

FORWARD THINKING SERIES

for youthful offenders

**OUR MOST
WIDELY-USED
JUVENILE JUSTICE
CURRICULUM**

*Cognitive-
behavioral series
assisting youth in
the process of
prosocial change*



**It's all about
the little
choices I
make each
day.**



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



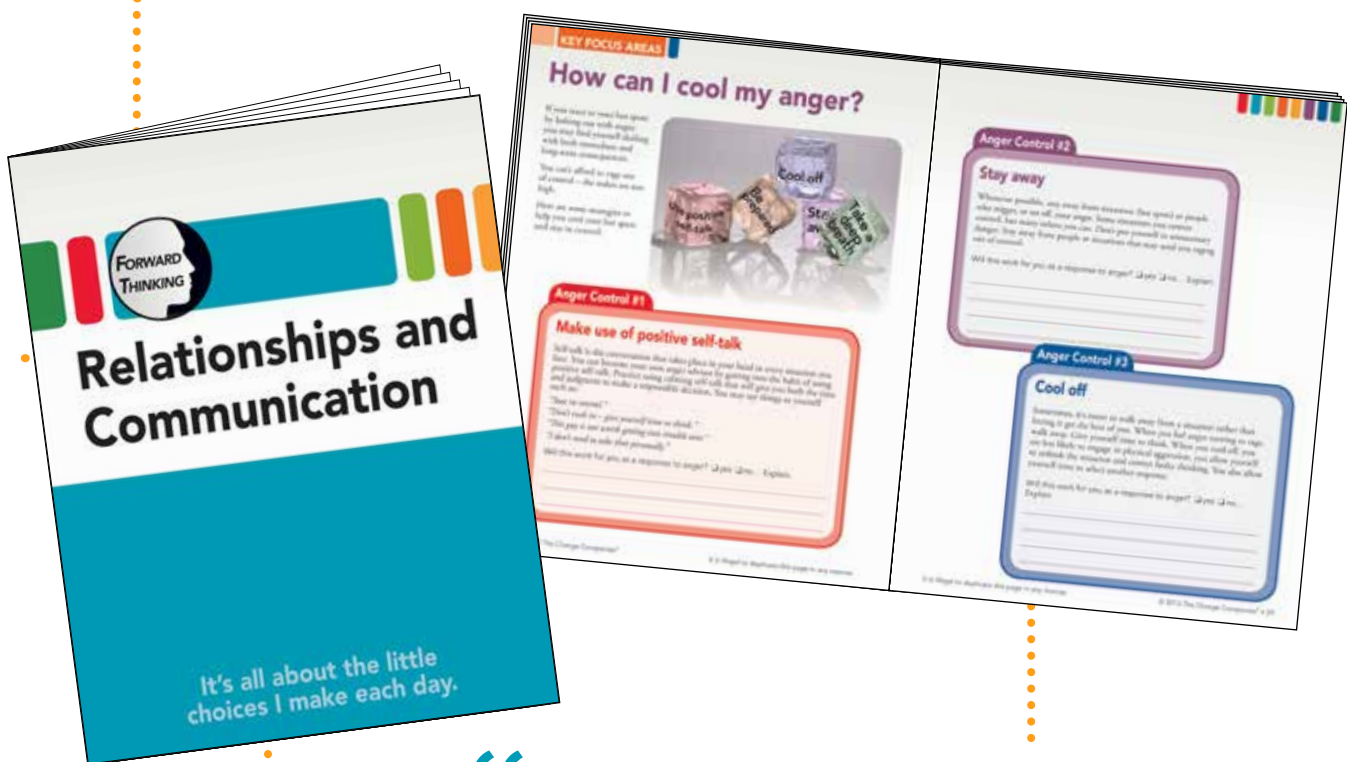
JOURNALING®



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 FORWARD THINKING

Forward Thinking is a cognitive-behavioral series that uses evidence-based strategies to assist youth involved in the criminal justice system in making positive changes to their thoughts, feelings and behaviors. Applying the information presented in the Interactive Journals to their own lives helps participants achieve their goals of responsible living. This series correlates intervention with the most commonly used risk and needs assessments.



“Lyon County youth are benefitting from the [Forward Thinking] program... It has made many of the serviced youth self-aware of their issues that placed them into the system. **The Journals have been an excellent medium to open, honest communication with youth** who typically use passive compliance as a front to behavior change.”

-Eric Smith, Deputy Chief Probation Officer
Lyon County Juvenile Probation

Toll-free: 888-889-8866

FORWARD THINKING SERIES



What Got Me Here?

Item #: FT1 | 48 pages | \$5.40

Corresponding Facilitator Guide Item #: FTG1 • \$35.00

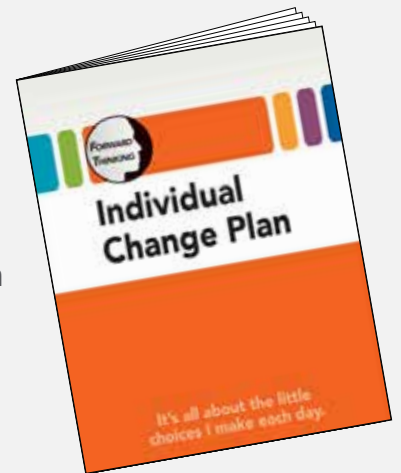
In this Journal, participants explore the consequences of past decisions and begin to learn skills for controlling anger, handling negative peer pressure, working with authority figures and strengthening family ties.

Individual Change Plan

Item #: FT2 | 48 pages | \$5.40

Corresponding Facilitator Guide Item #: FTG2 • \$35.00

In this Journal, participants explore the strategies for moving through the steps of change. They create a personalized plan for targeting, developing and measuring progress toward goals with the provider and treatment team throughout the treatment process.



Responsible Behavior

Item #: FT3 | 48 pages | \$5.40

Corresponding Facilitator Guide Item #: FTG3 • \$35.00

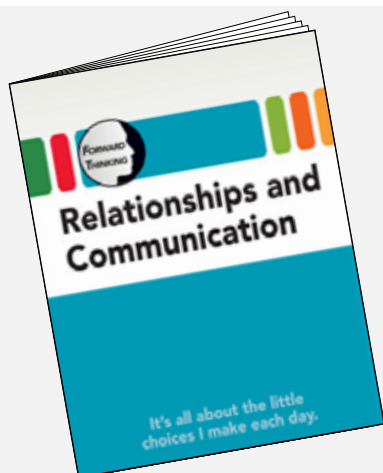
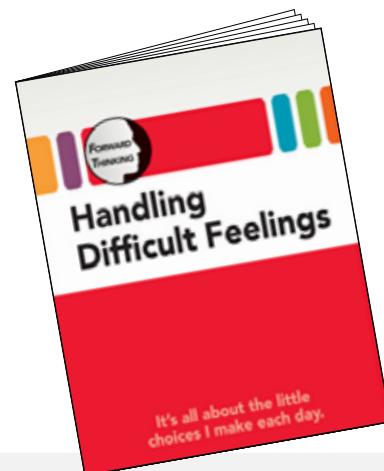
Responsible Behavior focuses on the link between thoughts, feelings and behaviors. Participants explore the connection between situations, self-talk and feelings and how they relate to behavior choices. In this Journal, participants are introduced to the Behavior Check strategy which can be used throughout the treatment process.

Handling Difficult Feelings

Item #: FT4 | 40 pages | \$4.50

Corresponding Facilitator Guide Item #: FTG4 • \$35.00

This Journal helps participants explore the influence of feelings on behavior. Participants learn and practice coping skills for handling uncomfortable feelings.



Relationships and Communication

Item #: FT5 | 40 pages | \$4.50

Corresponding Facilitator Guide Item #: FTG5 • \$35.00

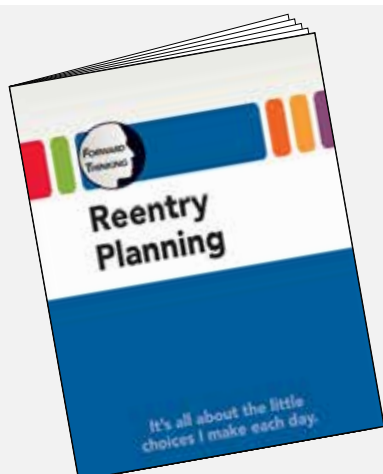
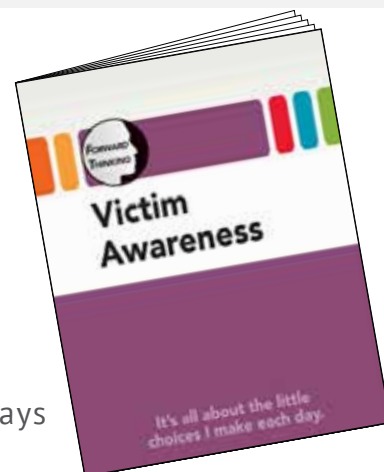
In this Journal, participants focus on understanding and improving relationships. Communication skills are presented to help participants learn to express themselves in healthy ways.

Victim Awareness

Item #: FT6 | 40 pages | \$4.50

Corresponding Facilitator Guide Item #: FTG6 • \$35.00

Victim Awareness helps participants consider the idea of taking personal responsibility for their criminal behavior. They look at the ripple effect of their behavior on themselves, their families, their victims, their victims' families and their communities and consider ways to make amends for the harm they caused.



Reentry Planning

Item #: FT7 | 64 pages | \$7.20

Corresponding Facilitator Guide Item #: FTG7 • \$35.00

This Journal pinpoints priorities for a successful transition including housing, financial responsibility, time management, healthcare needs, employment, life skills and building a support network. Participants learn how to apply new knowledge and skills to make the most of the reentry experience.

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FORWARD THINKING SERIES continued



Substance Using Behaviors

Item #: FT8 | 40 pages | \$4.50

Corresponding Facilitator Guide Item #: FTG8 • \$35.00

This Journal helps participants examine the impact substance use has had on their lives and explore ways they can make changes to their alcohol and other drug use behaviors.

Family

Item #: FT9 | 32 pages | \$3.60

Corresponding Facilitator Guide Item #: FTG9 • \$35.00

This Journal helps participants understand and improve their family relationships. They look at who their family is and the traits that were passed on to them. Participants also consider qualities and expectations to pass on to future generations.



Forward Thinking Behavior Check Pad

Item #: FTC | 50 sheets | \$10.50

The Behavior Check is a change tool participants learn to use in the Responsible Behavior Interactive Journal. A Behavior Check is available as a tear-off pad for use throughout the *Forward Thinking* Series. Participants analyze a problem behavior, including their available options and the resulting consequences, and consider how they can avoid problem behaviors in the future.

FORWARD THINKING FACILITATOR GUIDES

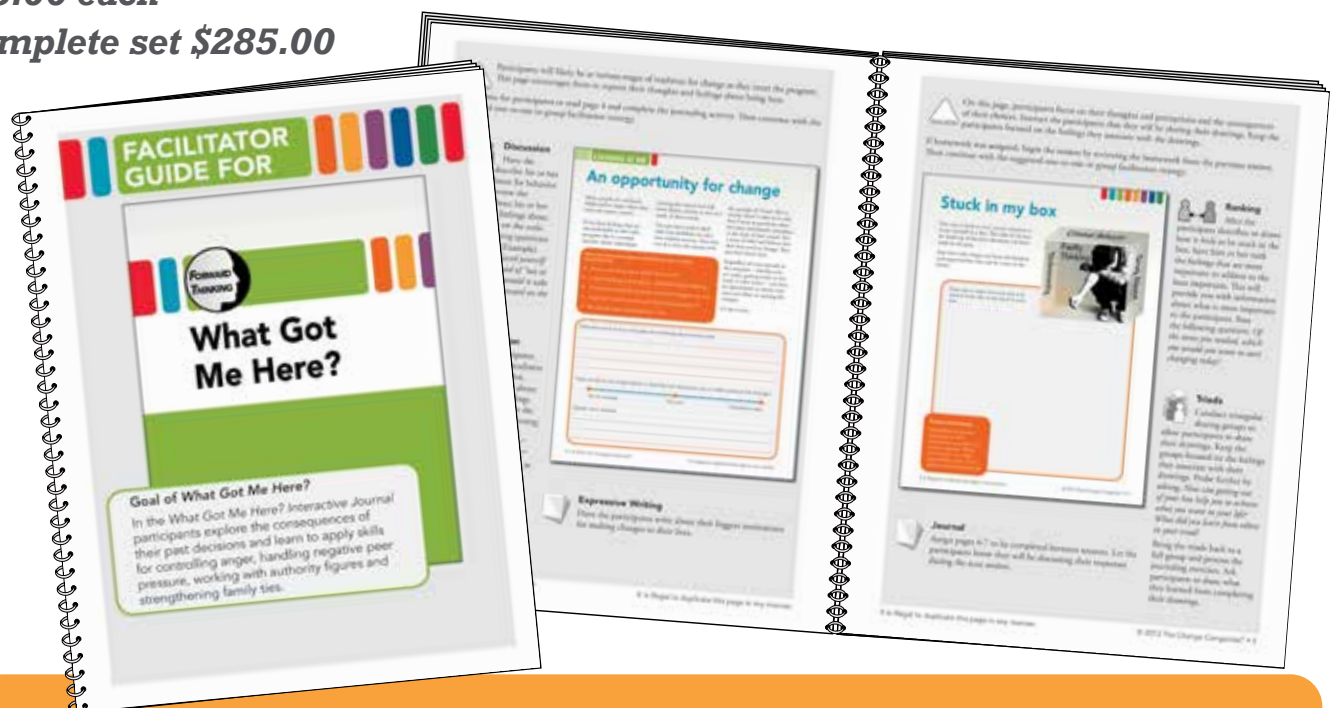
The *Forward Thinking Series* Facilitator Guides were developed to maximize the use of this *Interactive Journaling*® curriculum. Each Guide features miniature versions of the Interactive Journal pages with facilitation instructions, recommendations and participant activities wrapped around the border of each page.

Corresponding Facilitator Guides

\$35.00 each

Complete set \$285.00

The Guides offer a variety of strategies for facilitating one-to-one and group sessions. Activities and optional homework assignments give flexibility to present Journal material according to facilitators' own schedules and capabilities. The Guides also include information on the power of *Interactive Journaling*® and a summary of change research and its application in the Journals.



Forward Thinking Fidelity Tools

Pre- and post-tests are available for each Journal. Two administration methods are offered: the Facilitator Assessment of the Participant is completed by an observing supervisor, facilitator or collaboratively by the participant and facilitator; the Participant Self-evaluation is completed by the participant. Both instruments measure changes in participants' attitudes, knowledge and skills in specific topic areas. Facilitator evaluations are also available. They can be completed by a participant, supervisor and/or facilitator. They measure adherence to the rules of *Interactive Journaling*® and fidelity to program delivery.

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FORWARD THINKING ORDER FORM

ITEM #	PARTICIPANT JOURNALS	Minimum quantity for Participant Journals is 25	QUANTITY	UNIT PRICE	TOTAL
FT1	What Got Me Here?			x \$5.40	=
FT2	Individual Change Plan			x \$5.40	=
FT3	Responsible Behavior			x \$5.40	=
FT4	Handling Difficult Feelings			x \$4.50	=
FT5	Relationships and Communication			x \$4.50	=
FT6	Victim Awareness			x \$4.50	=
FT7	Reentry Planning			x \$7.20	=
FT8	Substance Using Behaviors			x \$4.50	=
FT9	Family			x \$3.60	=
FTCS	Complete Set of Forward Thinking Interactive Journals			x \$40.50	=
FTC	Behavior Check Pad (50 sheets per pad)			x \$10.50	=
ITEM #	FACILITATOR GUIDES		QUANTITY	UNIT PRICE	TOTAL
FTG1	What Got Me Here? Facilitator Guide			x \$35.00	=
FTG2	Individual Change Plan Facilitator Guide			x \$35.00	=
FTG3	Responsible Behavior Facilitator Guide			x \$35.00	=
FTG4	Handling Difficult Feelings Facilitator Guide			x \$35.00	=
FTG5	Relationships and Communication Facilitator Guide			x \$35.00	=
FTG6	Victim Awareness Facilitator Guide			x \$35.00	=
FTG7	Reentry Planning Facilitator Guide			x \$35.00	=
FTG8	Substance Using Behaviors Facilitator Guide			x \$35.00	=
FTG9	Family Facilitator Guide			x \$35.00	=
FTGC	Complete Set of <i>Forward Thinking</i> Facilitator Guides			x \$285.00	=

DATE		PO# (IF REQUIRED)	
NAME		PHONE	
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, NY, TN, WA)

TOTAL

☐ Check, Money Order ☐ Visa ☐ MasterCard ☐ American Express

NAME/COMPANY ON CARD _____

BILLING ADDRESS ON CARD _____

CARD #

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

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
 (fax to 775-885-0643)
 changecompanies.net