

RESIDENTIAL DRUG ABUSE PROGRAM

treatment for incarcerated adults

GENDER-SPECIFIC, HIGH-INTENSITY DRUG TREATMENT PROGRAM

*Helping
participants work
on their individual
criminogenic and
drug use issues*



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.

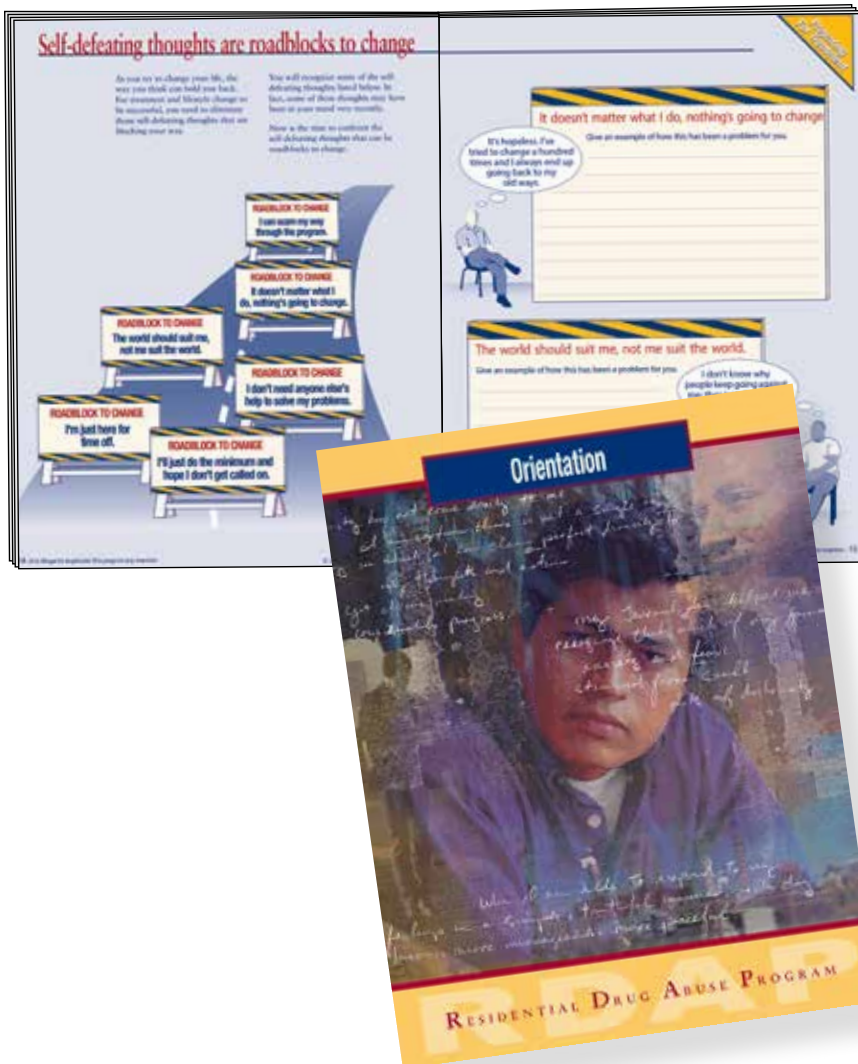
ABOUT RESIDENTIAL DRUG ABUSE PROGRAM (RDAP)

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

Toll-free: 888-889-8866

RESIDENTIAL DRUG ABUSE PROGRAM 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

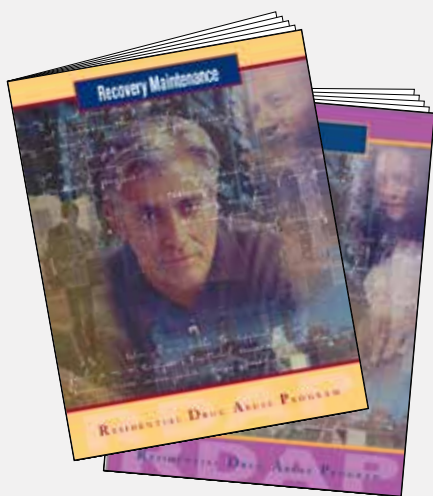
This Journal helps individuals explore the components of healthy and unhealthy relationships. They learn proven ways to communicate effectively with others, and develop skills for managing anger and addressing roadblocks to positive attitudes.

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

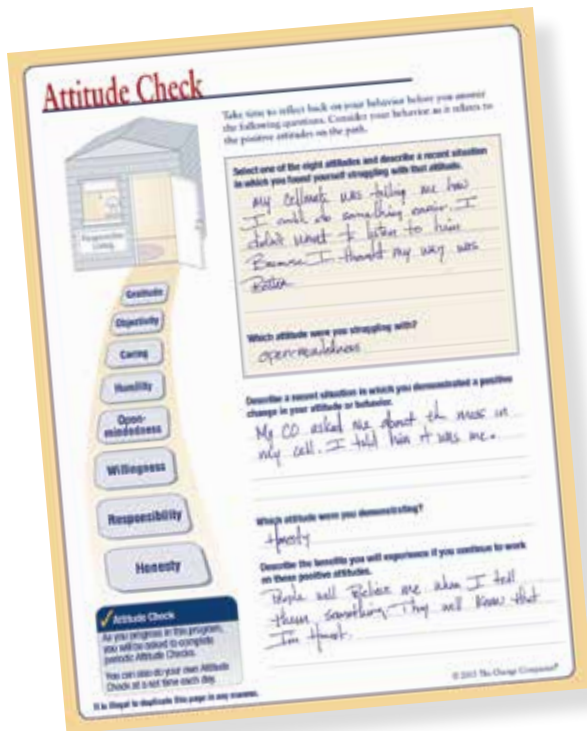
This Journal helps participants evaluate whether their expectations about the future are realistic. Three key transition issues are addressed: working with authority figures, handling social pressure and reentry and relationships.



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RESIDENTIAL DRUG ABUSE PROGRAM

ADDITIONAL RESOURCES



Attitude Check

Take time to reflect back on your behavior before you answer the following questions. Consider your behavior as it relates to the positive attitudes on the path.

Select one of the eight attitudes and describe a recent situation in which you found yourself struggling with that attitude.

My cellmate was telling me how I was doing something wrong. I didn't want to listen to him because I thought my way was better.

Which attitude were you struggling with?
open-mindedness

Describe a recent situation in which you demonstrated a positive change in your attitude or behavior.

My CO asked me about the noise in my cell. I told him it was me.

Which attitude were you demonstrating?
honesty

Describe the benefits you will experience if you continue to work on these positive attitudes.

People will respect me when I tell them something they will know that I'm honest.

Attitude Check
As you progress in this program, you will be asked to complete periodic Attitude Checks. You can record your own Attitude Checks at least once each day. It is illegal to duplicate this page in any manner.

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RDAP Attitude Check

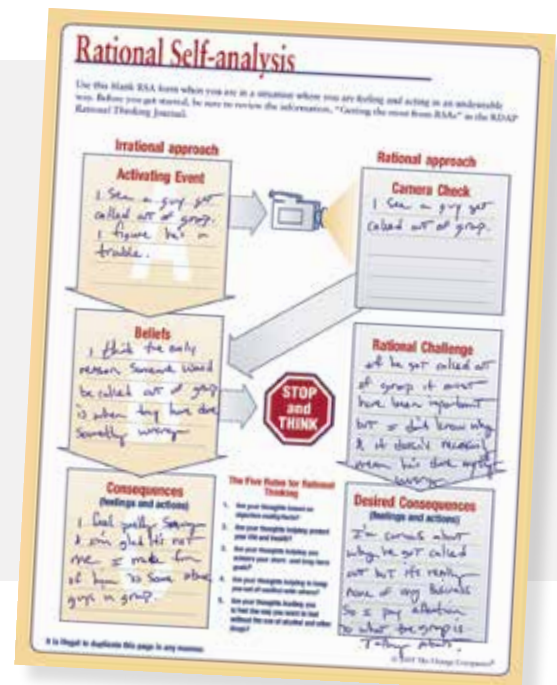
Men's - Item #: RMOA | 50 sheets | \$10.50
Women's - Item #: RWOA | 50 sheets | \$10.50

The Attitude Check helps participants examine the attitudes they currently demonstrate in relation to the eight positive attitudes for successful treatment. The Attitude Check sheets are on a tear-off pad for convenient use throughout the series.

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. The RSA sheets are on a tear-off pad for convenient use throughout the series.



Rational Self-analysis

Use this Blank RSA form when you are in a situation where you are feeling and acting in an undesirable way. Before you get started, be sure to review the information, "Getting the most from RSA" in the RDAP Rational Thinking Journal.

Irrational approach
Activating Event
I saw a guy get called out of group. I figure he's in trouble.

Rational approach
Camera Check
I saw a guy get called out of group.

Beliefs
I think the only reason someone would be called out of group is when they have done something wrong.

Rational Challenge
If he got called out of group, it must have been important but I don't know why. It doesn't necessarily mean he did anything wrong.

Consequences (Feelings and actions)
I feel pretty angry. I am glad he got me = made fun of him so some other guys in group.

Desired Consequences (Feelings and actions)
I'm curious about why he got called out but it's really none of my business. So I just walked to where the group is to where the group is.

The Five Rules for Rational Thinking

1. Are your thoughts based on objective reality?
2. Are your thoughts helping protect your life and health?
3. Are your thoughts helping you achieve your goals and dreams?
4. Are your thoughts helping to keep you out of trouble with others?
5. Are your thoughts helping you to take the next step toward your goals without the use of alcohol and other drugs?

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RESIDENTIAL DRUG ABUSE PROGRAM FACILITATOR GUIDE

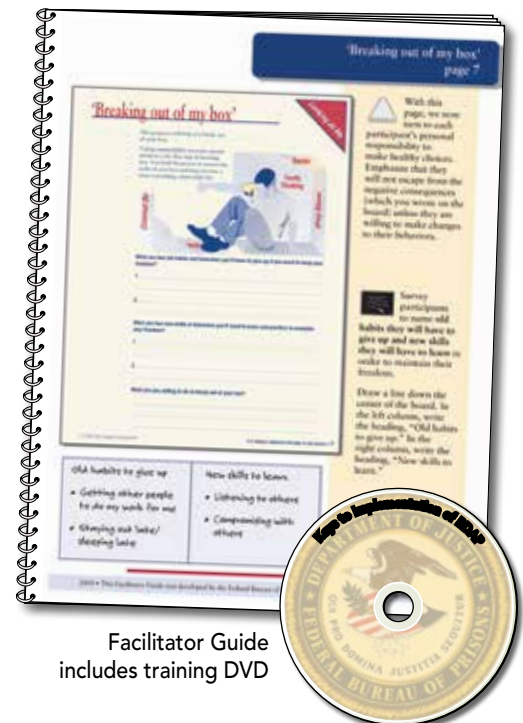
Men's - Item #: RMOG | \$190
Women's - Item #: RWOG | \$190

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**



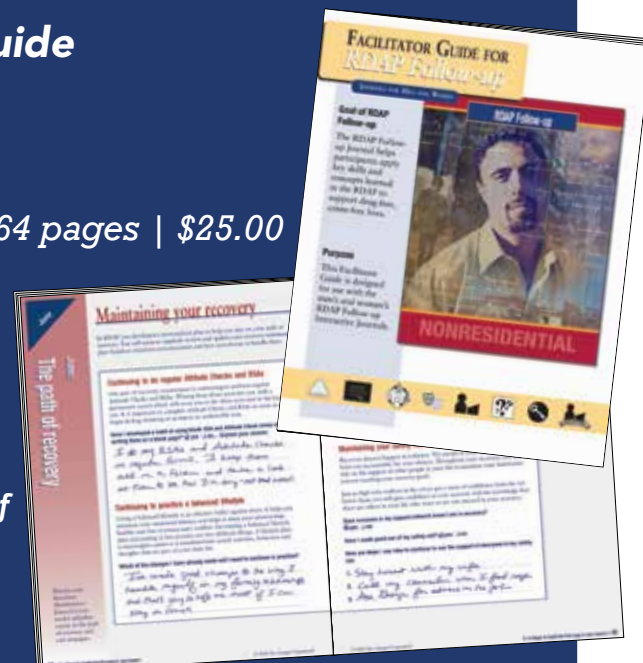
Facilitator Guide
includes training DVD

RDAP Follow-up Journal & Facilitator Guide

Men's Journal - Item #: FU1 | \$6.25
Women's Journal - Item #: FUW1 | \$6.25

Corresponding Facilitator Guide Item #: FUGFI | 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.**



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RESIDENTIAL DRUG ABUSE PROGRAM

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 \$35.80	=
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 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.

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NAME/COMPANY ON CARD _____

BILLING ADDRESS ON CARD _____

CARD #

EXP. DATE: ____/____/____ CARD CODE: _____

CALL, FAX OR MAIL ORDERS TO:

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Toll-free: 888-889-8866

Fax: 775-885-0643

5221 Sigstrom Drive

Carson City, NV 89706

Ordering hours M-F, 6:30a-3:30p PT
Fax orders accepted 24 hours a day

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