

CHALLENGE

for high-security and step-down programs

COMPREHENSIVE CURRICULUM FOR HIGH-RISK INMATES

*Helping inmates
live a life free of
criminal activity,
violence and
drug use*



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.

ABOUT THE CHALLENGE SERIES

The **Challenge** Journal series was developed in collaboration with the Department of Justice, Federal Bureau of Prisons. It focuses on helping high-risk inmates live a life free of criminal activity, violence and drug use and emphasizes the importance of building a healthy support community.



Toll-free: 888-889-8866

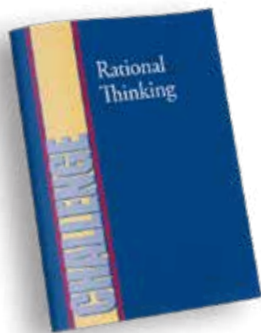
THE CHALLENGE JOURNAL SERIES



Orientation

Item #: CJ01 | 48 pages | \$7.25

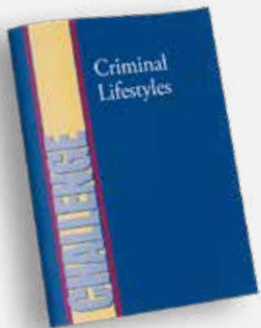
This Journal helps participants answer the question, “Why am I here?” and gets them started on the path to positive life change.



Rational Thinking

Item #: CJ02 | 64 pages | \$9.35

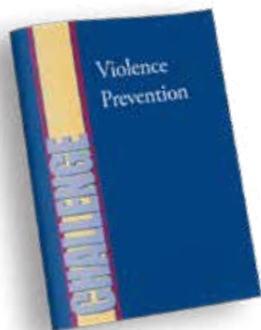
Participants learn eight positive attitudes for success, evaluate their substance use history, explore the process of behavior change and set personal goals.



Criminal Lifestyles

Item #: CJ03 | 72 pages | \$10.40

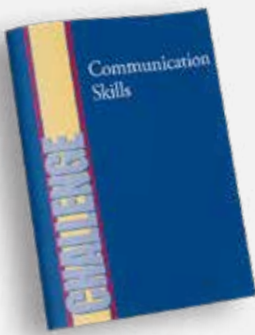
Participants consider how criminal behavior develops from thinking and choices, and evaluate the impact of a criminal lifestyle.



Violence Prevention

Item #: CJ04 | 24 pages | \$4.15

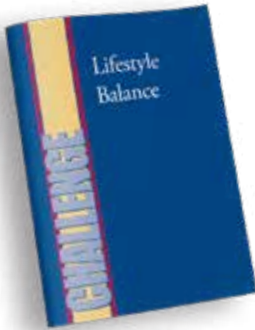
Participants explore their relationship with violence and learn how to break the cycle.



Communication Skills

Item #: CJ05 | 40 pages | \$6.25

This Journal focuses on effective communication, strategies for controlling anger and the benefits of building healthy relationships.



Lifestyle Balance

Item #: CJ06 | 32 pages | \$5.20

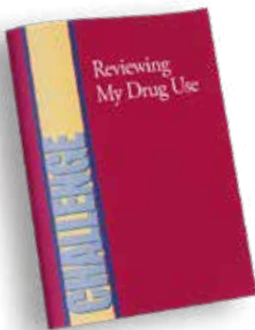
Participants evaluate whether or not their lives are in balance and learn skills for making positive adjustments to key life areas.



Transition

Item #: CJ07 | 32 pages | \$5.20

Participants evaluate whether their expectations about the future are realistic and explore three key transition issues.



Reviewing My Drug Use

Item #: CJ08 | 24 pages | \$4.15

In this Journal, participants examine their drug use history and explore the damaging consequences of drug use.



Recovery Maintenance

Item #: CJ09 | 48 pages | \$7.25

This Journal focuses on maintaining positive change. Participants consider strategies to exit from the relapse process and develop a recovery maintenance plan.

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CHALLENGE

ADDITIONAL RESOURCES



Attitude Check

Item #: CJ010 | 50 sheets per pad | \$10.50

This behavioral intervention tool is designed to reinforce the use of the positive attitudes for successful treatment learned in the *Orientation Journal*. Staff are encouraged to have participants perform periodic or as needed attitude checks throughout the program.

Rational Self-Analysis (RSA)

Item #: CJ011 | 50 sheets per pad | \$10.50

This behavioral intervention tool assists participants in challenging faulty thinking. Participants learn to complete RSAs in the *Rational Thinking Journal*. Staff are encouraged to have participants perform periodic and as needed RSAs throughout the program.



Personal Grooming

Item #: CJ012 | 50 sheets per pad | \$10.50

The Personal Grooming checklist was created to assist participants in fulfilling daily hygiene expectations. This tool used weekly with the treatment specialist will aid the participant in developing healthy habits.

Cell Sanitation

Item #: CJ013 | 50 sheets per pad | \$10.50

The Cell Sanitation checklist assists participants in fulfilling daily sanitation requirements and aids in the maintenance of a healthy living space. This tool is used weekly to track and review these activities with the treatment specialist.



Budgeting Form

Item #: CJ014 | 50 sheets per pad | \$10.50

The Budgeting Form is a chart that assists participants in balancing their income and expenses to meet their monthly budget. This tool will enable participants to maintain organization and strengthen their money management skills.

Daily Tasks Checklist

Item #: CJ015 | 50 sheets per pad | \$10.50

The Daily Tasks Checklist contains a list of everyday tasks and responsibilities to assist participants in meeting their obligations and maintaining a personalized calendar for an organized lifestyle.



Daily Schedule

Item #: CJ016 | 50 sheets per pad | \$10.50

This tool is used to aid participants in organizing everyday tasks and responsibilities. Reviewed with the treatment specialist, it assists participants in meeting daily obligations.

CHALLENGE FACILITATOR GUIDES

The **Challenge** Facilitator Guides are a resource for effective implementation of the *Challenge* Program Journals. They are constructed with miniature versions of the Journal pages with instructions, recommendations and appropriate strategies wrapped around the borders of each page. The Facilitator Guides come in a three-ring binder for easy storage, with each Journal section individually spiral bound for ease of use.

Core Program Facilitator Guides

Item #: CJ017 | \$105.00

These user-friendly guides help facilitators effectively implement the core Journals in the *Challenge* Journal series: *Orientation*, *Rational Thinking*, *Criminal Lifestyles*, *Violence Prevention*, *Communication Skills*, *Lifestyle Balance* and *Transition*.

Complete Set Facilitator Guides

Item #: CJ019 | \$130.00

These user-friendly guides help facilitators effectively implement the complete *Challenge* series: *Orientation*, *Rational Thinking*, *Criminal Lifestyles*, *Violence Prevention*, *Communication Skills*, *Lifestyle Balance*, *Transition*, *Reviewing My Drug Use* and *Recovery Maintenance*.

AOD Track Facilitator Guides

Item #: CJ018 | \$45.00

These user-friendly guides help facilitators effectively implement the *Reviewing My Drug Use* and *Recovery Maintenance* Journals.

Toll-free: 888-889-8866

CHALLENGE ORDER FORM

ITEM #	PARTICIPANT JOURNALS	Minimum quantity for Participant Journals is 25	QUANTITY	UNIT PRICE	TOTAL
CJO1	Orientation			x \$7.25	=
CJO2	Rational Thinking			x \$9.35	=
CJO3	Criminal Lifestyles			x \$10.40	=
CJO4	Violence Prevention			x \$4.15	=
CJO5	Communication Skills			x \$6.25	=
CJO6	Lifestyle Balance			x \$5.20	=
CJO7	Transition			x \$5.20	=
CJO8	Reviewing My Drug Use			x \$4.15	=
CJO9	Recovery Maintenance			x \$7.25	=
ITEM #	ADDITIONAL RESOURCES		QUANTITY	UNIT PRICE	TOTAL
CJO10	Attitude Check (50 sheets per pad)			x \$10.50	=
CJO11	Rational Self-Analysis (50 sheets per pad)			x \$10.50	=
CJO12	Personal Grooming (50 sheets per pad)			x \$10.50	=
CJO13	Cell Sanitation (50 sheets per pad)			x \$10.50	=
CJO14	Budgeting Form (50 sheets per pad)			x \$10.50	=
CJO15	Daily Tasks Checklist (50 sheets per pad)			x \$10.50	=
CJO16	Daily Schedule (50 sheets per pad)			x \$10.50	=
ITEM #	FACILITATOR GUIDES		QUANTITY	UNIT PRICE	TOTAL
CJO17	Challenge - Core Program Facilitator Guides			x \$105.00	=
CJO18	Challenge - AOD Track Facilitator Guides			x \$45.00	=
CJO19	Complete Set Challenge Facilitator Guides			x \$130.00	=

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

SUBTOTAL	
DOMESTIC S&H 7.5% (MIN. \$7.50)	
TAX (CA, CO, DC, IN, KY, MO, NM, NV, TN, WA)	
TOTAL	

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

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NAME/COMPANY ON CARD _____

BILLING ADDRESS ON CARD _____

CARD #

EXP. DATE: ____/____/____ CARD CODE: _____

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