Residential Drug Abuse Program

A gender-specific, high-intensity drug treatment program

“Changing a lifetime of drugs and crime is not an easy job. This program forced me to recognize that it was all up to me. I am responsible for where I am and I’m responsible for who I will become.”

— Inmate response to RDAP
A Complete Treatment Program for Incarcerated Adults

In 1999, The Change Companies® was selected by the U.S. Department of Justice, Federal Bureau of Prisons to collaborate in the development of gender-specific drug abuse treatment programs.

The initial series of Journals has been refined into the new Residential Drug Abuse Program (RDAP). The use of Interactive Journaling® is an integral component of the men’s and women’s programs.

The Change Companies® has introduced many components of the Bureau of Prisons’ Programs to state prisons, probation and parole offices, drug courts and jails. Currently, more than 600 sites are using various versions of this research-based program for both drug abuse and criminal thinking.

Series Features:

- Rational Self-counseling
- Interactive Journaling®
- Social Learning Theory
- Transtheoretical Model of Behavior Change
- Cognitive-behavioral Theory

Complete set of Interactive Journals
$34.00
Item #: RMOC

Preview Journals online:
www.changecompanies.net/products
The Residential Drug Abuse Program is tailored to help participants face criminal justice and drug use issues that are specific to them. Emphasis is placed on learning the necessary skills and accepting responsibility for making positive life changes.

To reinforce key program skills, The Change Companies® has developed Attitude Check pads and Rational Self-analysis (RSA) forms. Participants learn how to perform each skill within specific Journals and facilitators can use the checks in participants’ daily interactions.

A Facilitator’s Guide has been created as a resource for implementing the RDAP Treatment Journals. The guide features miniature versions of the Journal pages and offers recommendations and appropriate facilitation strategies on each page.

The Keys to Implementation of RDAP training DVD supports facilitators in the use of the RDAP Treatment Journals. Key Journal content is reviewed and facilitators are offered tips on making effective use of the accompanying Facilitator Guide.

Series Benefits:
- Offers gender-specific Journals
- Brings organization and structure to each session and each site
- Provides a complete Facilitator Guide and implementation DVD
- Creates a permanent record of personal change for each client
- Reinforces the application of program skills through the use of check pads
- Taps into the latest research in criminal justice and personal change
- Provides flexibility — Journals may be purchased individually or as a complete set

Residential Drug Abuse Program for Women is also available.
Interactive Journals

Orientation

Participants learn the expectations of the program and how to recognize barriers that block progress toward change. Participants explore positive attitudes for successful treatment and learn how to do an Attitude Check. The Journal concludes with a brief self-assessment and basic information about the damaging consequences of drug use.

Men’s – Item #: RMO1
Women’s – Item #: RWO1
88 pages • $7.50

Rational Thinking

Inaccurate perceptions and irrational thoughts lead to poor decisions and self-defeating behavior. Individuals identify common thinking errors that pop up in their daily self-talk. Participants learn to challenge their thinking by performing a Rational Self-analysis (RSA).

Men’s – Item #: RMO2
Women’s – Item #: RWO2
64 pages • $5.50

Criminal Lifestyles

Participants evaluate the costs and payoffs of their lifestyle. Much of the Journal is devoted to identifying specific criminal thinking errors and applying the tool of Rational Self-analysis to criminal thinking.

Men’s – Item #: RMO3
Women’s – Item #: RWO3
72 pages • $6.00
Interactive Journals (continued)

Living With Others

This Journal helps individuals explore the components of healthy and unhealthy relationships. They learn proven ways to communicate effectively with others. Sections are devoted to anger management and roadblocks to positive attitudes.

Men’s – Item #: RMO4
Women’s – Item #: RWO4
60 pages • $5.00

Lifestyle Balance

The Lifestyle Balance Journal assists individuals in evaluating whether or not their lives are in balance and teaches skills for making positive adjustments to important areas of participants’ lives. Topic areas include physical health, healthy relationships, emotional health, job satisfaction and community involvement.

Men’s – Item #: RMO5
Women’s – Item #: RWO5
32 pages • $2.75

Recovery Maintenance

Recovery is an ongoing process of rational thinking and behavior. In Recovery Maintenance, participants learn exit strategies to return to recovery after experiencing a stage of relapse and develop a personalized Recovery Maintenance Plan.

Men’s – Item #: RMO6
Women’s – Item #: RWO6
52 pages • $4.50
Interactive Journals (continued)

RDAP Check System
The Attitude Check helps participants in examining the attitudes they currently demonstrate in relation to the eight positive attitudes for successful treatment.

Men’s – Item #: RMOA
Women’s – Item #: RWOA
50 sheets • $10.50

The Rational Self-analysis (RSA) is a tool that assists participants in challenging their thinking. RSAs offer opportunities for individuals to check their thinking and make sure it’s rational.

Men’s – Item #: RMOR
Women’s – Item #: RWOR
50 sheets • $10.50

Transition
The Transition Journal focuses on helping participants evaluate whether their expectations about the future are realistic. Three key transition issues are explored: working with authority figures; handling social pressure; and re-entry and relationships.

Men’s – Item #: RMO7
Women’s – Item #: RWO7
32 pages • $2.75
Facilitator Guide

This Facilitator Guide is an implementation resource constructed with miniature versions of the Journal pages. Instructions, recommendations and appropriate strategies are wrapped around the borders of each page.

Facilitator Guide Features:

- Ideal for programs that have time constraints or minimal preparation time
- Helps create consistency and fidelity across providers and programs
- Offers core activities and alternative strategies
- Highlights key journaling content with additional facilitator information
- Excellent teaching tool for interns and new providers
- Comes in a three-ring binder for easy storage
- Each Journal section is individually spiral bound, aiding in quick reference for facilitation

Men’s – Item #: RMOG
Women’s – Item #: RWOG

RDAP Facilitator Guide • $190.00 (Includes training DVD: Keys to Implementation of RDAP)

RDAP Follow-up Journal & Facilitator Guide

- Support drug-free, crime-free lives with implementation of this Journal, as it builds on the concepts learned during the Residential Drug Abuse Program.
- Reinforce key skills by requiring participants to practice them during the follow-up phase.
- Provide participants with a comprehensive review of all main content areas in the RDAP Journals.
- Designed in 12 monthly sections and available in men’s and women’s versions

Men’s Journal – Item #: FU1
Women’s Journal – Item #: FUW1

52 pages • $6.25

Follow-up Facilitator Guide – Item #: FUFG1 • $25.00
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Minimum order of any Journal is 25.

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

CALL, FAX OR MAIL YOUR ORDER TO:

The Change Companies®
Toll-free: 888-889-8866
Fax: 775-885-0643
5221 Sigstrom Drive • Carson City, NV 89706

Interactive Journaling®
is included in SAMHSA’s NREPP.