

# MEE Journal Series

for adult addiction services

## Top-selling Adult Addiction Series

Serving a wide range  
of client needs with  
action-oriented steps  
for change



# About *Interactive Journaling*®

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

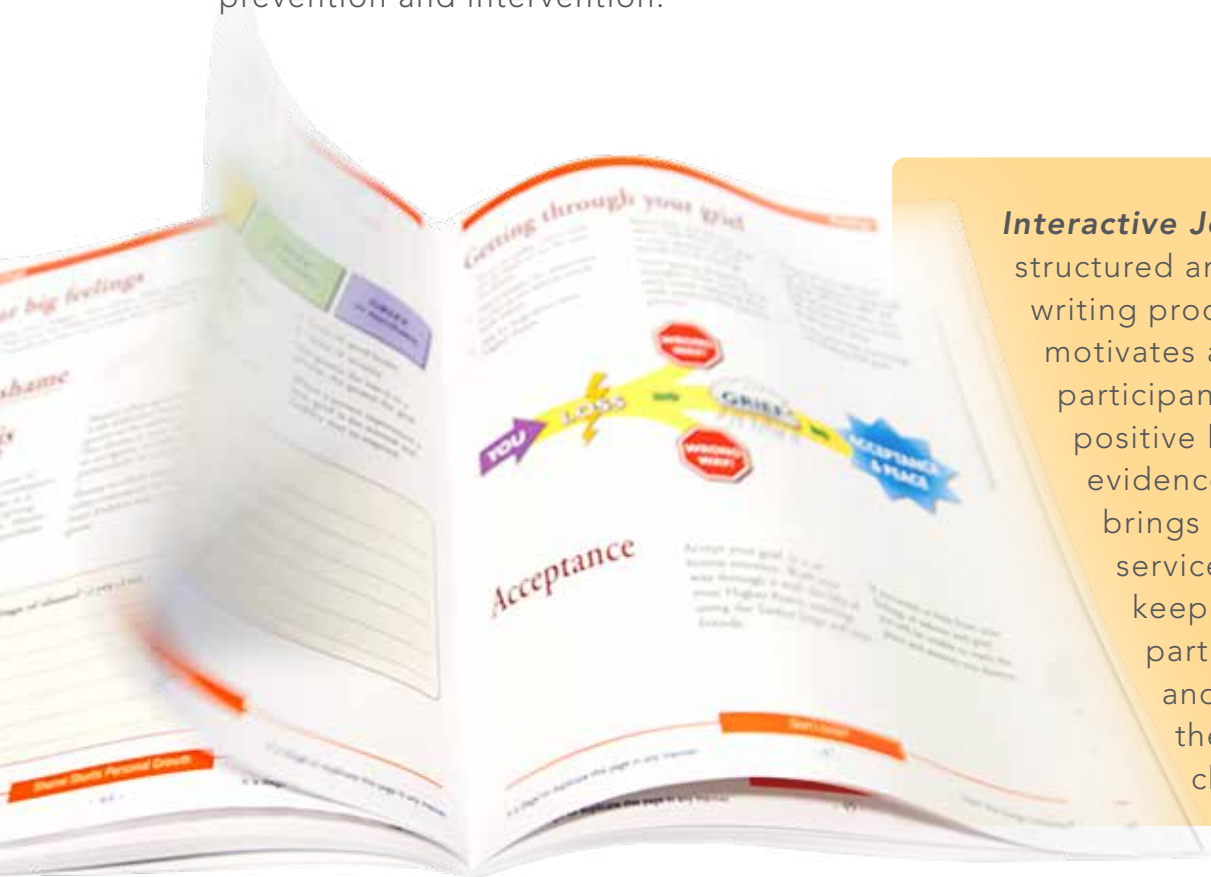
**The Change Companies**® collaborates with hundreds of professionals and providers to create program content, implementation methods, training options and outcome measurements.

**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 Motivational, Educational and Experiential Series (MEE)

The MEE Journal System lets you choose from more than 20 Journals relating to substance use and positive behavior change.

More than 2,500 adult treatment programs across the country have selected the MEE Journal System for their clients. The MEE

Journal System provides organizations optimal structure while adhering to a client-centered approach to service delivery.

During a period of tight budgets, the MEE Journal System provides a cost-effective means to serve a wide range of client needs.



“

The Change Companies®' widespread experience with *Interactive Journaling®* firmly puts the power back in the hands of the clients who discover they no longer have to feel stigmatized and victimized... The Change Companies® promotes active client participation and collaboration with effective and cost-efficient, affordable client materials.”

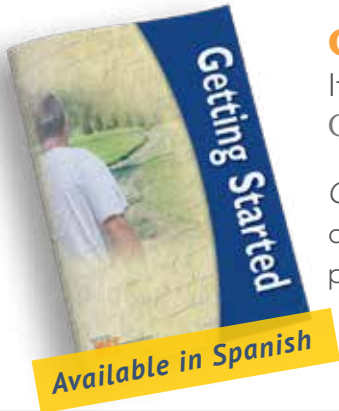
-David Mee-Lee, MD.  
Chief Editor, ASAM PPC-2R

Toll-free: 888-889-8866



# Motivational, Educational and Experiential Series

## Core Journals



### Getting Started

Item #: A1 | 32 pages | \$2.70

Corresponding Facilitator Guide Item #: FA1 • \$15.00

*Getting Started* explores the reasons participants are entering a program for alcohol or drug problems. By encouraging individuals to focus on their past, it helps to build a personal foundation for making positive and lasting life change.

### Substance Using Behaviors

Item #: A2 | 24 pages | \$2.70

Corresponding Facilitator Guide Item #: FA2 • \$15.00

This Journal defines substance using behaviors and provides a clear understanding of the effect alcohol and other drugs have on the participant's body, mind and life.



### Feelings

Item #: A9 | 24 pages | \$2.70

Corresponding Facilitator Guide Item #: FA9 • \$15.00

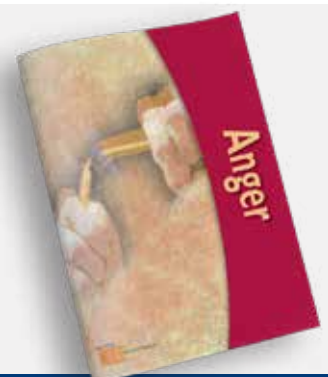
*Feelings* takes a look at the role feelings play in problem behaviors such as alcohol and other drug use. Participants will explore the link between thoughts, feelings and behaviors and consider proven strategies to help them handle difficult feelings.

### Anger

Item #: A10 | 24 pages | \$2.70

Corresponding Facilitator Guide Item #: FA10 • \$15.00

*Anger* explores the participants' reactions to adversity in their daily lives. The Journal helps participants learn to effectively manage anger through the development of practical skills.

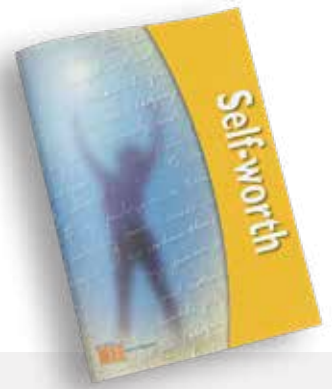


## Self-worth

Item #: A11 | 16 pages | \$1.80

Corresponding Facilitator Guide Item #: FA11 • \$15.00

*Self-worth* will help participants recognize the importance of building a healthy foundation from which to appreciate themselves.



## Family & Other Relationships

Item #: A12 | 24 pages | \$2.70

Corresponding Facilitator Guide Item #: FA12 • \$15.00

This Journal explores key aspects of relationships with a focus on families. Participants consider the difference between unhealthy & healthy relationships and the importance of effective communication in relationships.

## Life Management

Item #: A13 | 24 pages | \$2.70

Corresponding Facilitator Guide Item #: FA13 • \$15.00

*Life Management* offers practical tips to help participants get their lives back in order, addressing sleep, nutrition, finances, time management, leisure time and stress management.



## Coping Skills

Item #: A17 | 24 pages | \$2.70

Corresponding Facilitator Guide Item #: FA17 • \$15.00

*Coping Skills* encourages participants to evaluate their skills in eight categories and monitor their progress in each. Topics include stress management, decision making and healthy communication.

## Successful Living with a Co-occurring Disorder

Item #: A18 | 24 pages | \$2.70

Corresponding Facilitator Guide Item #: FA18 • \$15.00

This Journal is designed specifically for individuals who have a co-occurring disorder. It helps participants understand the facts and challenges regarding their addiction and mental health disorder.



**Toll-free: 888-889-8866**

## Core Journals continued

### The Power of Self Talk

Item #: A19 | 24 pages | \$2.70

Corresponding Facilitator Guide Item #: FA19 • \$15.00

*The Power of Self-Talk* provides an opportunity for participants to understand how self-talk affects feelings and behavior. With practice, participants will learn how to turn self-talk into a valuable tool for responsible living.



### Recovery Maintenance

Item #: A20 | 24 pages | \$2.70

Corresponding Facilitator Guide Item #: FA20 • \$15.00

*Recovery Maintenance* gives participants the tools needed to be able to identify the pattern of problem behaviors and to interrupt that pattern in order to remain on the path of positive change.

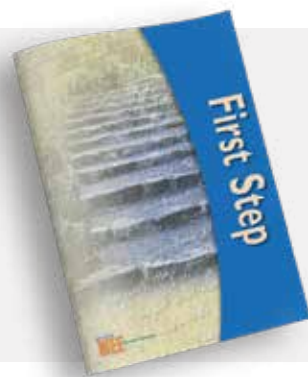
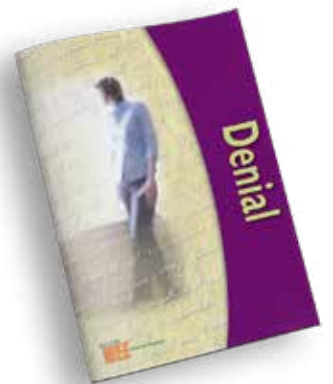
## 12-Step Journals

### Denial

Item #: A3 | 16 pages | \$1.80

Corresponding Facilitator Guide Item #: FA3 • \$15.00

Why is denial so hard to recognize? This Journal describes denial and its importance in the process of addiction. Participants discover how their defenses may have allowed them to deny their addiction.



### First Step

Item #: A4 | 24 pages | \$2.70

Corresponding Facilitator Guide Item #: FA4 • \$15.00

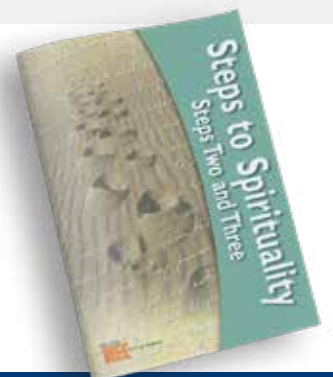
The pathway to clean and sober living begins with taking the First Step. This Journal is a thorough First Step that may help participants move from self-will to acceptance.

### Steps to Spirituality

Item #: A5 | 16 pages | \$1.80

Corresponding Facilitator Guide Item #: FA5 • \$15.00

This Journal introduces participants to the importance of a Higher Power in their recovery. As a 12-Step-based Journal, it explores Steps Two and Three. The Journal helps participants develop a spiritual base for their recovery.

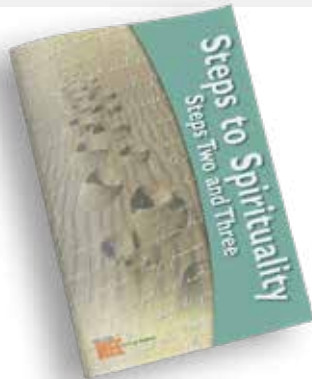
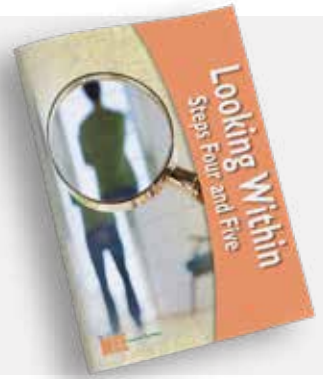


## Looking Within

Item #: A6 | 16 pages | \$1.80

Corresponding Facilitator Guide Item #: FA6 • \$15.00

*Looking Within* provides participants with the tools needed to complete Steps Four and Five of a 12-Step program. They make a searching and fearless moral inventory of their positive and negative traits.



## Steps to Spirituality

Item #: A5 | 16 pages | \$1.80

Corresponding Facilitator Guide Item #: FA5 • \$15.00

This Journal introduces participants to the importance of a Higher Power in their recovery. As a 12-Step-based Journal, it explores Steps Two and Three. The Journal helps participants develop a spiritual base for their recovery.

## Into Action

Item #: A7 | 16 pages | \$1.80

Corresponding Facilitator Guide Item #: FA7 • \$15.00

A 12-Step-based Journal, *Into Action* provides an excellent introduction to the sixth through twelfth steps, areas that are often overlooked.



## Working Your Program

Item #: A8 | 16 pages | \$1.80

Corresponding Facilitator Guide Item #: FA8 • \$15.00

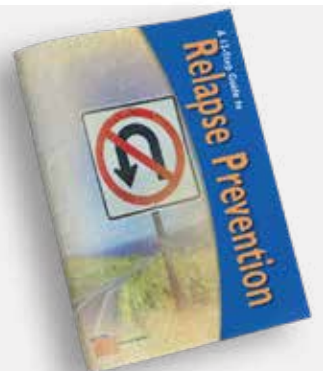
*Working Your Program* gives participants an opportunity to review the strengths of Twelve-Step Programs and understand how such a program can build a solid foundation for their recovery.

## A 12-Step Guide to Relapse Prevention

Item #: A15 | 24 pages | \$2.70

Corresponding Facilitator Guide Item #: FA15 • \$15.00

This Journal gives participants the tools needed to be able to identify the pattern of relapse and to interrupt that pattern before resuming substance use behavior.



**Toll-free: 888-889-8866**



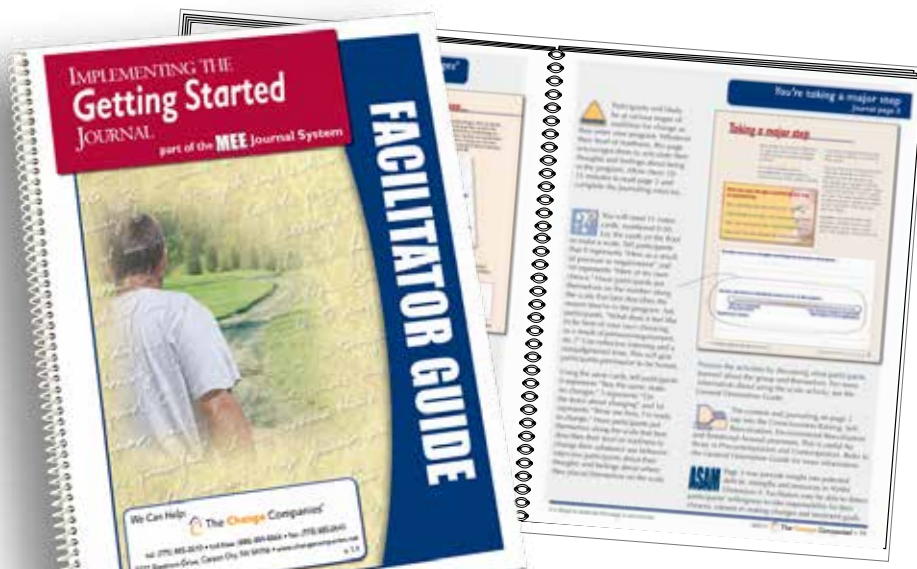
# Facilitator Guides

The MEE Journal System Facilitator Guides were developed as a resource for people providing guidance to adults using Interactive Journals. The Facilitator Guides are constructed with miniature versions of the Journal pages. Instructions, recommendations and facilitation strategies are wrapped around the borders of each page. The suggested activities found throughout the Guides correlate with the content of each MEE Journal and have been designed to help meet the objectives of the Journals.

Corresponding Facilitator Guides • \$15.00 each

Complete Set of Core MEE Facilitator Guides • \$150.00

Complete Set of MEE Facilitator Guides • \$195.00



## WHY CHOOSE THE MEE SYSTEM?

Providers have a **ready-made template** for turning treatment planning into action-oriented steps for change

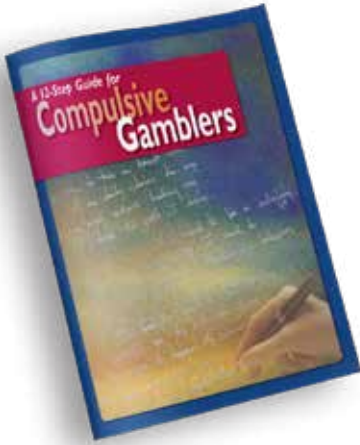
Administrators and program directors can have confidence in the **fidelity of service delivery** across providers, programs and locations

The MEE system addresses participants' needs that are **compatible with nationally-recognized criteria** and problem dimensions including the DSM IV-TR and the ASAM PPC-2R

Journals and Facilitator Guides **offer a template for service delivery** while encouraging and tapping into the providers' experience, expertise and strengths



# Additional Resources and Supplements



## **12-Step Guide for Compulsive Gamblers**

Item #: A23 | 48 pages | \$4.75

A *12-Step Guide for Compulsive Gamblers* introduces the 12 Steps of Gamblers Anonymous. This Journal guides participants through each step and helps them develop a plan for positive change.

## **Family Recovery**

Item #: FR | 40 pages | \$3.95

*Family Recovery* explains the basics of addiction and the impact the disease has on all members of the family. In a simple, organized and graphic manner, *Family Recovery* helps the family member make healthy choices.

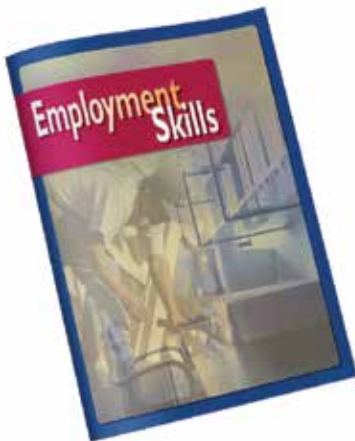


## **Employment Skills**

Item #: ES | 32 pages | \$3.60

Corresponding Facilitator Guide Item #: FA19 • \$15.00

This Journal helps participants understand the process of planning for a career. By exploring their willingness to learn, understanding their areas of interest and evaluating their skill sets, participants will prepare for the application and interviewing process.



**Toll-free: 888-889-8866**

## Additional Resources and Supplements continued



### Quiet Moments

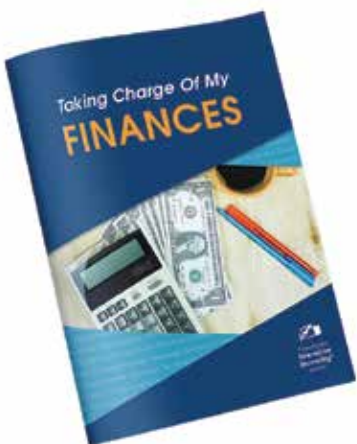
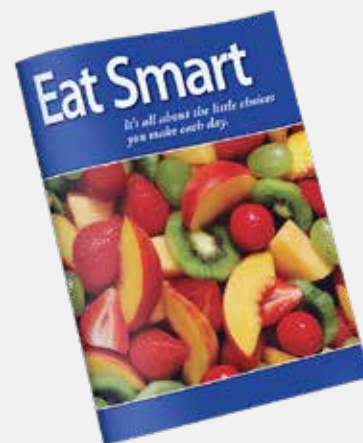
Item #: A26 | 24 pages | \$2.70

This Journal is a simple, original and beautiful approach to meditation. This Journal gently encourages participants to create their own words of recovery and serenity. Many programs provide a special time for participants to share their words of meditation with their peers.

### Eat Smart

Item #: ESJ | 24 pages | \$2.70

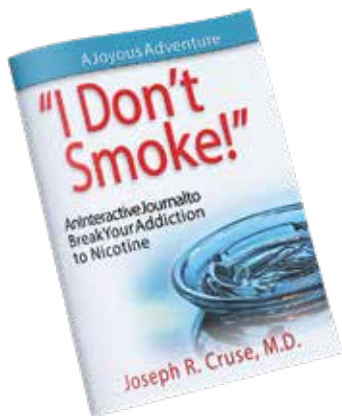
Good nutrition is all about the little choices you make each day. This Journal is full of facts, suggestions and strategies for making healthy food choices. Regardless of what kind of shape participants are in or how healthy their diets are, *Eat Smart* will help them make sound nutritional choices.



### Taking Charge of My Finances

Item #: TCF | 16 pages | \$1.80

This Journal is designed to help provide information and helpful techniques for making responsible financial decisions. Individuals will evaluate their current financial circumstances, learn practical tips for managing their money and consider positive steps they can take that will work for them now and in the future to take control of their finances.



## **I Don't Smoke!**

Item #: IDS | 32 pages | \$3.95

The *I Don't Smoke!* Interactive Journal guides participants through the benefits of considering change and moves them toward acting on their desire to quit. The Journal includes strategies for getting through the first difficult weeks of smoking cessation as well as maintaining nicotine abstinence on a long-term basis.

## **Marijuana**

Item #: AS1 | 8 pages | \$0.90

This Journal gives participants an opportunity to self-assess their experience with this drug. Facts about the impact of marijuana on the brain and body are presented, along with information about the social consequences of marijuana use.



## **Methamphetamine**

Item #: AS2 | 8 pages | \$0.90

This Journal helps participants learn how meth impacts the central nervous system along with other negative effects on the brain and body. Participants evaluate the role methamphetamine has played in their lives and consider changes they want to make regarding their use.

## **Prescription Drugs**

Item #: AS3 | 8 pages | \$0.90

This Journal describes the risks of overuse of prescription drugs. Participants learn about the most commonly misused prescription drugs and their effects. Information is also presented about the interaction of prescription drugs with other substances.



**Toll-free: 888-889-8866**



# MEE Journal Series

## Order Form

**Minimum quantity for Participant Journals is 25**

ITEM	CORE JOURNALS	QTY	UNIT PRICE	TOTAL
A1	Getting Started		x \$2.70 =	
A2	Substance Using Behaviors		x \$2.70 =	
A9	Feelings		x \$2.70 =	
A10	Anger		x \$2.70 =	
A11	Self-worth		x \$1.80 =	
A12	Family & Other Relationships		x \$2.70 =	
A13	Life Management		x \$2.70 =	
A17	Coping Skills		x \$2.70 =	
A18	Successful Living... Co-occurring Dis.		x \$2.70 =	
A19	The Power of Self-talk		x \$2.70 =	
A20	Recovery Maintenance		x \$2.70 =	
ITEM	12-STEP JOURNALS	QTY	UNIT PRICE	TOTAL
A3	Denial		x \$1.80 =	
A4	First Step		x \$2.70 =	
A5	Steps to Spirituality		x \$1.80 =	
A6	Looking Within		x \$1.80 =	
A7	Into Action		x \$1.80 =	
A8	Working Your Program		x \$1.80 =	
A15	12-Step Guide to Relapse Prevention		x \$2.70 =	
ITEM	ADDITIONAL RESOURCES	QTY	UNIT PRICE	TOTAL
A23	12-Step Guide... Compulsive Gamblers		x \$4.75 =	
FR	Family Recovery		x \$3.95 =	
ES	Employment Skills		x \$3.60 =	
A26	Quiet Moments		x \$2.70 =	
ESJ	Eat Smart		x \$2.70 =	
TCF	Taking Charge of My Finances		x \$1.80 =	
IDS	I Don't Smoke!		x \$3.95 =	
AS1	Marijuana		x \$0.90 =	
AS2	Methamphetamine		x \$0.90 =	
AS3	Prescription Drugs		x \$0.90 =	

ITEM	SPANISH PARTICIPANT JOURNALS	QTY	UNIT PRICE	TOTAL
A1S	Getting Started (Primeros Pasos)		x \$2.70 =	
A2S	Substance Using Behaviors		x \$2.70 =	
A9S	Feelings (Sentimientos)		x \$2.70 =	
A12S	Family & Other Relationships (Familia y Otras Relaciones)		x \$2.70 =	
A17S	Coping Skills (Habilidades para afrontar los problemas)		x \$2.70 =	

ITEM	FACILITATOR GUIDES	QTY	UNIT PRICE	TOTAL
FA1	Getting Started Facilitator Guide		x \$15.00 =	
FA2	Substance Using Behaviors F.G.		x \$15.00 =	
FA3	Denial Facilitator Guide		x \$15.00 =	
FA4	First Step Facilitator Guide		x \$15.00 =	
FA5	Steps to Spirituality F.G.		x \$15.00 =	
FA6	Looking Within Facilitator Guide		x \$15.00 =	
FA7	Into Action Facilitator Guide		x \$15.00 =	
FA8	Working Your Program Facilitator Guide		x \$15.00 =	
FA9	Feelings Facilitator Guide		x \$15.00 =	
FA10	Anger Facilitator Guide		x \$15.00 =	
FA11	Self-worth Facilitator Guide		x \$15.00 =	
FA12	Family & Other Relationships F.G.		x \$15.00 =	
FA13	Life Management Facilitator Guide		x \$15.00 =	
FA15	12-Step Guide to Relapse Prevention F.G.		x \$15.00 =	
FA17	Coping Skills Facilitator Guide		x \$15.00 =	
FA18	Successful Living... Co-occurring Dis. F.G.		x \$15.00 =	
FA19	The Power of Self-talk Facilitator Guide		x \$15.00 =	
FA20	Recovery Maintenance Facilitator Guide		x \$15.00 =	
CCSF	Complete Set of Core Facilitator Guides		x \$150.00 =	
CSF	Complete Set of Facilitator Guides		x \$195.00 =	
ESF	Employment Skills Facilitator Guide		x \$15.00 =	

SUBTOTAL

DOMESTIC S&H 7.5% (MIN. \$7.50)

TAX (CA, CO, DC, IN, KY, MO, NM, NV, NY, TN, WA)

TOTAL

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

**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

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

NAME/COMPANY ON CARD \_\_\_\_\_

BILLING ADDRESS ON CARD \_\_\_\_\_

CARD #

EXP. DATE: \_\_\_\_/\_\_\_\_/\_\_\_\_ CARD CODE: \_\_\_\_\_

**changecompanies.net/products**

version 6.4