



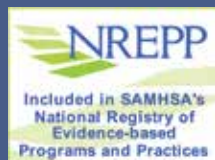
The **Change** Companies®

Interactive Journaling®

Flex Modules

An Impaired Driving Series

The Change Companies®' evidence-based *Flex Modules* have proven effective in improving offenders' knowledge and attitudes, increasing personal responsibility and commitment to change and decreasing recidivism. The impaired driving model used in this series is based on the most widely recognized and empirically validated behavior change research available.



**Flex
Modules**
An Impaired Driving Series

THE SERIES

Journals
Available in
Spanish

The *Flex Modules* from The Change Companies® can be delivered in a modular form to best fit the unique needs of your organization and participants. The modules can be used with a range of impaired driving programming, including first- and multiple-offender programs.

Participants receive *Interactive Journaling*® resources focusing on **six key areas**:



Why Am I Here?

Item #: ND1 | 16 pages | \$ 1.50 (Minimum of 25)

Participants explore their arrest experience and how they can make positive changes to their driving behavior. The Journal includes self-monitoring charts to track use and driving behavior.

Alcohol, Drugs, Driving and You

Item #: ND2 | 16 pages | \$ 1.50 (Minimum of 25)

This Journal examines substance use myths. Participants learn about BAC and its impact on driving. The Journal covers the effects of alcohol and other drugs on the body and driving.



Use, Misuse and Problem Use

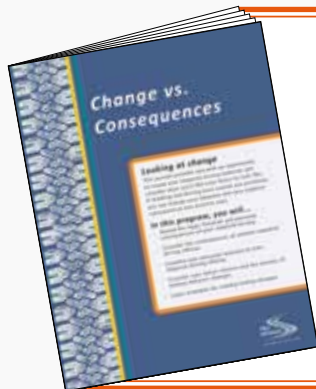
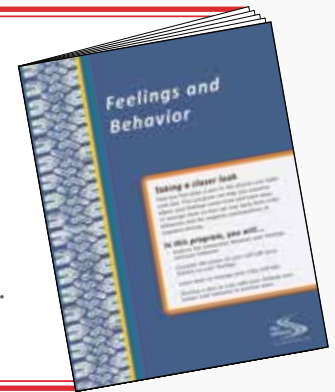
Item #: ND3 | 16 pages | \$ 1.50 (Minimum of 25)

Participants evaluate their relationships with substances and explore different relationships, including nonuse and responsible use. Participants consider changes they can make to their substance use to avoid impaired driving.

Feelings and Behavior

Item #: ND4 | 16 pages | \$ 1.50 (Minimum of 25)

This Journal explores how events can lead to self-talk, which leads to feelings, which ultimately lead to behavior. Participants explore making responsible choices at every step in this chain to avoid driving impaired.



Change vs. Consequences

Item #: ND5 | 16 pages | \$ 1.50 (Minimum of 25)

This Journal explores financial, legal, and social consequences of impaired driving. Participants consider change and explore the Transtheoretical Model to work on strategies for change. Risky driving behaviors, such as texting, are also covered.

My Personal Change Plan

Item #: ND6 | 16 pages | \$ 1.50 (Minimum of 25)

Using the Transtheoretical Model's stages and strategies for change, participants build a plan for avoiding another impaired driving offense using SMART goals. This Journal can act as a valuable checkpoint for programs that conduct follow-up.



Facilitator Guides

\$ 20.00 each | Complete set \$ 100.00

Facilitator Guides include miniature participant Journal pages with core content information, facilitation tips, and other implementation strategies.

Based on your state's impaired driving laws and requirements, The Change Companies® can help you best address program dose and intensity, individualized participant factors and your state's overall needs.



ORDER FORM

Minimum quantity for
Participant Journals is 25

| ITEM # | PARTICIPANT JOURNALS | QUANTITY | UNIT PRICE | TOTAL |
|---|---|----------|-------------|-------|
| ND1 | Why Am I Here? | | x \$ 1.50 | = |
| ND2 | Alcohol, Drugs, Driving and You | | x \$ 1.50 | = |
| ND3 | Use, Misuse and Problem Use | | x \$ 1.50 | = |
| ND4 | Feelings and Behavior | | x \$ 1.50 | = |
| ND5 | Change vs. Consequences | | x \$ 1.50 | = |
| ND6 | My Personal Change Plan | | x \$ 1.50 | = |
| ITEM # | PARTICIPANT JOURNALS - SPANISH | QUANTITY | UNIT PRICE | TOTAL |
| NSD1 | ¿Por qué Estoy Aquí? | | x \$ 1.50 | = |
| NSD2 | Alcohol, Drogas, Conducción y Tú | | x \$ 1.50 | = |
| NSD3 | Consumo, Uso Indebido y Consumo Problemático | | x \$ 1.50 | = |
| NSD4 | Sentimientos y Comportamiento | | x \$ 1.50 | = |
| NSD5 | Cambio vs. Consecuencias | | x \$ 1.50 | = |
| NSD6 | Mi Plan de Cambio Personal | | x \$ 1.50 | = |
| ITEM # | FACILITATOR GUIDES | QUANTITY | UNIT PRICE | TOTAL |
| FND1 | Why Am I Here? Facilitator Guide | | x \$ 20.00 | = |
| FND2 | Alcohol, Drugs, Driving and You Facilitator Guide | | x \$ 20.00 | = |
| FND3 | Use, Misuse and Problem Use Facilitator Guide | | x \$ 20.00 | = |
| FND4 | Feelings and Behavior Facilitator Guide | | x \$ 20.00 | = |
| FND5 | Change vs. Consequences Facilitator Guide | | x \$ 20.00 | = |
| FND6 | My Personal Change Plan Facilitator Guide | | x \$ 20.00 | = |
| FNDC | Complete Set of Facilitator Guides | | x \$ 100.00 | = |
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