

The Courage to Change

for individuals under supervision

Evidence-based
Supervision/Case
Management Model

*Addressing participants'
individual criminogenic
risks and needs*



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[®] 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.

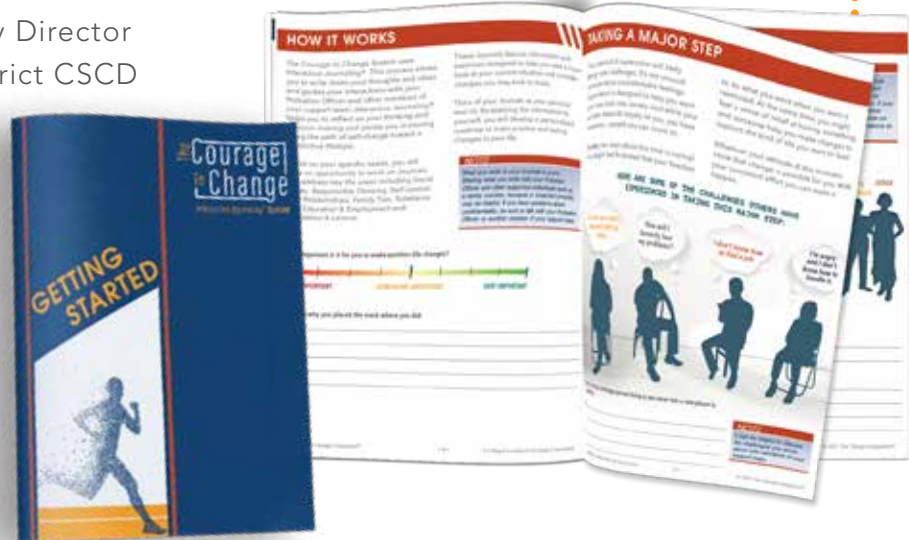
About The Courage to Change

“*The Courage to Change matches up perfectly with the TRAS domains,*

and our officers utilize it for all high and moderate risk offenders on direct supervision. The training and ongoing support from The Change Companies® has been terrific and has helped us develop a successful tool to address criminogenic needs identified by the TRAS...

...I look at our relationship [with The Change Companies®] as more of a partnership than a client/vendor relationship.

-Allen E. Bell, Agency Director
Midland Judicial District CSCD



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

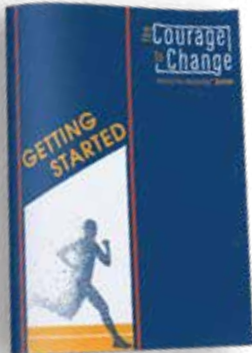
Through the use of this cognitive-behavioral *Interactive Journaling®* System and interaction with their support team, participants address their individual problem areas based on a criminogenic risk and needs assessment.

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.

Toll-free: 888-889-8866

The Courage to Change Journal System



Getting Started

Item #: US1 | 24 pages | \$2.70

Spanish: Item #: US1S | \$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.

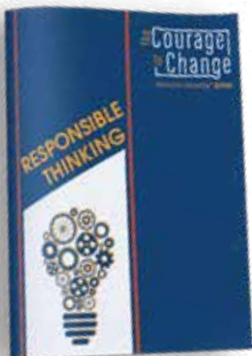
Social Values

Item #: US2 | 32 pages | \$3.60

Spanish: Item #: US2S | \$3.60

Corresponding Facilitator Guide Item #: UF2 • \$20.00

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



Responsible Thinking

Item #: US3 | 32 pages | \$3.60

Spanish: Item #: US3S | \$3.60

Corresponding Facilitator Guide Item #: UF3 • \$20.00

Participants consider the connection between their thinking and their involvement in the justice system. They weigh the payoffs and costs of their behavior and consider thinking errors that lead to irresponsible and criminal behavior. Participants learn to challenge and change their self-talk and practice decision-making and problem-solving skills.

Self-control

Item #: US4 | 24 pages | \$2.70

Spanish: Item #: US4S | \$2.70

Corresponding Facilitator Guide Item #: UF4 • \$20.00

This Journal focuses on the 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 practice strategies for managing difficult feelings.





Peer Relationships

Item #: US5 | 28 pages | \$3.15

Spanish: Item #: US5S | \$3.15

Corresponding Facilitator Guide Item #: UF5 • \$20.00

This Journal centers on building and maintaining positive connections. 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

Spanish: Item #: US6S | \$3.60

Corresponding Facilitator Guide Item #: UF6 • \$20.00

Family Ties helps participants evaluate family relationships and the roles they play in them. They explore healthy and unhealthy family qualities and strategies to reconnect with their families, and create action plans to rebuild important family relationships.



Substance Use

Item #: US7 | 32 pages | \$3.60

Spanish: Item #: US7S | \$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 develop a plan to help maintain their efforts toward recovery.

Seeking Employment

Item #: US11 | 32 pages | \$3.60

Spanish: Item #: US11S | \$3.60

Corresponding Facilitator Guide Item #: UF11 • \$20.00

This Journal helps participants identify education and training they may need to reach their employment goals. They consider their interests and skills related to employment and begin strategic planning for their job search. Practical tips and exercises help them overcome obstacles and achieve success on their chosen career paths.



Recreation & Leisure

Item #: US12 | 20 pages | \$2.25

Spanish: Item #: US12S | \$2.25

Corresponding Facilitator Guide Item #: UF12 • \$20.00

Part of successful supervision involves managing your time in a responsible way. *Recreation & Leisure* helps participants explore how they spend their free time by identifying positive activities to engage their mind, body and spirit and setting goals for spending their free time in healthy ways.

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The Courage to Change

Additional Resources



Thinking Check

Item #: UP1 | 50 sheets per pad | \$10.50

Thinking Check challenges participants to look at the complete process of thinking and the means to make positive adjustments to their self-talk. Participants assess their thinking process and its impact on their current feelings and behaviors.

Action Check

Item #: UP2 | 50 sheets per pad | \$10.50

Action Check provides participants an opportunity to work with the Probation Officer in targeting identified problem areas. Participants set goals to address problem situations and identify resources they plan to use as they take action to change.



Values Check

Item #: UP3 | 50 sheets per pad | \$10.50

Values Check is designed to assist participants in exploring the five positive values that support a healthy lifestyle. Participants explore positive changes in their problem behaviors from incorporating positive values and the benefits of using positive values.

Case Planning/Individual Application Check

Item #: UP4 | 50 sheets per pad | \$10.50

This tool assists the Probation Officer in structuring and documenting an individual supervision contact. It includes a four-step structure and process for probation officer meetings with offenders.



Readiness to Change Check

Item #: UP5 | 50 sheets per pad | \$10.50

This tool can be used at any time to help a participant evaluate or reevaluate his or her readiness to change and identify change strategies to assist in moving forward on the continuum of change.

Decisional Balance Exercise

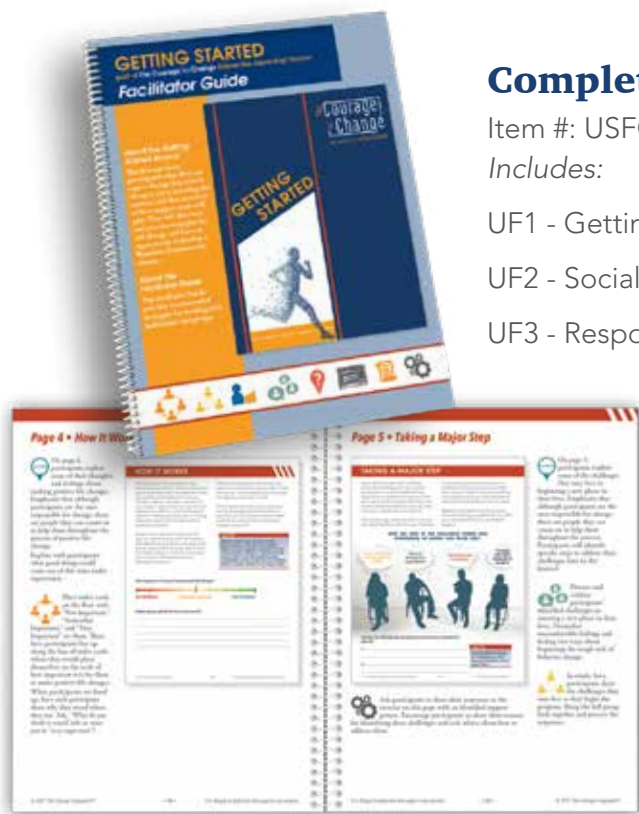
Item #: UP6 | 50 sheets per pad | \$10.50

Decisional balance exercises are helpful strategies to assist a participant in addressing ambivalence for any possible behavior change. This check helps participants identify the benefits and costs of change.



The Courage to Change Facilitator Guides

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.



Complete Facilitator Guide Set

Item #: USFC | \$180.00

Includes:

UF1 - Getting Started Facilitator Guide

UF2 - Social Values Facilitator Guide

UF3 - Responsible Thinking Facilitator Guide

UF4 - Self-control Facilitator Guide

UF5 - Peer Relationships Facilitator Guide

UF6 - Family Ties Facilitator Guide

UF7 - Substance Use Facilitator Guide

UF11 - Seeking Employment Facilitator Guide

UF12 - Recreation & Leisure Facilitator Guide

Individual Facilitator Guides

\$20 each

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 meet your training needs.

Orientation training

Facilitation training

eTraining

Training for trainers

Advanced facilitator training

Consultation and coaching

Toll-free: 888-889-8866

Courage to Change

Order Form

Minimum quantity for Participant Journals is 25

ITEM	PARTICIPANT JOURNALS	QTY	UNIT	TOTAL
US1	Getting Started		x \$2.70	=
US1S	Getting Started (Spanish)		x \$2.70	=
US2	Social Values		x \$3.60	=
US2S	Social Values (Spanish)		x \$3.60	=
US3	Responsible Thinking		x \$3.60	=
US3S	Responsible Thinking (Spanish)		x \$3.60	=
US4	Self-control		x \$2.70	=
US4S	Self-control (Spanish)		x \$2.70	=
US5	Peer Relationships		x \$3.15	=
US5S	Peer Relationships (Spanish)		x \$3.15	=
US6	Family Ties		x \$3.60	=
US6S	Family Ties (Spanish)		x \$3.60	=
US7	Substance Use		x \$3.60	=
US7S	Substance Use (Spanish)		x \$3.60	=
US11	Seeking Employment		x \$3.60	=
US11S	Seeking Employment (Spanish)		x \$3.60	=
US12	Recreation & Leisure		x \$2.25	=
US12S	Recreation & Leisure (Spanish)		x \$2.25	=
USC	Complete Journal Set		x \$22.90	=
USCS	Complete Journal Set (Spanish)		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	=

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, DC, KY, IN, MO, NM, NV, NY, TN, WA)

TOTAL

DATE		PO# (IF REQUIRED)	
NAME		PHONE	
SITE NAME			
ADDRESS			
CITY	STATE	ZIP	
EMAIL			

CALL, FAX OR MAIL ORDERS TO:



Toll-free: 888-889-8866

5221 Sigstrom Drive

Carson City, NV 89706

Open M-F, 6:30a-3:00p PT

Fax orders accepted 24 hours a day

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changecompanies.net

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version 3

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