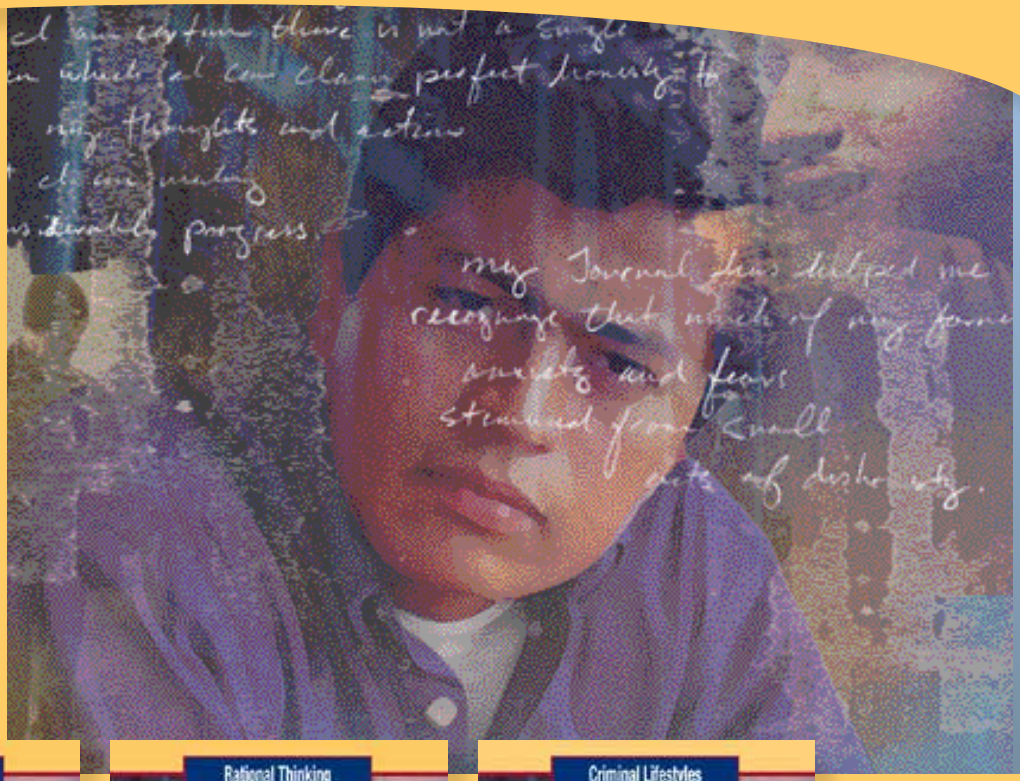
The **Change** Companies®

RESIDENTIAL DRUG ABUSE PROGRAM

treatment for incarcerated men



HIGH-INTENSITY DRUG TREATMENT PROGRAM FOR MEN

Helping participants work on their individual criminogenic and drug use issues

NREPP
Included in SAMHSA's National Registry of Evidence-based Programs and Practices

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.

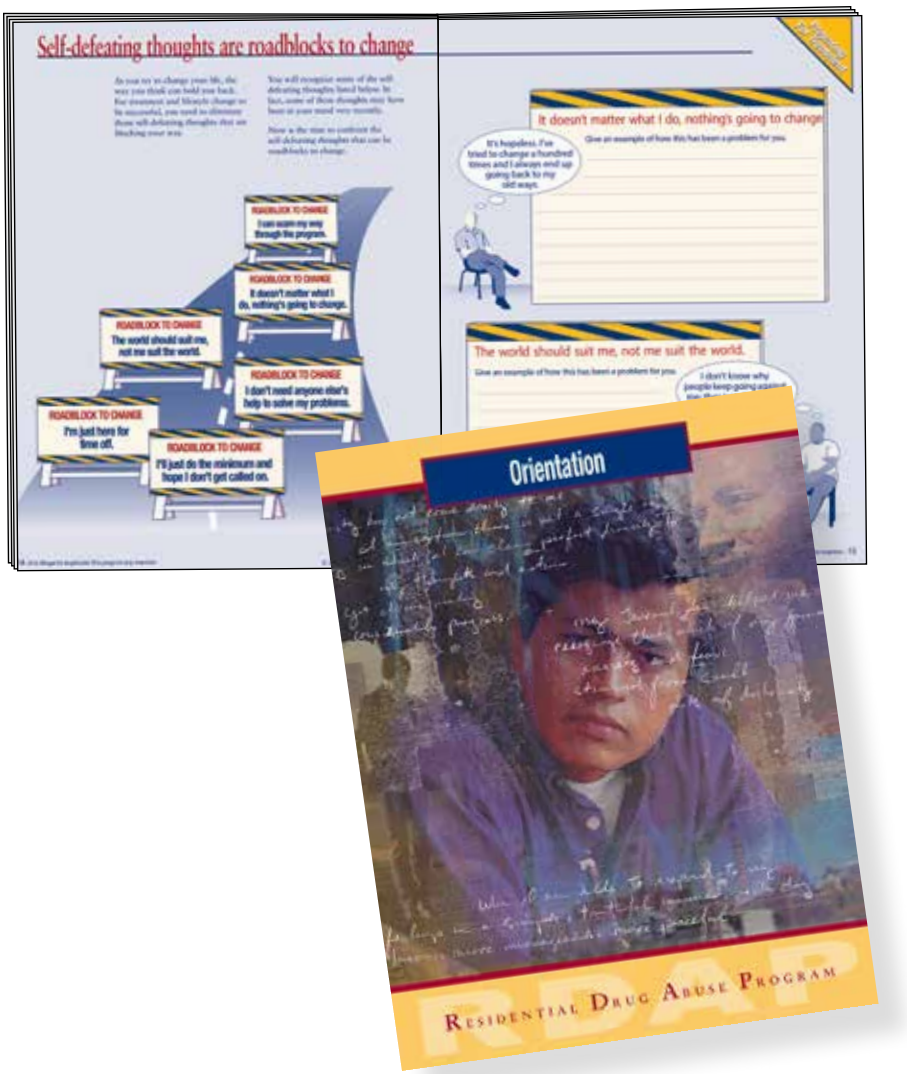
changecompanies.net/products

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 men'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.

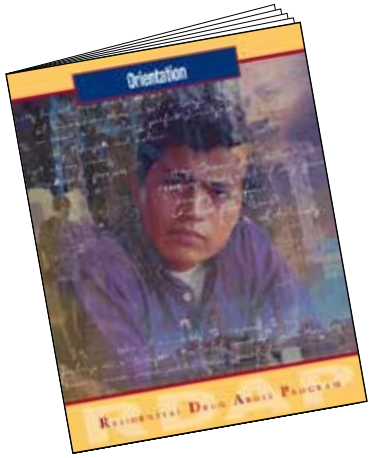


Series Benefits:

- Offers gender-specific Journals for men
- Brings organization and structure to each session and site
- Provides a complete Facilitator Guide
- 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

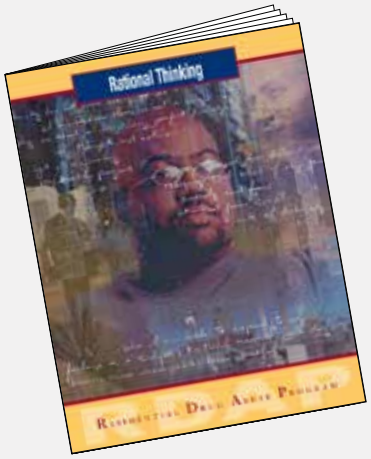
Men's - Item #: RMO1 | 88 pages | $7.88

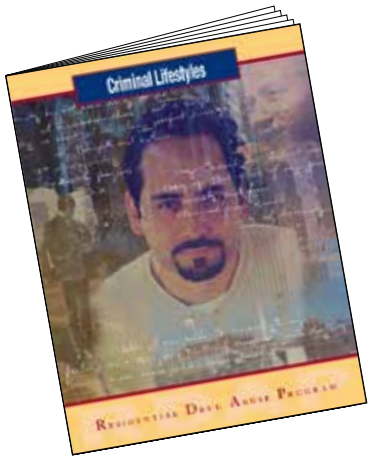
Participants learn the expectations of the program and how to recognize barriers that block progress toward change. Participants explore positive attitudes for successful treatment and learn how to do an Attitude Check. The Journal concludes with a brief self-assessment and basic information about the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

Rational Thinking

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

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).

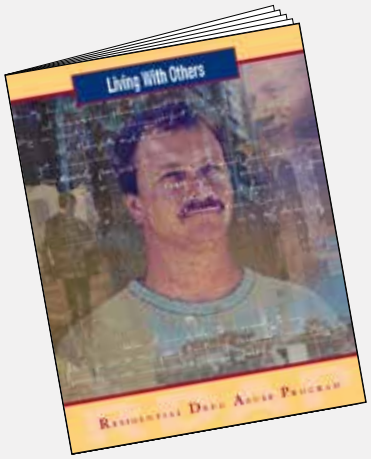




Criminal Lifestyles

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

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

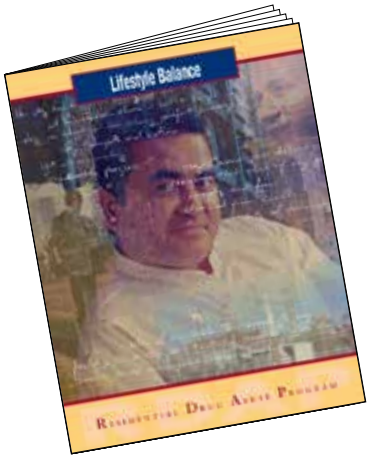
Men's - Item #: RMO4 | 60 pages | $5.25

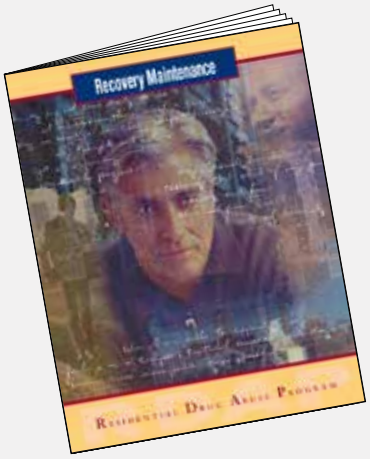
This Journal helps individuals explore the components of healthy and unhealthy relationships. They learn proven ways to communicate effectively with others, and develop skills for managing anger and addressing roadblocks to positive attitudes.

Lifestyle Balance

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

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

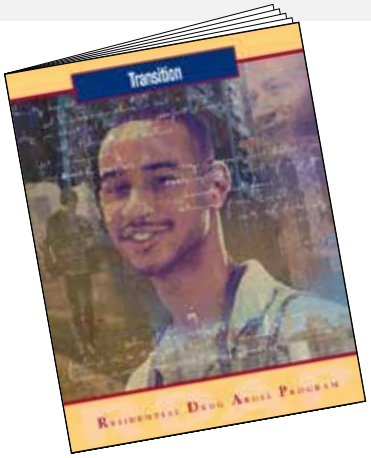
Men's - Item #: RMO6 | 52 pages | $4.83

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

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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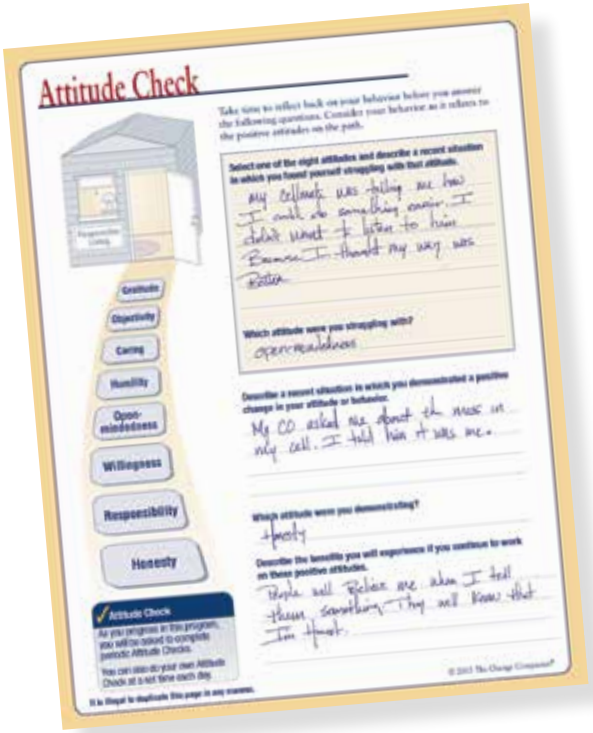
RESIDENTIAL DRUG ABUSE PROGRAM
ADDITIONAL RESOURCES



RDAP Attitude Check

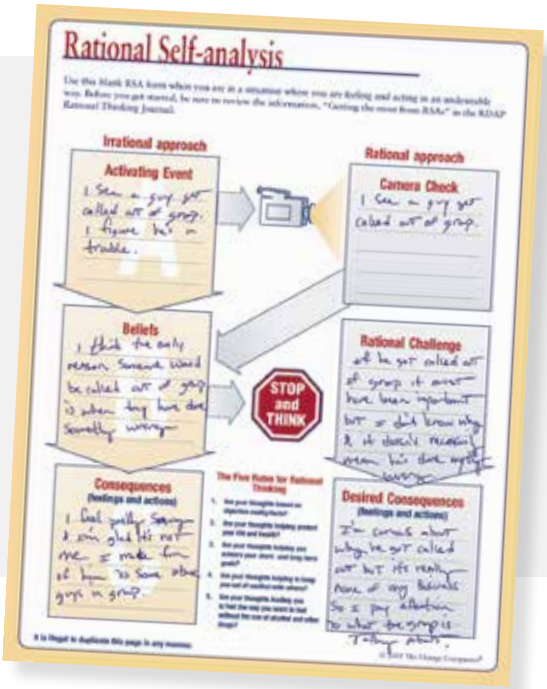
Men's - Item #: RMOA | 50 sheets | $10.50

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

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.



RESIDENTIAL DRUG ABUSE PROGRAM
FACILITATOR GUIDE

Men's - Item #: RMOG | $80

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***

RESIDENTIAL DRUG ABUSE PROGRAM

ORDER FORM

Men's Item #	PARTICIPANT JOURNALS Minimum quantity for Participant Journals is 25	QUANTITY	UNIT PRICE	TOTAL
RMO1	Orientation		x $7.88	=
RMO2	Rational Thinking		x $5.78	=
RMO3	Criminal Lifestyles		x $6.30	=
RMO4	Living With Others		x $5.25	=
RMO5	Lifestyle Balance		x $2.88	=
RMO6	Recovery Maintenance		x $4.83	=
RMO7	Transition		x $2.88	=
RMOC	RDAP Complete Set of Interactive Journals (set of 7 Journals)		x $35.80	=
Men's Item #	**FACILITATOR GUIDES & ADDITIONAL RESOURCES**	**QUANTITY**	**UNIT PRICE**	**TOTAL**
RMOG	RDAP Facilitator Guide		x $80.00	=
RMOA	Attitude Check Pad (50 sheets per pad)		x $10.50	=
RMOR	Rational Self-analysis (RSA) Check Pad (50 sheets per pad)		x $10.50	=

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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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-3:30p PT
Fax orders accepted 24 hours a day

version 3.3