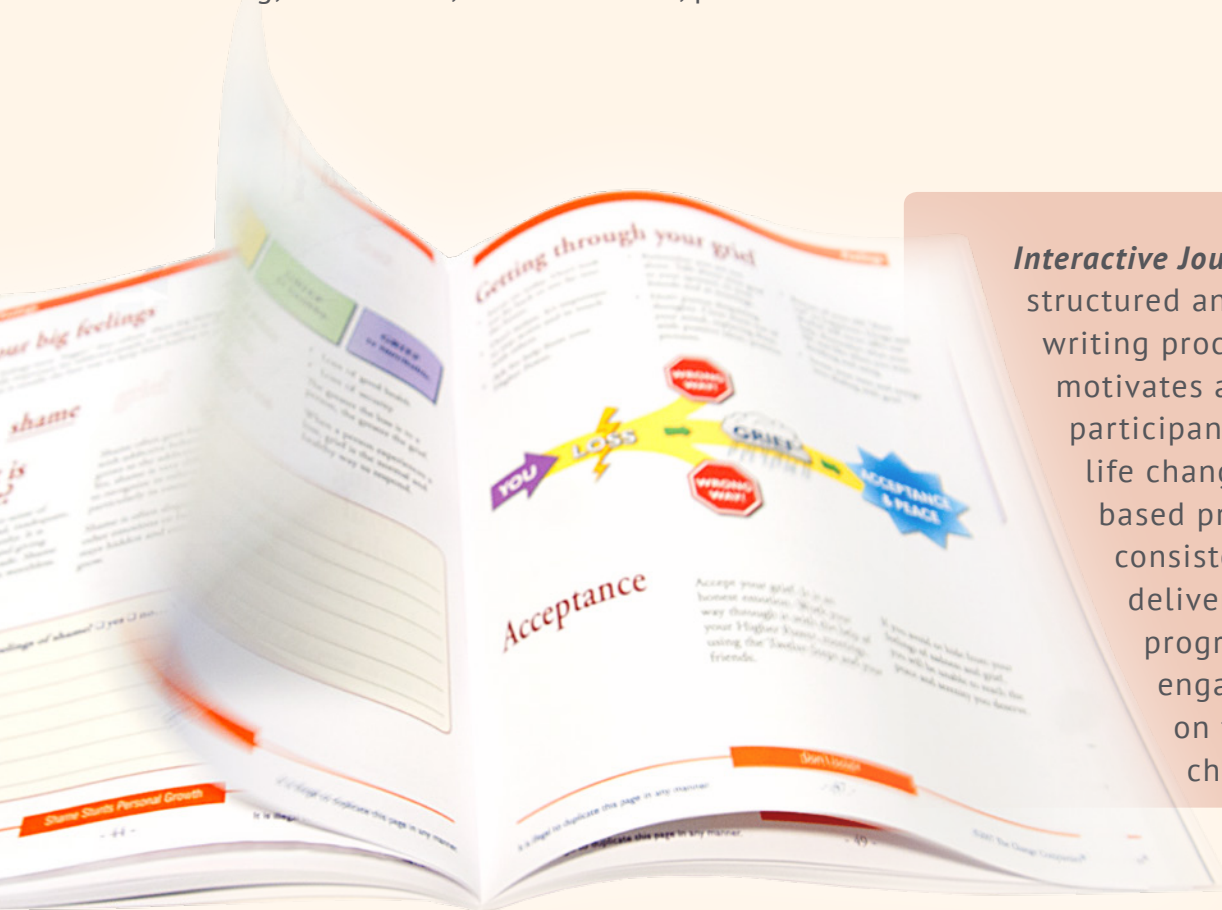
**The Change Companies®** collaborates with hundreds of professionals and providers to create program content, implementation methods, training options and outcome measurements.

**Interactive Journaling®** curricula are used in many behavior change fields, including 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.

# THE COURAGE to CHANGE system

The Courage to Change *Interactive Journaling*® System is an evidence-based supervision/case management model developed in collaboration with several United States Probation Offices.

Through the use of this cognitive-behavioral Interactive Journaling® System and interaction with their support team, participants address their individual problem areas based on a criminogenic risk and needs assessment.

Implementation is flexible and can be customized based on risk, responsivity and programming needs.

By personalizing the information presented in the Journals to their own circumstances, participants will develop a record of their commitments and progress throughout probation and a roadmap to success in their efforts to make positive behavior change.



# THE SYSTEM



## Getting Started

Item #: **US1** | 24 pages | **\$2.70**

Corresponding Facilitator Guide Item #: **UF1** • \$20.00

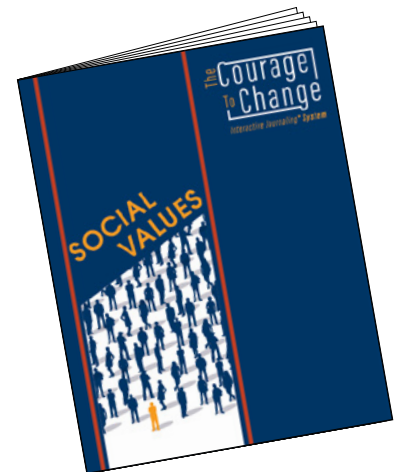
This Journal shows participants what they can expect during their period of supervision including the various roles that members of their support team will play. They will also learn and practice strategies for self-change and have an opportunity to develop a Readiness Statement for change.

## Social Values

Item #: **US2** | 32 pages | **\$3.60**

Corresponding Facilitator Guide Item #: **UF2** • \$20.00

This Journal helps participants identify their values and the impact on themselves and others. Participants are encouraged to take responsibility for their choices and make amends for the harm they have caused. Values that promote a healthy lifestyle including honesty, tolerance, caring, respect and responsibility are explored and participants will create an action plan for strengthening their values.



## Responsible Thinking

Item #: **US3** | 32 pages | **\$3.60**

Corresponding Facilitator Guide Item #: **UF3** • \$20.00

In the *Responsible Thinking* Journal, participants consider the connection between their thinking and their involvement in the criminal justice system. They weigh the payoffs and costs of their negative behavior and consider possible errors in thinking that lead to irresponsible and criminal behavior. Participants learn how to challenge and change their self-talk and practice decision-making and problem-solving skills.





## Self-control

Item #: **US4** | 24 pages | **\$2.70**

*Corresponding Facilitator Guide Item #: **UF4** • \$20.00*

The *Self-control* Journal focuses on feelings participants experience most often and addresses risks related to low self-control. Five big feelings of anger, boredom, sadness, fear and resentment are explored. Participants have an opportunity to practice strategies for managing difficult feelings and impulses and build a self-control action plan.

## Peer Relationships

Item #: **US5** | 28 pages | **\$3.15**

*Corresponding Facilitator Guide Item #: **UF5** • \$20.00*

The *Peer Relationships* Journal centers on building and maintaining positive connections with peers. Participants consider their past and present peer relationships, learn the differences between healthy and unhealthy relationships, practice handling social peer pressure and learn how to build a positive support network.



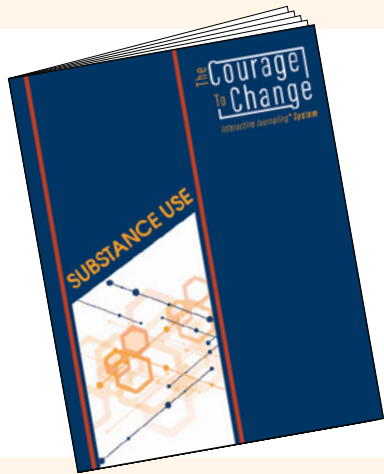
## Family Ties

Item #: **US6** | 32 pages | **\$3.60**

*Corresponding Facilitator Guide Item #: **UF6** • \$20.00*

*Family Ties* helps participants evaluate their family relationships and the roles they play in them. They explore healthy and unhealthy family qualities and strategies to help them reconnect with their families. The Journal concludes with an opportunity to create action plans to rebuild important family relationships.

# THE SYSTEM continued



## **Substance Use**

Item #: **US7** | 32 pages | **\$3.60**

Corresponding Facilitator Guide Item #: **UF7** • \$20.00

The *Substance Use* Journal helps participants evaluate the impact of substance use on their lives. They identify their own motivations for changing their substance use behavior and the strengths and abilities they can tap into to achieve their goals for change. Participants then develop a plan to help maintain their efforts toward recovery.

## **Seeking Employment**

Item #: **US11** | 32 pages | **\$3.60**

Corresponding Facilitator Guide Item #: **UF11** • \$20.00

*Seeking Employment* helps participants identify education and training they may need to reach their employment goals. Participants consider their interests and skills related to employment and begin strategic planning for their job search. Practical tips and exercises are offered to help them overcome obstacles and achieve success along their chosen career paths.



## **Recreation & Leisure**

Item #: **US12** | 20 pages | **\$2.25**

Corresponding Facilitator Guide Item #: **UF12** • \$20.00

Part of successful supervision involves managing your time in a responsible way. *Recreation & Leisure* provides participants with an opportunity to explore how they spend their free time. Participants identify positive activities to engage their mind, body and spirit and set goals for spending their free time in healthy, fun ways that support their goals for positive change.

For more information, contact Mike Judnick, Vice President of Justice Services at [mjudnick@changecompanies.net](mailto:mjudnick@changecompanies.net) or 888-889-8866.

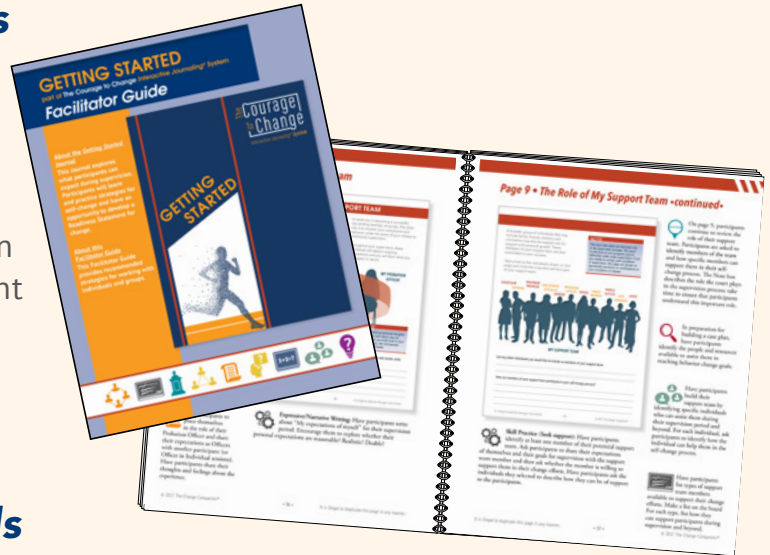
# ADDITIONAL resources & SUPPLEMENTS

## Corresponding Facilitator Guides

**\$20.00 each**

Complete set item #: UFC | \$180.00

Facilitator Guides feature miniature versions of the Journal pages with facilitation instructions, recommendations and participant activities wrapped around the border of each page. Methods for both individual and group facilitation are provided.



## Check Pads

**\$10.50 each – Pad of 50**

The Check Pad System helps to reinforce key skills participants learn while under supervision.



**UP1 Thinking Check** challenges participants to look at their thinking and ways to adjust their self-talk.

**UP2 Action Check** gives participants an opportunity to work with their probation officer to target problem areas.

**UP3 Values Check** helps participants explore five values that support a healthy lifestyle.

**UP4 Case Planning/Individual Application Check** provides a structure and process for officer meetings with offenders.

**UP5 Readiness to Change Check** helps participants document the change process in a specific target area.

**UP6 Decisional Balance Check** helps participants identify benefits and costs of change.

For Fidelity Assessment Tools, visit [www.changecompanies.net](http://www.changecompanies.net) or call 888-889-8866.

## Training

The Change Companies®' comprehensive training, consultation and professional support services help individuals and organizations effectively facilitate and apply proven approaches for behavior change. Our mission is to train providers and build delivery systems that put the most cost-effective, evidence-based behavior change tools and strategies into action to facilitate positive life changes.

Call us at 888-889-8866 to explore how we can fit your training needs.

Orientation training  
Facilitation training  
eTraining  
Training for trainers  
Advanced facilitator training  
Consultation and coaching

# ORDER FORM

ITEM	PARTICIPANT JOURNALS	QTY	UNIT	TOTAL
US1	Getting Started		x \$2.70	=
US2	Social Values		x \$3.60	=
US3	Responsible Thinking		x \$3.60	=
US4	Self-control		x \$2.70	=
US5	Peer Relationships		x \$3.15	=
US6	Family Ties		x \$3.60	=
US7	Substance Use		x \$3.60	=
US11	Seeking Employment		x \$3.60	=
US12	Recreation & Leisure		x \$2.25	=
USC	Complete Journal Set		x \$22.90	=
ITEM	ADDITIONAL RESOURCES	QTY	UNIT	TOTAL
UP1	Thinking Check Pad		x \$10.50	=
UP2	Action Check Pad		x \$10.50	=
UP3	Values Check Pad		x \$10.50	=
UP4	Case Planning/Individual Application Check Pad		x \$10.50	=
UP5	Readiness To Change Check Pad		x \$10.50	=
UP6	Decisional Balance Check		x \$10.50	=

**Minimum quantity for Participant Journals is 25.**

ITEM	FACILITATOR GUIDES	QTY	UNIT	TOTAL
UF1	Getting Started Facilitator Guide		x \$20.00	=
UF2	Social Values Facilitator Guide		x \$20.00	=
UF3	Responsible Thinking Facilitator Guide		x \$20.00	=
UF4	Self-control Facilitator Guide		x \$20.00	=
UF5	Peer Relationships Facilitator Guide		x \$20.00	=
UF6	Family Ties Facilitator Guide		x \$20.00	=
UF7	Substance Use Facilitator Guide		x \$20.00	=
UF11	Seeking Employment Facilitator Guide		x \$20.00	=
UF12	Recreation & Leisure Facilitator Guide		x \$20.00	=
UFC	Complete Facilitator Guide Set		x \$180.00	=
SUBTOTAL				
DOMESTIC S&H 7.5% (MIN. \$7.50)				
TAX (CA, CO, IN, NM, NV, TN, WA)				
TOTAL				

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BILLING ADDRESS ON CARD \_\_\_\_\_

CARD #

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**Packages will be shipped by ground services the same day your order is received.**

**CALL, FAX OR MAIL YOUR ORDER TO:**

 **The Change Companies®**

Toll-free: 888-889-8866

Fax: 775-885-0643

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version 3.0