

Interactive Journaling®

# Residential Drug Abuse Program

**A gender-specific, high-intensity drug treatment program**

# RESOURCES to SUPPORT PERSONAL CHANGE

**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®



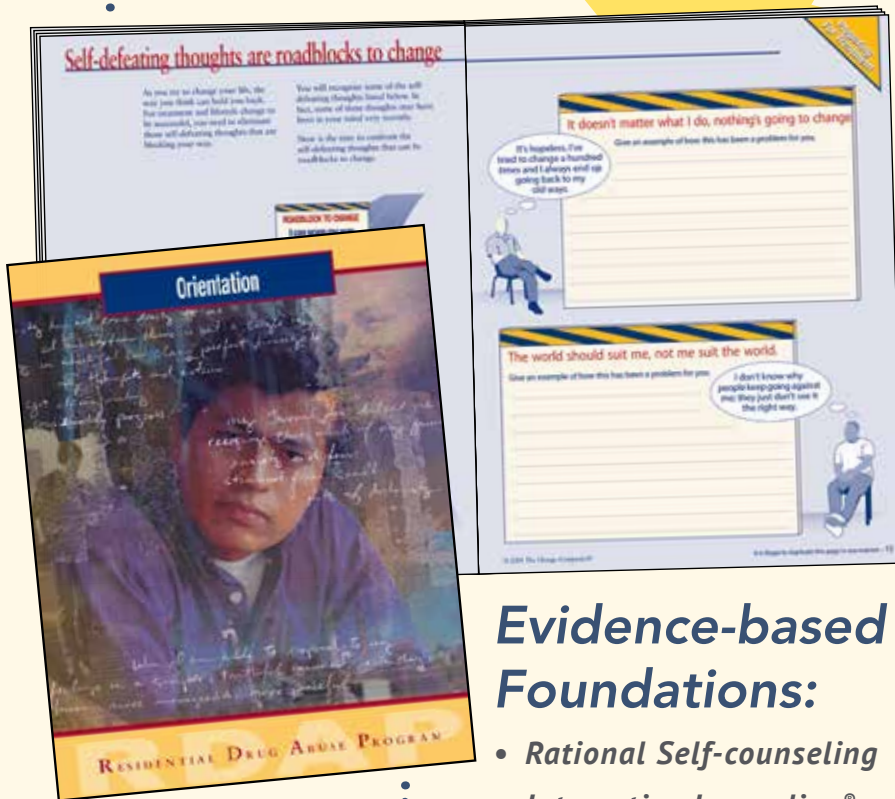
**Interactive Journaling®** is a structured and experiential writing process that motivates and guides participants toward positive life change. This evidence-based practice brings consistency to service delivery while keeping program participants engaged and focused on their personal change goals.

# RESIDENTIAL DRUG ABUSE PROGRAM

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 use treatment programs.

Through ongoing collaboration, this initial series of Journals has been continually refined for implementation within the Residential Drug Abuse Program (RDAP). The use of **Interactive Journaling**® is an integral component of both men's and women's programs, and is used in all Bureau of Prisons' institutions.

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 use and criminal thinking.



## Series Benefits:

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

## Evidence-based Foundations:

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



# THE SERIES



## *Orientation*

Men's - Item #: RMO1 | 88 pages | \$7.88

Women's - Item #: RWO1 | 88 pages | \$7.88

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.

## *Rational Thinking*

Men's - Item #: RMO2 | 64 pages | \$5.78

Women's - Item #: RWO2 | 64 pages | \$5.78

In this Journal, participants explore how inaccurate perceptions and irrational thoughts can lead to poor decisions and self-defeating behavior. They identify common thinking errors within daily self-talk and practice challenging this thinking by performing a Rational Self-analysis (RSA).



## *Criminal Lifestyles*

Men's - Item #: RMO3 | 72 pages | \$6.30

Women's - Item #: RWO3 | 72 pages | \$6.30

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



## ***Living With Others***

**Men's - Item #: RMO4 | 60 pages | \$5.25**

**Women's - Item #: RWO4 | 60 pages | \$5.25**

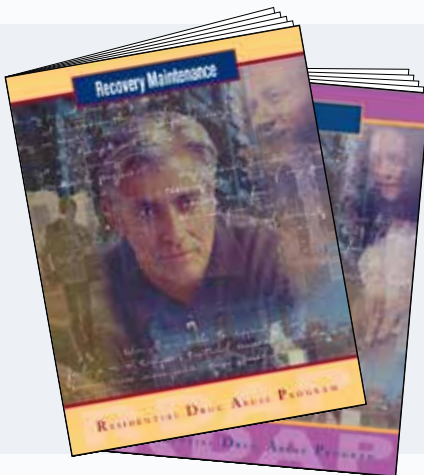
This Journal helps individuals explore the components of healthy and unhealthy relationships. They learn proven ways to communicate effectively with others, and develop skills for managing anger and addressing roadblocks to positive attitudes.

## ***Lifestyle Balance***

**Men's - Item #: RMO5 | 32 pages | \$2.88**

**Women's - Item #: RWO5 | 32 pages | \$2.88**

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



## ***Recovery Maintenance***

**Men's - Item #: RMO6 | 52 pages | \$4.83**

**Women's - Item #: RWO6 | 52 pages | \$4.83**

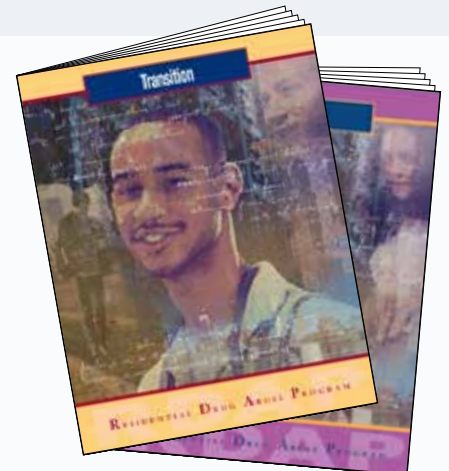
Recovery is an ongoing process that relies on rational thinking and prosocial behavior. In this Journal, participants learn exit strategies to help them return to recovery after experiencing a relapse. Targeted exercises also help participants develop a personalized Recovery Maintenance Plan.

## ***Transition***

**Men's - Item #: RMO7 | 32 pages | \$2.88**

**Women's - Item #: RWO7 | 32 pages | \$2.88**

This Journal helps participants evaluate whether their expectations about the future are realistic. Three key transition issues are addressed: working with authority figures, handling social pressure and re-entry and relationships.



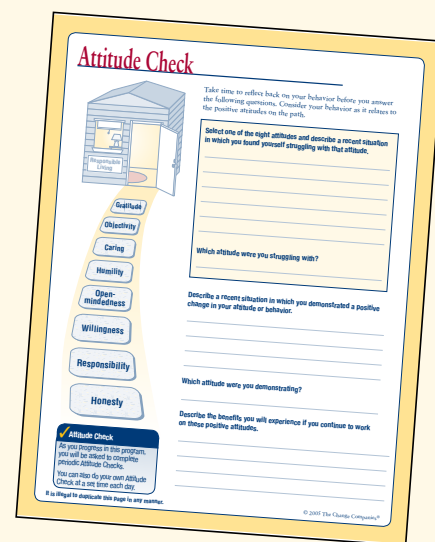
# ADDITIONAL resources

## RDAP Attitude Check

Men's - Item #: RMOA | 50 sheets | \$10.50

Women's - Item #: RWOA | 50 sheets | \$10.50

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



The Attitude Check form is titled "Attitude Check" and includes a small illustration of a house. It contains instructions for participants to reflect on their attitudes and answer questions. The form includes a section for "Select one of the eight attitudes and describe a recent situation in which you found yourself struggling with that attitude." and a section for "Describe a recent situation in which you demonstrated a positive change in your attitude or behavior." The form also includes a list of eight attitudes: Faithfulness, Objectivity, Caring, Humility, Open-mindedness, Willingness, Responsibility, and Honesty. There is a small "Attitude Check" box at the bottom left of the form.



The Rational Self-analysis form is titled "Rational Self-analysis" and includes a diagram showing the process of Rational Self-analysis. The diagram shows a flow from "Irrational approach" to "Rational approach" and "Rational Challenge". The "Irrational approach" section includes "Activating Event" (A), "Beliefs" (B), and "Consequences (Feelings and actions)" (C). The "Rational approach" section includes "Camera Check" and "Desired Consequences (Feelings and actions)". The "Rational Challenge" section includes a "STOP and THINK" box. The form also includes a section for "The Five Rules for Rational Thinking" and a small "Attitude Check" box at the bottom left.

## RDAP Rational Self-analysis (RSA)

Men's - Item #: RMOR | 50 sheets | \$10.50

Women's - Item #: RWOR | 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.



## Facilitator Guide

Men's - Item #: RMOG | \$190

Women's - Item #: RWOOG | \$190

*Includes Training DVD: Keys to Implementation of RDAP*

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:

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



Facilitator Guide  
includes training DVD

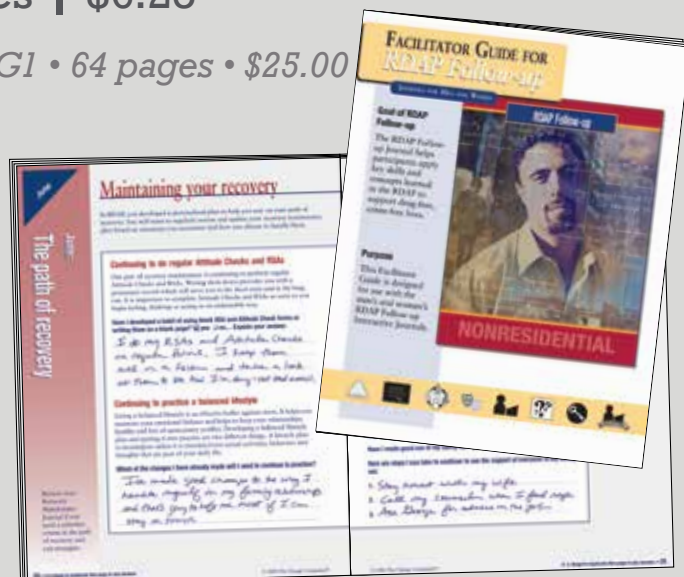
## RDAP Follow-up Journal & Facilitator Guide

Men's - Item #: FU1 | 52 pages | \$6.25

Women's - Item #: FUW1 | 52 pages | \$6.25

*Corresponding Facilitator Guide Item #: FUG1 • 64 pages • \$25.00*

- **Provides support for participants working to live drug-free, crime-free lives. Builds on concepts learned during the Residential Drug Abuse Program.**
- **Reinforces key skills by having participants practice them during the follow-up phase.**
- **Provides 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.**



# ORDER FORM

Men's Item #	Women's Item #	PARTICIPANT JOURNALS	Minimum quantity for Participant Journals is 25	QUANTITY	UNIT PRICE	TOTAL
RM01	RW01	Orientation			x \$7.88	=
RM02	RW02	Rational Thinking			x \$5.78	=
RM03	RW03	Criminal Lifestyles			x \$6.30	=
RM04	RW04	Living With Others			x \$5.25	=
RM05	RW05	Lifestyle Balance			x \$2.88	=
RM06	RW06	Recovery Maintenance			x \$4.83	=
RM07	RW07	Transition			x \$2.88	=
RMOC	RWOC	RDAP Complete Set of Interactive Journals (set of 7 Journals)			x \$35.86	=
Men's Item #	Women's Item #	FACILITATOR GUIDES & ADDITIONAL RESOURCES		QUANTITY	UNIT PRICE	TOTAL
RMOG	RWOG	RDAP Facilitator Guide (includes training DVD)			x \$190.00	=
RMOA	RWOA	Attitude Check Pad (50 sheets per pad)			x \$10.50	=
RMOR	RWOR	Rational Self-analysis (RSA) Check Pad (50 sheets per pad)			x \$10.50	=
FU1	FUW1	RDAP Follow-up Journal			x \$6.25	=
FUFG1	FUFG1	RDAP Follow-up Journal Facilitator Guide			x \$25.00	=

SUBTOTAL

DOMESTIC SHIPPING AND HANDLING 7.5% (MIN. \$7.50)

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

TOTAL

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

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

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

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

CARD #

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

Packages will be shipped by 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

version 2.1