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® 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.
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.

About Motivational, Educational and Experiential Series (MEE)

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
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.
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.

**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.
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
**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.
**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.

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**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.

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**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.

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**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.
## MEE Journal Series

**Order Form**

**Minimum quantity for Participant Journals is 25**

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**SUBTOTAL**

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

**TOTAL**

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**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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Check, Money Order   Visa   MasterCard   American Express

**NAME/COMPANY ON CARD _____________________________**

**BILLING ADDRESS ON CARD _____________________________**

**CARD # _____________________________**

**EXP. DATE: ___/___ CARD CODE: _____________**