

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.

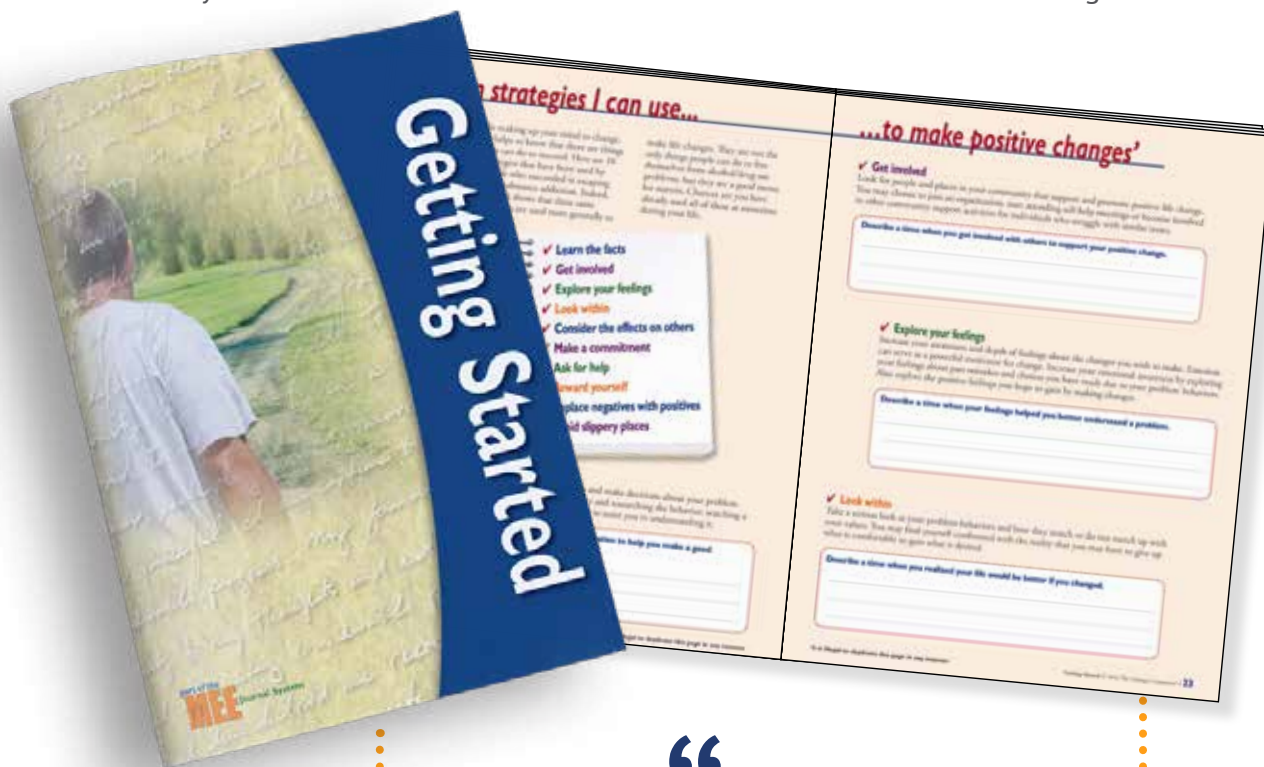
ABOUT THE MOTIVATIONAL, EDUCATIONAL AND EXPERIENTIAL SERIES (MEE)

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, EDUCATION AND EXPERIENTIAL *SERIES*



Getting Started

Item #: A1 | 32 pages | \$2.70

Corresponding Facilitator Guide Item #: FA1 • \$15.00

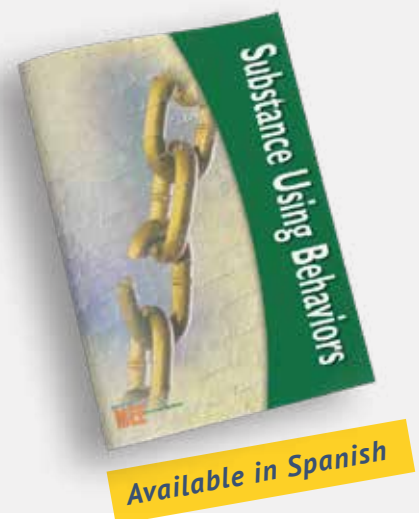
Getting Started explores the reasons participants are entering a program for alcohol or drug problems. By encouraging individuals to focus on their past, it helps to build a personal foundation for making positive and lasting life change.

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.

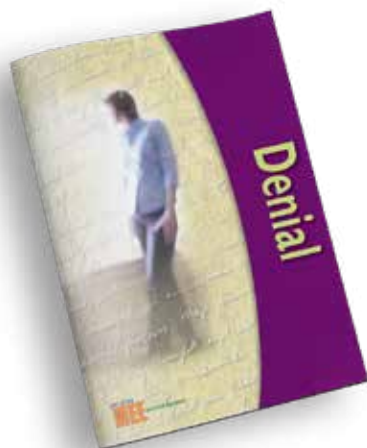


Denial

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

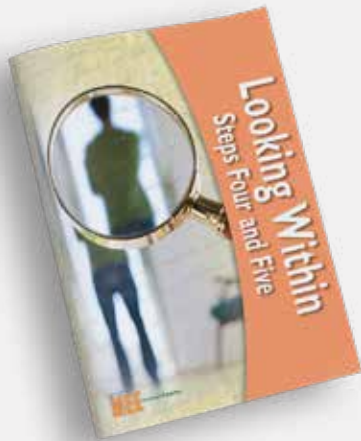
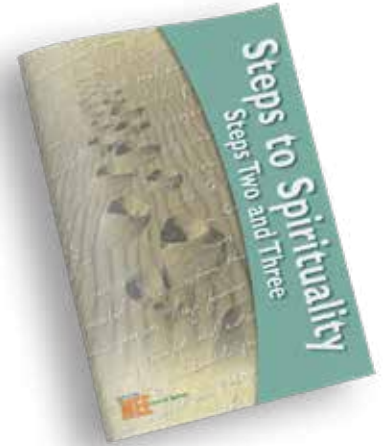
The pathway to clean and sober living begins with taking the First Step. This Journal is a thorough First Step that may help participants move from self-will to acceptance.

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.

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.



Toll-free: 888-889-8866



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.

Feelings

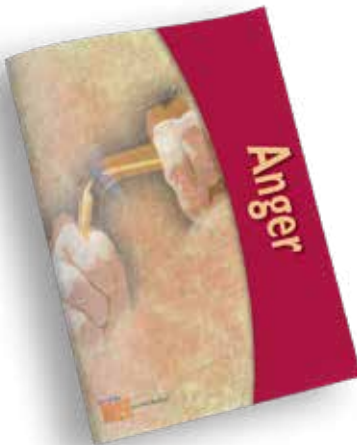
Item #: A9 | 24 pages | \$2.70

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.



Available in Spanish



Anger

Item #: A10 | 24 pages | \$2.70

Corresponding Facilitator Guide Item #: FA10 • \$15.00

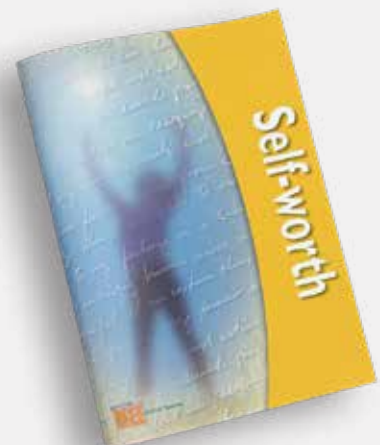
Anger explores the participants' reactions to adversity in their daily lives. The Journal helps participants learn to effectively manage anger through the development of practical skills.

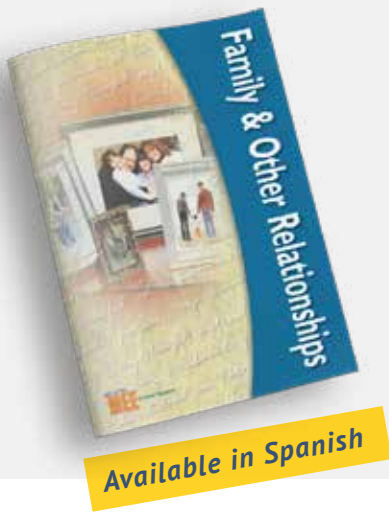
Self-worth

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

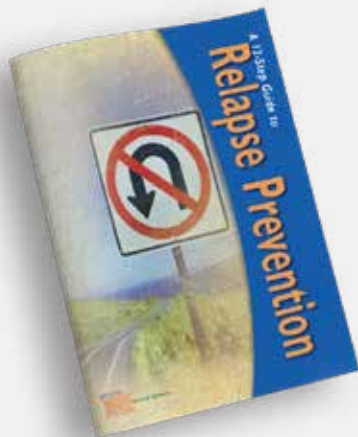
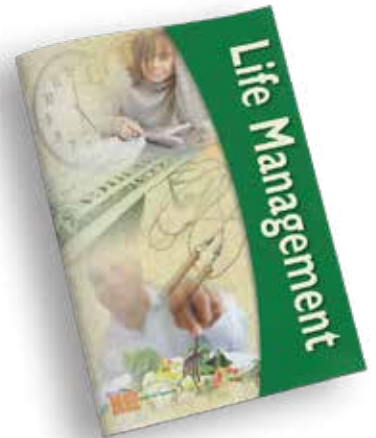
This Journal explores key aspects of relationships with a focus on families. Participants consider the difference between unhealthy & healthy relationships and the importance of effective communication in relationships.

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.



A 12-Step Guide to Relapse Prevention

Item #: A15 | 24 pages | \$2.70

Corresponding Facilitator Guide Item #: FA15 • \$15.00

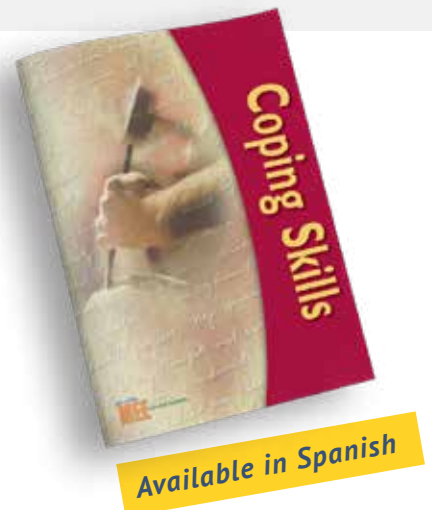
This Journal gives participants the tools needed to be able to identify the pattern of relapse and to interrupt that pattern before resuming substance use behavior.

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.



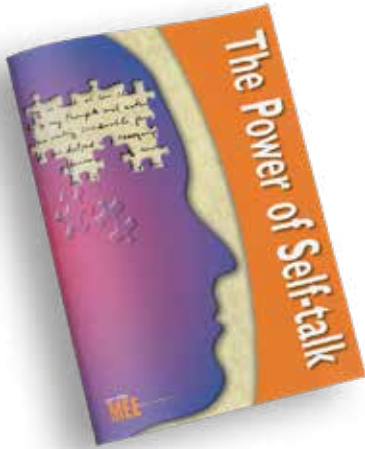
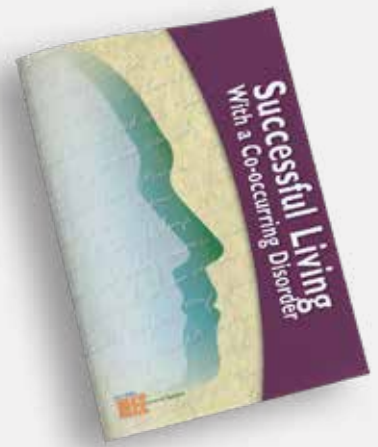
Toll-free: 888-889-8866

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.



The Power of Self Talk

Item #: A19 | 24 pages | \$2.70

Corresponding Facilitator Guide Item #: FA19 • \$15.00

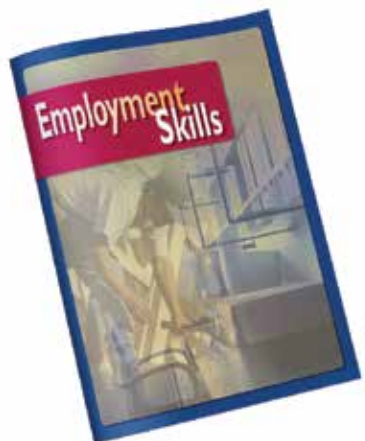
The Power of Self-Talk provides an opportunity for participants to understand how self-talk affects feelings and behavior. With practice, participants will learn how to turn self-talk into a valuable tool for responsible living.

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.



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.

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



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

Toll-free: 888-889-8866

ADDITIONAL RESOURCES



Family Recovery

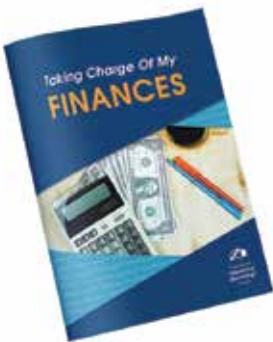
Item #: FR | 40 pages | \$3.95

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.

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.



Taking Charge of My Finances

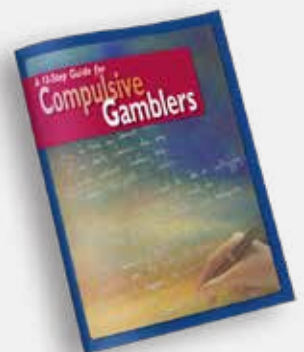
Item #: TCF | 16 pages | \$1.80

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.

A 12-Step Guide for Compulsive Gamblers

Item #: A23 | 48 pages | \$4.75

This Journal introduces the 12 Steps of Gamblers Anonymous, helping participants work through each step and develop a plan for positive change.

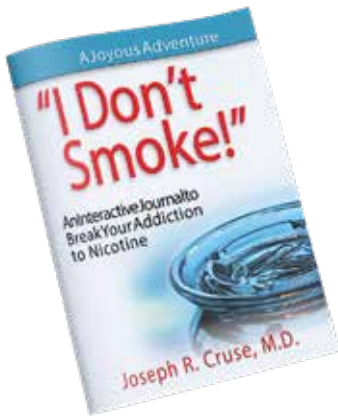


Eat Smart

Item #: ESF | 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.

ADDITIONAL RESOURCES continued



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	PARTICIPANT JOURNALS	QTY	UNIT PRICE	TOTAL
A1	Getting Started		x \$2.70 =	
A2	Substance Using Behaviors		x \$2.70 =	
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 =	
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 =	
A15	12-Step Guide to Relapse Prevention		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 =	
ES	Employment Skills		x \$3.60 =	
FR	Family Recovery		x \$3.95 =	
A26	Quiet Moments		x \$2.70 =	
TCF	Taking Charge of My Finances		x \$1.80 =	
A23	12-Step Guide... Compulsive Gamblers		x \$4.75 =	
ESJ	Eat Smart		x \$2.70 =	
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 =	
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, MO, NM, NV, 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.

☐ 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:

 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

version 6.1