

KEEP IT DIRECT & SIMPLE

for adolescent treatment

**NEWLY REVISED,
STRENGTH-BASED
ADOLESCENT
SERIES**

*Addressing
addiction and
behavioral health
needs in youth*



ABOUT INTERACTIVE JOURNALING®

Over 25 million people have used Interactive Journals to make positive changes in their lives.

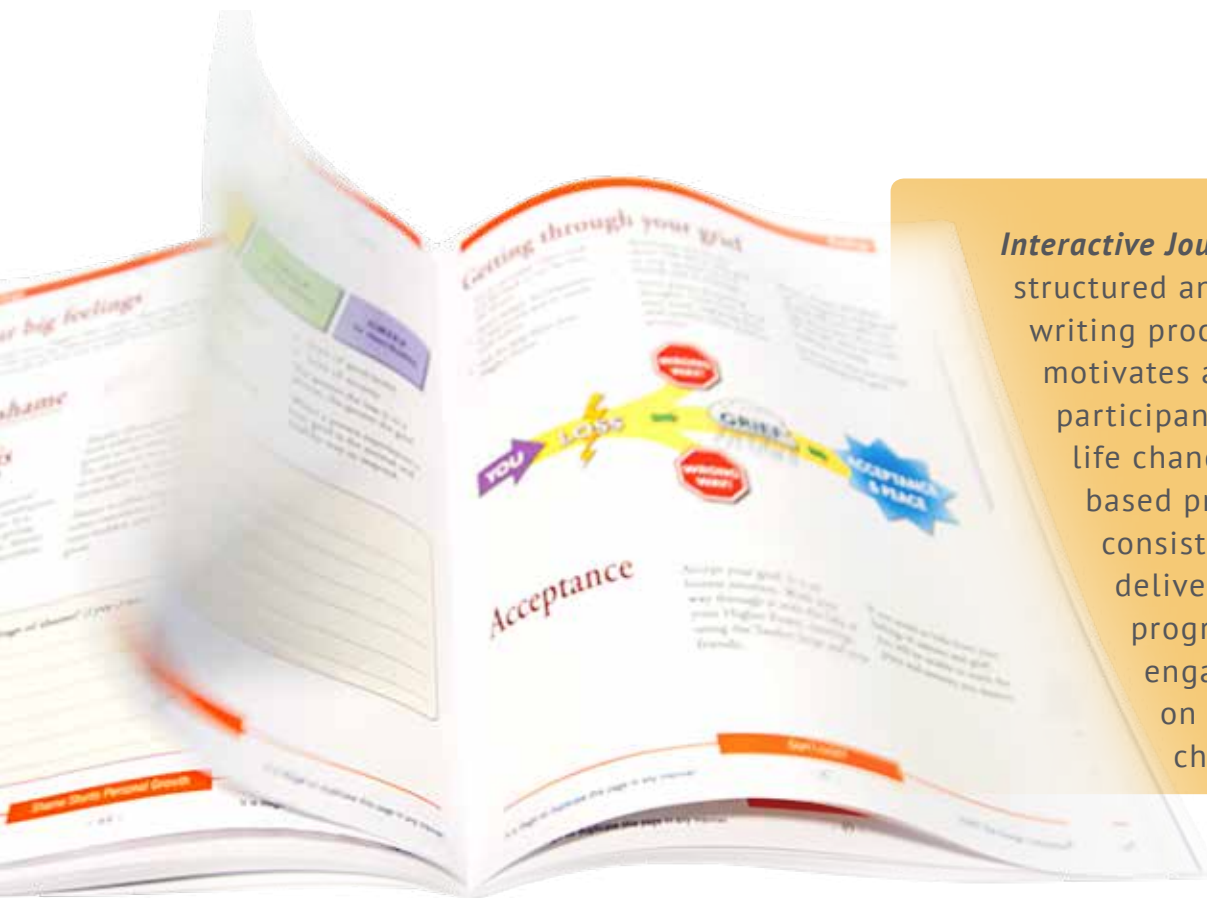
The Change Companies® collaborates with hundreds of professionals and providers to create program content, implementation methods, training options and outcome measurements.

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 *KEEP IT DIRECT & SIMPLE*

The *Keep It Direct & Simple* Journal System is specifically designed for adolescents in behavioral health and addiction treatment programs. The *Keep It Direct & Simple* approach highlights core concepts appropriate for the adolescent using a nonjudgmental focus on positive, strength-based strategies. Participants will explore the problems that brought them into treatment and learn strategies and skills to make meaningful, lasting change in their lives.



Toll-free: 888-889-8866

KEEP IT DIRECT & SIMPLE SERIES



Why Am I Here?

Item #: NK1 | 24 pages | \$2.70

Corresponding Facilitator Guide Item #: FNK1 • \$20.00

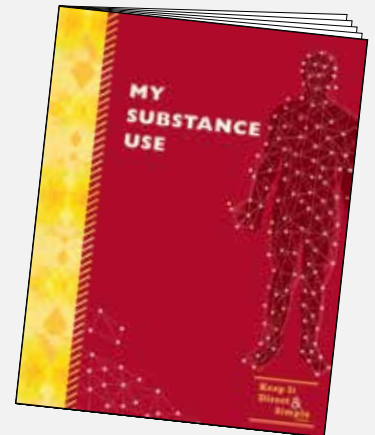
Why Am I Here? invites participants to write the story of their trip through life, identifying where they are and where they'd like to go. Participants consider their personal strengths and their motivation to make changes to their behavior. This helps them begin to consider positive changes they would like to make in their lives and to develop a plan to engage with and get the most out of the program.

My Substance Use

Item #: NK2 | 24 pages | \$2.70

Corresponding Facilitator Guide Item #: FNK2 • \$20.00

This Journal takes a close look at the topic of alcohol and other drugs. Participants will gain a clear understanding of the effects of these substances on their bodies, minds and lives as they consider the consequences of their use and their current pattern of use. They will then weigh the costs and benefits of continuing use or changing their substance use behavior.



My Twelve-Step Program

Item #: NK3 | 48 pages | \$5.40

Corresponding Facilitator Guide Item #: FNK3 • \$20.00

Twelve-Step Programs have helped millions of people build a solid foundation for recovery. This Journal will review the strengths of Twelve-Step Programs and help participants work through Step One, recognizing their powerlessness and unmanageability and Steps Two and Three, understanding spirituality and the idea of a Higher Power. Participants will also take a brief look at Steps Four through Twelve as they continue to work a program of recovery.



My Feelings

Item #: NK4 | 24 pages | \$2.70

Corresponding Facilitator Guide Item #: FNK4 • \$20.00

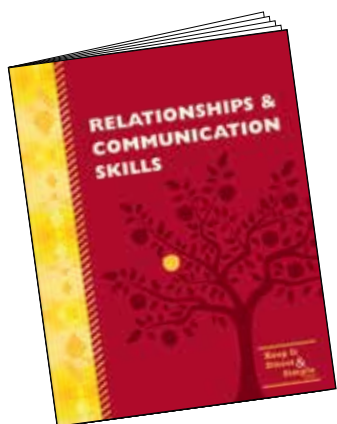
Getting a handle on their feelings and learning how to manage them can help participants work through challenges they are facing today. *My Feelings* will help them recognize and accept feelings such as fear, guilt, shame, sadness, grief and anger. Participants will learn and practice strategies for coping with difficult feelings.

My Family

Item #: NK5 | 24 pages | \$2.70

Corresponding Facilitator Guide Item #: FNK1 • \$20.00

My Family engages participants in exploring what family means to them and who they consider to be members of their family. They will consider what contributes to a healthy relationship and ways to improve their relationships. Finally, participants will select a family member and begin to take steps to improve that relationship.



Relationships & Communication Skills

Item #: NK6 | 24 pages | \$2.70

Corresponding Facilitator Guide Item #: FNK6 • \$20.00

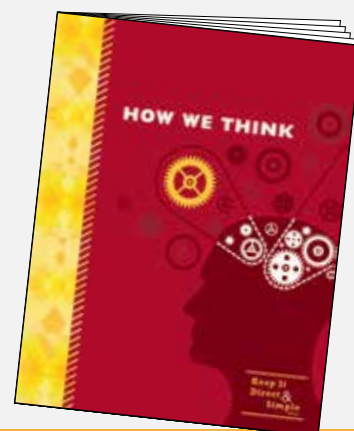
This Journal helps participants to recognize the difference between healthy and unhealthy relationships. Participants will explore the characteristics and benefits of healthy relationships and consider ways to improve their relationships using effective communication.

How We Think

Item #: NK7 | 24 pages | \$2.70

Corresponding Facilitator Guide Item #: FNK7 • \$20.00

How We Think invites participants to explore how people think and the common categories of risky thoughts that lead to problems. They will learn strategies for changing their thinking style and will practice responding to difficult situations by using responsible thinking.



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KEEP IT DIRECT & SIMPLE SERIES continued



How We Change

Item #: NK8 | 24 pages | \$2.70

Corresponding Facilitator Guide Item #: FNK8 • \$20.00

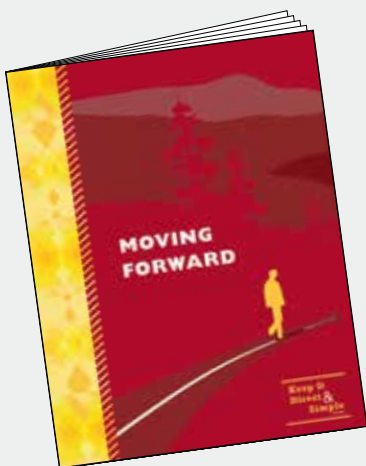
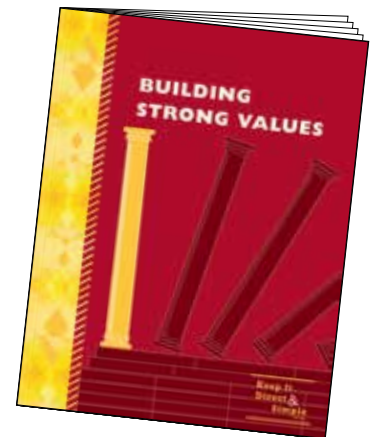
This Journal guides participants through how people change using the five stages of change and the specific strategies that can assist in the change process. Participants will use the stages and strategies of change to create a personalized plan for change.

Building Strong Values

Item #: NK9 | 24 pages | \$2.70

Corresponding Facilitator Guide Item #: FNK9 • \$20.00

In *Building Strong Values*, participants will consider the connection between values and behavior and what specific values contribute to a healthy lifestyle. They will be encouraged to create a plan to strengthen their values by setting SMART goals.



Moving Forward

Item #: NK10 | 24 pages | \$2.70

Corresponding Facilitator Guide Item #: FNK10 • \$20.00

Moving Forward guides participants to identify the triggers that may lead to a relapse and offers skills to help them stay on track with their positive behavior change. They will consider the warning signs of relapse and develop specific strategies to help handle them.

Complete Set of Participant Journals • Item #: NKC | \$26.75 (a savings of \$2.95)

KEEP IT DIRECT & SIMPLE FACILITATOR GUIDES

The *Keep It Direct & Simple* Series Facilitator Guides were developed to maximize the use of the Participant Journals. Each Guide features miniature versions of the Participant Journal pages with facilitation instructions, recommendations and participant activities wrapped around the border of each page.

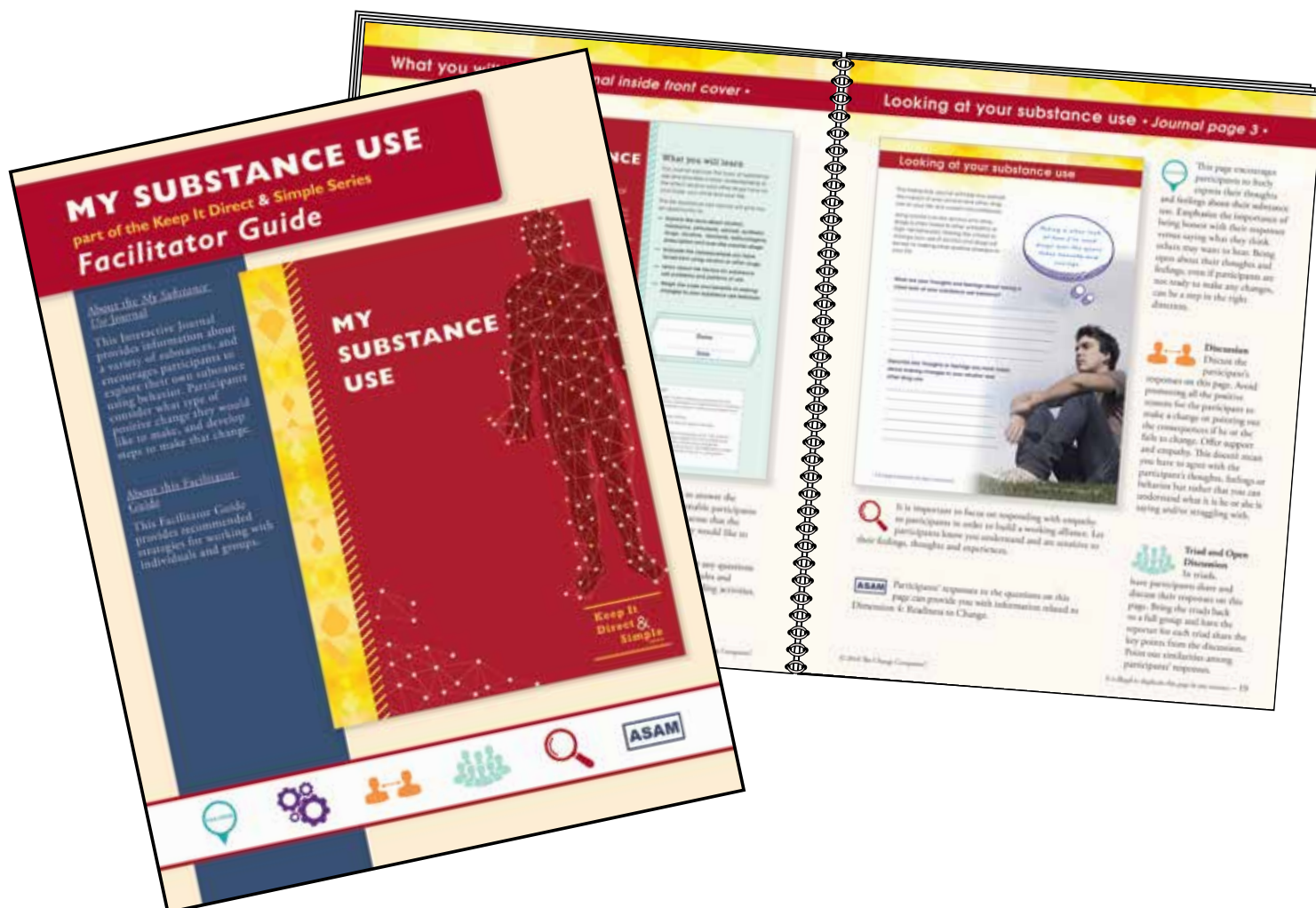
The Guides offer strategies for facilitating one-to-one and group sessions. Activities and optional out-of-session assignments

give flexibility to present Journal material according to participant needs and the facilitators' 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.

Corresponding Facilitator Guides

\$20.00 each

Complete set \$180.00 (a savings of \$20)



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KEEP IT DIRECT & SIMPLE ORDER FORM

ITEM #	PARTICIPANT JOURNALS	Minimum quantity for Participant Journals is 25	QUANTITY	UNIT PRICE	TOTAL
NK1	Why Am I Here?			x \$2.70	=
NK2	My Substance Use			x \$2.70	=
NK3	My Twelve-Step Program			x \$5.40	=
NK4	My Feelings			x \$2.70	=
NK5	My Family			x \$2.70	=
NK6	Relationships & Communication Skills			x \$2.70	=
NK7	How We Think			x \$2.70	=
NK8	How We Change			x \$2.70	=
NK9	Building Strong Values			x \$2.70	=
NK10	Moving Forward			x \$2.70	=
NKC	Complete Set of Participant Journals			x \$26.75	=
ITEM #	FACILITATOR GUIDES		QUANTITY	UNIT PRICE	TOTAL
FNK1	Why Am I Here? Facilitator Guide			x \$20.00	=
FNK2	My Substance Use Facilitator Guide			x \$20.00	=
FNK3	My Twelve-Step Program Facilitator Guide			x \$20.00	=
FNK4	My Feelings Facilitator Guide			x \$20.00	=
FNK5	My Family Facilitator Guide			x \$20.00	=
FNK6	Relationships & Communication Skills Facilitator Guide			x \$20.00	=
FNK7	How We Think Facilitator Guide			x \$20.00	=
FNK8	How We Change Facilitator Guide			x \$20.00	=
FNK9	Building Strong Values Facilitator Guide			x \$20.00	=
FNK10	Moving Forward Facilitator Guide			x \$20.00	=
FNKC	Complete Set of Facilitator Guides			x \$180.00	=

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, MO, NM, NV, TN, WA)

TOTAL

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

CALL, FAX OR MAIL ORDERS TO:

 The **Change** Companies®

Toll-free: 888-889-8866

Fax: 775-885-0643

5221 Sigstrom Drive

Carson City, NV 89706

Ordering hours M-F, 6:30a-3:00p PT
Fax orders accepted 24 hours a day

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