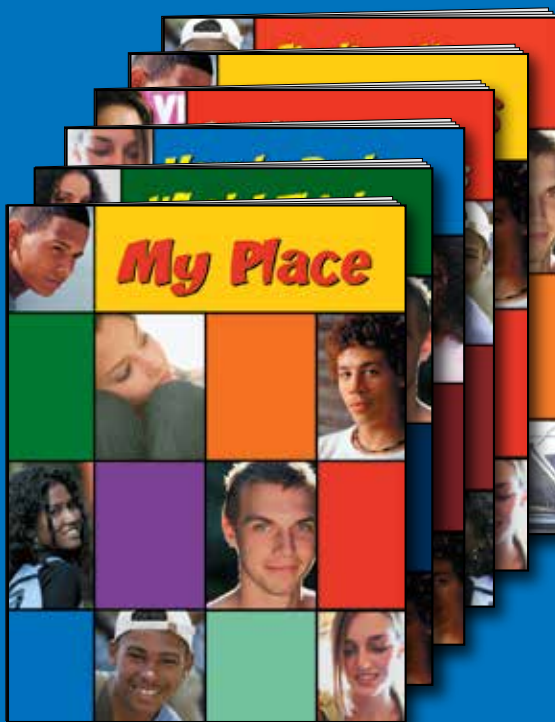


# Helping Children Thrive:

## An Integrated System

The Children's Home Society of Florida™ and The Change Companies® offer an evidence-based, innovative system for children in out-of-home care.

The *Helping Children Thrive* journals focus on a spirit of action. Young people learn about themselves and develop skills that will contribute to a healthy future.



**Teen Journals**

## Preteen Journals





# Teen Journals

The teen journals from the *Helping Children Thrive* series empower youth to develop skills to effectively cope with their out-of-home placements. Teens are encouraged to use their thoughts, feelings and experiences as catalysts for making healthy decisions in the future.

## *My Place*

*My Place* helps teens understand their current out-of-home placement and answers some questions they may have. Topics such as needs and wants, rights, adjusting to a new school and learning about their foster families are covered. This journal helps teens learn what to expect and empowers them to make the most of this experience.

Item #: CT1 • \$4.25 • 32 pages

## *How to Deal with Feelings*

*How to Deal with Feelings* helps teens get a handle on their feelings. This journal assists them in honestly recognizing and accepting their feelings and offers strategies for dealing with them.

Item #: CT2 • \$2.20 • 16 pages

## *What I Think Matters*

The *What I Think Matters* journal is all about the power of thinking. Teens discover the influence of self-talk on how they think and act. They learn how to recognize and replace negative thoughts with positive self-talk messages and “own” their thinking.

Item #: CT3 • \$2.20 • 16 pages

# What people are saying...

*What a great resource. The kids I work with really enjoy writing in their journals. It gives them a safe place to be themselves and helps to answer many of their questions.*

*The Caregiver Guides are also a wonderful tool. They help me appreciate the range of feelings kids might be experiencing about their out-of-home placements. And the mini-workshops offer support for dealing with challenging areas. The activities are practical and user friendly and the wide variety lets me pick the ones that fit each of the kids on my caseload.*

– Child welfare worker

*When I see Tony and Andre' working in their journals, it makes me smile. They put so much effort into them and they get so much out of them, too. And when Tony showed me his work in the Planning for the Future journal, we spent an hour just talking about how he feels about his future, his dreams and goals. It gave us a great starting point for talking about his plans for a job and having his own family one day.*

*I pour through the Caregiver Guides. They help me understand what the boys are going through and also help me to acknowledge my own thoughts and feelings as a caregiver.*

– Foster parent

*I feel like I can put whatever I want in my journal. I can write down how I really feel and what's on my mind. And my journals help me keep track of what's going on in my life.*

*I really liked learning about famous fosters. I didn't know my favorite basketball player was a foster kid like me. That's pretty cool!*

– Foster child

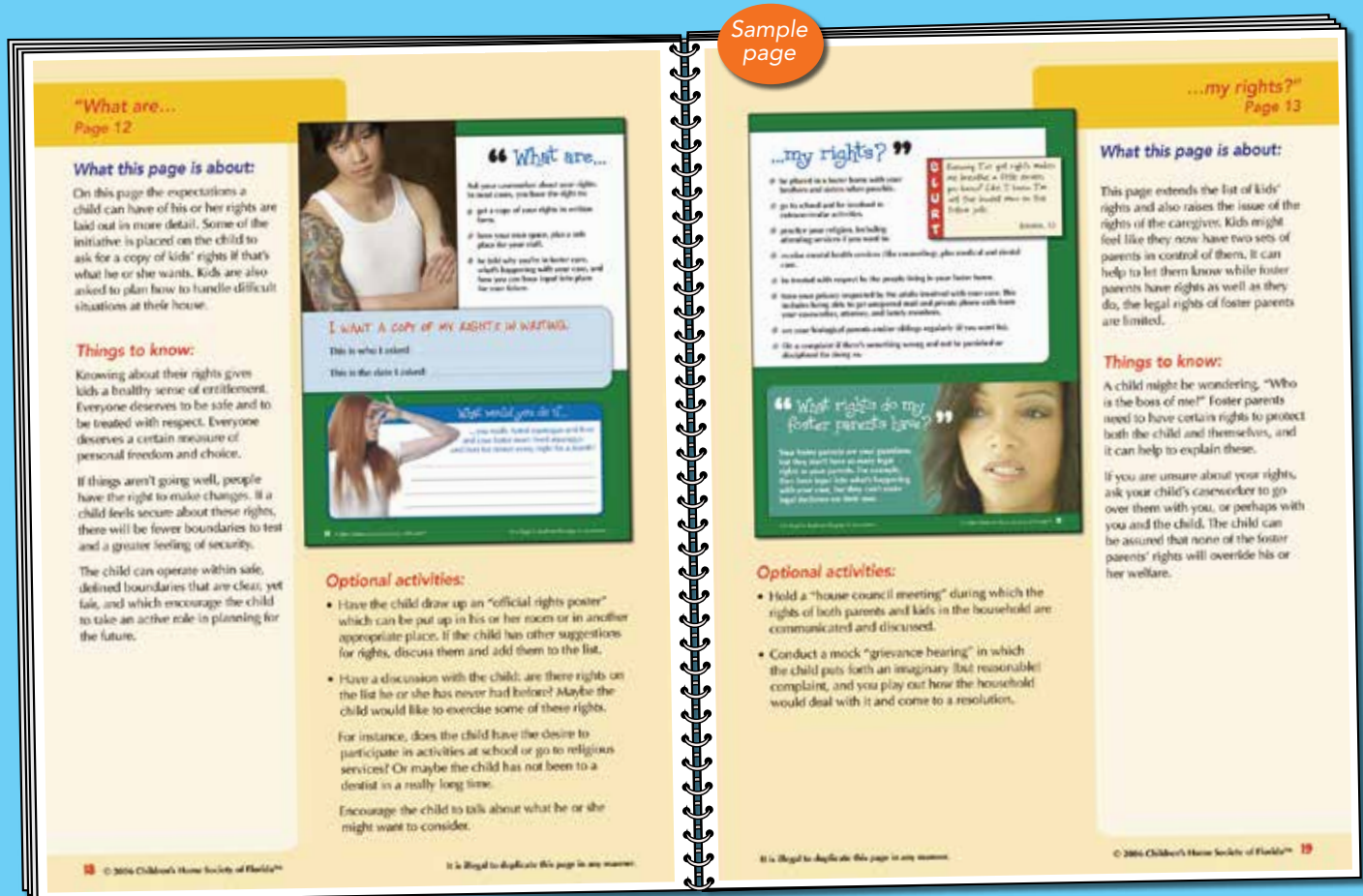


# Caregiver Guide Support

Caregiver Guides have been created as a resource for implementing the *Helping Children Thrive* Interactive Journals. These guides are constructed with miniature versions of the journal pages. Each journal section is individually spiral bound for ease of use. Helpful information and tips are wrapped around the borders of each page.

The guides provide the following:

- An explanation of the concepts covered in the journal to help caregivers support the child's learning experience.
- "Mini-workshops" on topics that address caregivers' concerns and enhance their caregiving skills.
- Optional activities caregivers can share with the child in their care.



## Relationships

The *Relationships* journal helps teens take a close look at their current relationships and consider what makes them healthy or unhealthy. They explore the rewards of positive connections and learn how to evaluate their associations with others.

Item #: CT4 • \$2.20 • 16 pages

## Avoiding High-risk Behaviors

The *Avoiding High-risk Behaviors* journal acknowledges the stress that may accompany out-of-home placement and examines unhealthy responses to those feelings. Teens do a “reality check” on the consequences of engaging in behaviors such as running away, using alcohol or other drugs or joining a gang.

Item #: CT5 • \$2.20 • 16 pages

## Self-care

The *Self-care* journal features information about a variety of topics relevant to teens’ health and well-being and emphasizes the power of choice.

Item #: CT6 • \$2.20 • 16 pages

## Finding the Right Job

In the *Finding the Right Job* journal, teens discover what it takes to find and keep a satisfying job, consider their skills and interests, learn how to apply for a job and prepare for an interview.

Item #: CT7 • \$2.20 • 16 pages

## Planning for the Future

The *Planning for the Future* journal prepares teens for independent living. Topics such as rights and responsibilities, planning for parenthood and managing finances are featured.

Item #: CT8 • \$2.20 • 16 pages

Sample page

**My needs**

You have a right to have your necessary clothes and property with you. This page will help you to identify things you need or would like to have with you that you currently don't have.

What do you have that's special to you? **My Stuff**

Think about what you need or want, but do not currently have. Use the checklist to help you and include other items that are not listed.

<input type="checkbox"/> toothpaste/toothbrush	<input type="checkbox"/> school supplies
<input type="checkbox"/> soap/shampoo	<input type="checkbox"/> towels
<input type="checkbox"/> brush/comb	<input type="checkbox"/> razor/shaving cream
<input type="checkbox"/> glasses	<input type="checkbox"/> feminine products
<input type="checkbox"/> prescriptions/medications	<input type="checkbox"/> address book
<input type="checkbox"/> robe	<input type="checkbox"/> pillow
<input type="checkbox"/> shirts	<input type="checkbox"/> pants
<input type="checkbox"/> jacket	<input type="checkbox"/> shoes
<input type="checkbox"/> sweats/pajamas	<input type="checkbox"/> work clothes
<input type="checkbox"/> identification	<input type="checkbox"/> other _____
<input type="checkbox"/> watch/alarm clock	<input type="checkbox"/> other _____
<input type="checkbox"/> backpack	<input type="checkbox"/> other _____

Write this list out on separate sheets of paper and give one to your caseworker and one to your foster parents so they can help you get what you want and need.

**“ Who can I talk to if I have problems or questions? ”**

**Foster parents**  
Your foster parents are here to help. If you have a problem or question about your living arrangements or the other people living in your foster home, ask your foster parents.

**Teacher or counselor**  
You can talk to a counselor or teacher at your school for help with any problem. Ask if there is a guidance counselor assigned to you or your grade, or see if your caseworker can arrange for you to see a mental health counselor.

**Caseworker**  
You can also talk to your caseworker. Write down the info here:

My caseworker's name: \_\_\_\_\_

My caseworker's phone numbers: \_\_\_\_\_

When my caseworker is in the office:  
 Monday  Tuesday  Wednesday  Thursday  Friday  Saturday  Sunday

Hours: \_\_\_\_\_

Best time to reach my caseworker: \_\_\_\_\_

**Remember**  
Caseworkers are busy people, and you might have to wait a day or two to get an answer. If the problem is urgent and you can't reach your caseworker, talk to your foster parents or call your caseworker's office and ask to talk to a supervisor.

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# Preteen Journals

By utilizing the preteen journals from the *Helping Children Thrive* series, you are providing young people with tools to help them understand and cope with their out-of-home placements. These journals are designed to give preteens the information, confidence and skills necessary to make positive choices in their lives.

## My Place

*My Place* focuses on helping preteens understand why they're in foster care. Questions about their rights, seeing their parents and siblings, personal belongings, going to school and getting to know their foster families are explored. "Famous fosters" are featured to help kids recognize their potential for a bright future.

Item #: CP1 • \$4.25 • 32 pages

## My Feelings

*My Feelings* assists preteens in grasping their feelings. Kids examine the big three – fear, anger and sadness – and learn helpful ways of handling their feelings.

Item #: CP2 • \$2.20 • 16 pages

## My Relationships

*My Relationships* helps preteens examine the key connections in their lives. Kids consider the ingredients for a healthy relationship and think about what would make their important relationships better.

Item #: CP3 • \$2.20 • 16 pages

## Avoiding Risky Behaviors

*Avoiding Risky Behaviors* focuses on risky ways some kids handle their feelings about their out-of-home placements. Special emphasis is placed on behaviors such as losing control of their tempers, running away, substance abuse and joining a gang.

Item #: CP4 • \$2.20 • 16 pages





# Great ways to handle feelings

You've got more control over your feelings than you think. There's lots of stuff you can do to make yourself feel better. Here are some ideas.

## Do stuff you like to do!

It can't feel all bad when you are out doing what you really love to do. You can get your mind off the bad stuff -- in a good way. Do things you are GOOD AT, that will make you feel good about yourself. Do things that are FUN! Somehow when you have a good time, the bad feelings just seem to disappear -- at least for awhile.

What are your favorite things to do? Can you do them in your new home?



How do you feel when you do the things you like?

## Build yourself up!

Don't put yourself down. Keep your thoughts positive and believe in yourself. You might surprise yourself with all you can do.

What are the things you like about you?

## Talk to somebody!

One of the best ways to handle tough feelings is to talk about them with someone you trust, when you're ready. You can get good advice, and you might find out you're not the only one who's ever had those feelings before.

Who do you trust to talk to about your feelings and why do you trust them?



# Taking Care of Your Health

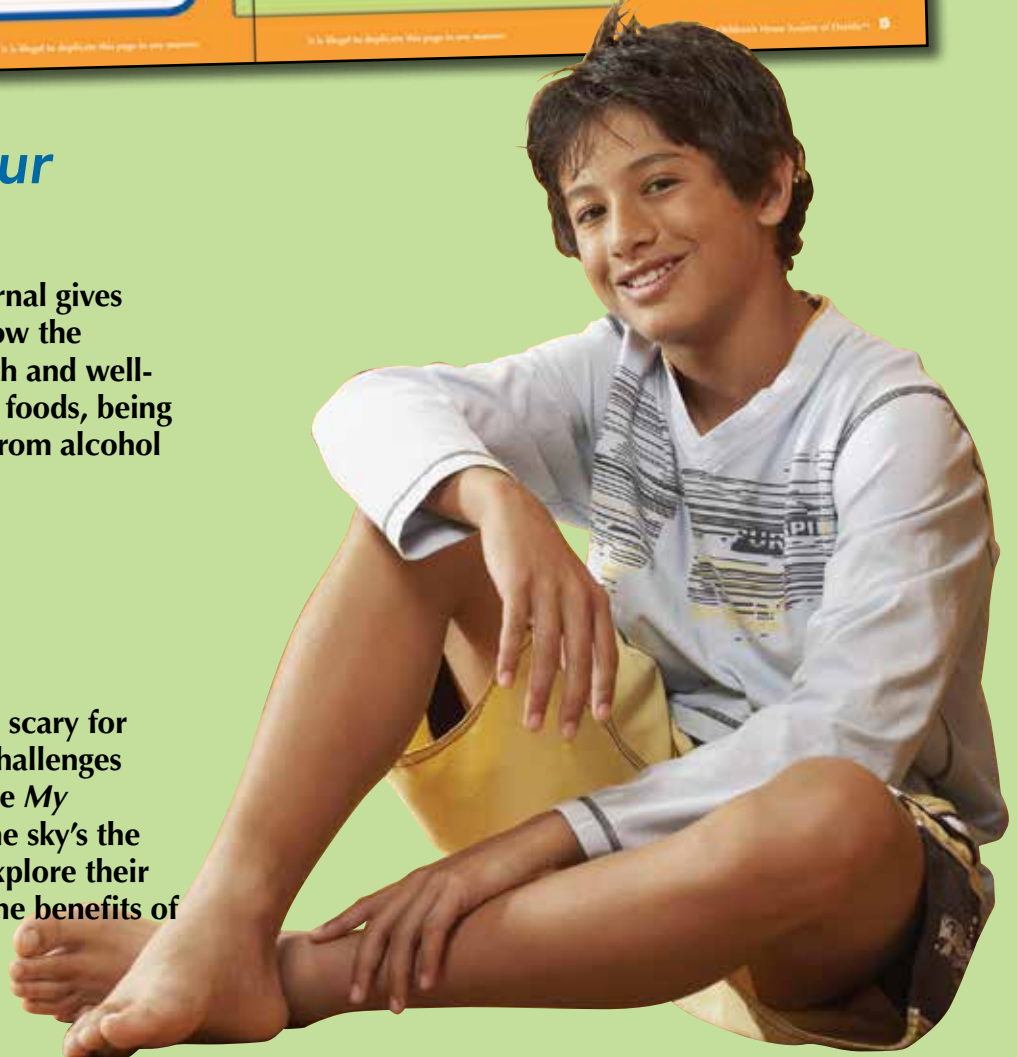
The *Taking Care of Your Health* journal gives preteens a chance to think about how the choices they make affect their health and well-being. Topics such as eating healthy foods, being physically active and staying away from alcohol and drugs are highlighted.

Item #: CP5 • \$2.20 • 16 pages

# My Future

The future can be both exciting and scary for young people. Some kids use past challenges as an excuse for a limited future. The *My Future* journal helps them realize the sky's the limit. Preteens are encouraged to explore their interests, set goals and appreciate the benefits of staying in school.

Item #: CP6 • \$2.20 • 16 pages



Minimum order of any Journal is 25.

Item #	Teen Journals	Quantity		Unit Price		Total
CT1	<i>My Place</i>		x	\$4.25	=	
CT2	<i>How to Deal with Feelings</i>		x	\$2.20	=	
CT3	<i>What I Think Matters</i>		x	\$2.20	=	
CT4	<i>Relationships</i>		x	\$2.20	=	
CT5	<i>Avoiding High-risk Behaviors</i>		x	\$2.20	=	
CT6	<i>Self-care</i>		x	\$2.20	=	
CT7	<i>Finding the Right Job</i>		x	\$2.20	=	
CT8	<i>Planning for the Future</i>		x	\$2.20	=	
Item #	Preteen Journals	Quantity		Unit Price		Total
CP1	<i>My Place</i>		x	\$4.25	=	
CP2	<i>My Feelings</i>		x	\$2.20	=	
CP3	<i>My Relationships</i>		x	\$2.20	=	
CP4	<i>Avoiding Risky Behaviors</i>		x	\$2.20	=	
CP5	<i>Taking Care of Your Health</i>		x	\$2.20	=	
CP6	<i>My Future</i>		x	\$2.20	=	
Item #	Caregiver Guides	Quantity		Unit Price		Total
CG1	Guide for <i>My Place</i> (teen)		x	\$15.00	=	
CG2	Guide for <i>How to Deal with Feelings</i> (teen)		x	\$15.00	=	
CG3	Guide for <i>What I Think Matters</i> (teen)		x	\$15.00	=	
CG4	Guide for <i>Relationships</i> (teen)		x	\$15.00	=	
CG5	Guide for <i>Avoiding High-risk Behaviors</i> (teen)		x	\$15.00	=	
CG6	Guide for <i>Self-care</i> (teen)		x	\$15.00	=	
CG7	Guide for <i>Finding the Right Job</i> (teen)		x	\$15.00	=	
CG8	Guide for <i>Planning for the Future</i> (teen)		x	\$15.00	=	
CG9	Guide for <i>My Place</i> (preteen)		x	\$15.00	=	
CG10	Guide for <i>My Feelings</i> (preteen)		x	\$15.00	=	
CG11	Guide for <i>My Relationships</i> (preteen)		x	\$15.00	=	
CG12	Guide for <i>Avoiding Risky Behaviors</i> (preteen)		x	\$15.00	=	
CG13	Guide for <i>Taking Care of Your Health</i> (preteen)		x	\$15.00	=	
CG14	Guide for <i>My Future</i> (preteen)		x	\$15.00	=	

Subtotal

Domestic Shipping and Handling 7.5% (Minimum \$7.50)

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