

 The **Change** Companies®

JUSTICE SERVICES

Why Interactive Journaling® is the right choice for you



What is Interactive Journaling®?

Interactive Journaling® is a structured and experiential writing process that motivates and guides individuals toward positive life change.

Real change occurs when an individual feels inspired to take control of his or her own life. This philosophy defines *Interactive Journaling®* – an evidence-based, client-driven approach that has impacted over 25 million people nationwide. The Change Companies® Journals help individuals take ownership of their own experiences by engaging them through a process of committed self-change. The end result? A sense of hope, joy, purpose and understanding that stays with them when they leave your program.

The true impact of *Interactive Journaling®* shows in the stories we hear daily from our customer base of over 5,000 organizations. *Interactive Journaling®* provides individuals with a structured framework for goal-setting and walks them through the proven strategies for change. By the time their Journals are complete, your participants will have greater confidence in their ability to make positive changes and achieve greater meaning and purpose in their lives.

Interactive Journaling® supports a full continuum of programs.

Interactive Journaling® is the only evidence-based method that provides curricula along the full continuum of program services:

- ***Substance Use Intervention and Treatment***
- ***Pre-release/Reentry***
- ***Post-release***
- ***Cognitive Restructuring***
- ***Probation***
- ***Impaired Driving***
- ***Restrictive Housing***
- ***Mental Health***
- ***Domestic Violence***
- ***Diversion***
- ***Courts***
- ***Faith-based***
- ***Pretrial***
- ***Veterans***
- ***Mentoring***
- ***Gender-specific***
- ***Specialized Needs***



The benefits of Interactive Journaling® for:

Administrators

- Provides fidelity and consistency from site to site, facilitator to facilitator
- Incorporates prevailing research on change into participant tools
- Stretches staff time
- Provides flexible, cost-effective options for your budget
- Represents the quality of your program to your service communities
- Aligns with the most common risk and needs assessments
- Supports you as a solution-focused partner
- Validated evaluation and outcome tools help you measure success

Facilitators

- Brings organization, structure and fidelity to individual and group sessions
- User-friendly facilitator guides make for minimal preparation time
- Uses proven strategies to motivate and engage participants
- Helps get to the heart of participants' issues more quickly
- Flexible training options available
- Flexible implementation based on program structures and time frames
- Allows for individualized treatment/intervention plans versus a compliance-based "one-size-fits-all" approach

Participants

- Helps participants understand that change is possible and they are responsible for making it happen
- Reinforces and sustains what is provided in program settings and the commitment to the process of self-change
- Keeps participants engaged, motivated and organized in their change efforts
- Provides a personal, permanent resource in participants' own words
- Moves participants from being information gatherers to owners of the change process
- Gives practical techniques to move participants along the stages and processes of change
- Engages participants in the creation of a tool for healthy living

Interactive Journaling®: an innovative process

Since 1989, The Change Companies® has created Journals to promote positive, lasting change.

Interactive Journaling® emphasizes real-life application, encouraging participants to ask, “What does this mean to me?”

This innovative process was originally created with the assistance of over 250 professionals

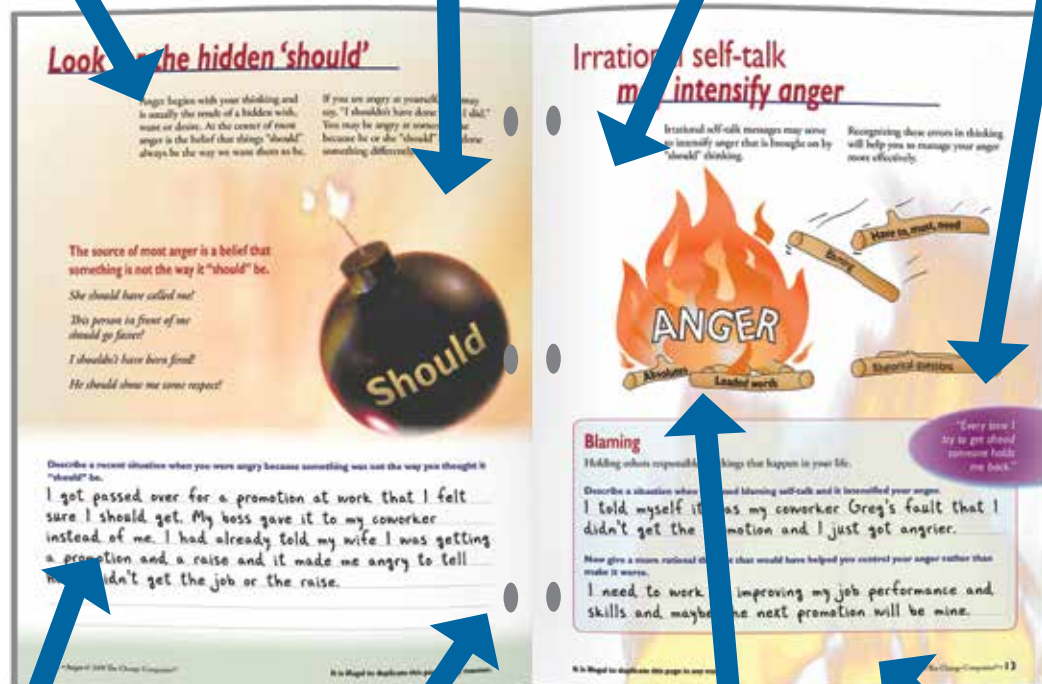
in the health and human services fields. The Change Companies® has further improved the design and delivery of *Interactive Journaling*® through end-user feedback, counselor and facilitator reviews and numerous follow-up studies.

Bite-sized copy blocks aid in comprehension and create a sense of confidence and accomplishment

Use of color attracts participants' attention and helps increase their retention of information

Durable paper helps provide a permanent tool your participants will value for years

First-person examples provide greater understanding of the feelings behind the information



Participants build a personalized tool for change by tailoring their responses to their own circumstances

Most Journals are three-hole drilled and saddle-stitched for flexible use

Our graphics don't just look good – they focus on key points for behavior change

A modular format allows participants to receive the right information at the right time

Interactive Journaling® is a powerful tool

Interactive Journaling® incorporates a variety of strategies to make the experience as effective as possible for the person working to make positive behavior change.

Consistency & Structure

Combinations of Interactive Journals bring consistency and structure to any program. The same writing style, helpful graphics and evidence-based strategies are found throughout each Journal.

Enhances the Therapeutic Alliance

The *Interactive Journaling®* process assists in creating a collaborative approach between the facilitator and the participant based on shared goals and strategies for making positive life changes.

Rule of Thirds

For years we've studied what graphic format works best for comprehension and retention. The result is a formula we refer to as the Rule of Thirds, which allows for a blend of 1/3 information, 1/3 helpful graphics and 1/3 *Interactive Journaling®*. Any grouping of pages reflects this ratio.

Permanent Resource Tool

Change doesn't happen overnight. Our Journals continue to work for individuals in promoting positive life change long after the original use has ended – our research tells us so!

Tells a Story

Information is offered in a first-person story format to build interest and to establish an emotive level of understanding.

Less is More

Often too much information is given to individuals without providing ways to apply the knowledge for successful outcomes. The Change Companies® carefully selects the information best suited to promote change – and then helps individuals apply it to their lives.

Promote Self-efficacy & Personal Responsibility

Our Journals reiterate to individuals that they are both capable of and responsible for changing their lives.

Frequently asked questions:



Which Journals should I use for my participants?

Tell us about your participants' needs and your goals. We will help you in the selection process.

At what grade level are the Journals written?

Interactive Journals are written at a 5th-7th grade reading level, using short copy blocks that take 30 seconds or less to read and core graphics to aid in comprehension.

What is the educational requirement of staff who are facilitating Interactive Journaling®?

Interactive Journaling® is implemented in a variety of settings and facilitated by individuals with varying levels of education, including peer facilitators, mentors, case managers and clinical and correctional staff. User-friendly facilitator guides help make program facilitation easy and accessible.

What are the training requirements?

While training is not a requirement to facilitate *Interactive Journaling®*, multiple training options are available to fit your staff and organizational needs.

Is Interactive Journaling® evidence-based?

Yes. *Interactive Journaling®* has been included in SAMHSA's National Registry of Evidence-based Programs and Practices (NREPP).

How many hours or sessions does it take to complete a Journal?

Implementing *Interactive Journaling®* is flexible, allowing you to follow the best practices for your participants.

Can we give Journal pages to be completed as out-of-session activities?

Yes. Assigning pages to be completed on participants' own time helps ensure that Journal content can be discussed thoroughly during program sessions.

Are there other organizations like mine who are implementing Interactive Journals?

Yes. Interactive Journals are implemented in more than 5,000 agencies nationally and internationally.

Can Interactive Journals be used in an open-group format?

Yes. Interactive Journals can be implemented in open groups, closed groups, one-to-one sessions or in a self-directed format.

OUR RESOURCES FOR JUSTICE SERVICES

Product	Description	Institutional	Reentry	Community-based	Probation/Parole	Juvenile Justice	Prel/Post Evals
Residential Drug Abuse Program (RDAP)	Comprehensive drug treatment program for men	✓					✓
Breaking the Cycle	Cognitive-behavioral program targeting addiction and criminogenic factors	✓		✓	✓		✓
The Courage to Change	Cognitive-behavioral supervision/case management series that aligns with risk/needs domains			✓	✓		✓
Forward Thinking	Cognitive-behavioral series for youth that aligns with risk/needs domains	✓	✓	✓	✓	✓	✓
Getting it Right	Reentry series for pre/post-release from incarceration; addresses thinking errors, life skills, relapse prevention and a change plan	✓	✓	✓			✓
Changing Offender Behavior	Core cognitive-behavioral curriculum, risk/needs assessment and self-directed orientation	✓		✓	✓		
Corrective Actions	Cognitive-behavioral Journal series addressing criminal thinking and behavior	✓	✓	✓	✓		✓
Drug Court	Case management Journal for Drug Court participants; addresses thinking errors, values, relapse warning signs and tools for tracking progress		✓	✓			✓
Challenge	Comprehensive curriculum for high security and step-down programs	✓	✓	✓			✓
Preparing for Change	Self-directed Journal that helps participants look closely at their current situation and consider changes they want to make	✓					
Changing Course	Self-directed Journal helps participants reflect on current choices and the connection between alcohol, other drugs and crime; and make plans for positive change	✓		✓			
Transition Skills	9-week reentry Journal focusing on key skills for making responsible choices and avoiding future incarceration		✓				

Learn more about our resources for justice services at
changecompanies.net/products

OUR RESOURCES FOR JUSTICE SERVICES

Product	Description	Institutional	Reentry	Community-based	Probation/Parole	Juvenile Justice	Pre/Post Evals
Trauma in Life/ Traumatic Stress & Resilience	Gender-specific trauma programs promote recovery and build resilience	✓		✓			
Stopping Abuse for Everyone (SAFE)	Cognitive-behavioral Journal for domestic abuse and violence	✓		✓	✓		✓
The Impact of Crime on Victims	Addresses five categories of crime and the impact of those crimes on the victims; helps participants plan for making amends and seeking restitution	✓		✓			
Taking Charge of My Finances	Information and techniques for making responsible financial decisions	✓	✓	✓	✓		
Alternatives	Youth diversion education for individuals with an alcohol or other drug-related offense			✓	✓	✓	✓
Voices	Gender-specific program of self-discovery and empowerment for girls and young women	✓		✓		✓	
Strategies for Change	Addresses substance use issues and provides skill building techniques in criminal and rational thinking, healthy relationships, prosocial lifestyle and communication	✓	✓	✓	✓		✓
Aging Well	Gender-specific Journal for women ages 45 and up, on the topics of meaning and purpose, physical health, mental and emotional well-being, healthy relationships and future planning	✓					
Foundation	Gender-specific program for newly incarcerated women; participants identify positive changes for successful reentry and consider services and programs that will help them	✓	✓				
Change Plan	Gender-specific follow-up program to Foundation. Participants focus on a change they identified in Foundation and learn strategies they can apply to this change	✓	✓				
Healthier Me	Gender-specific program helping to build healthy lifestyles, practicing skills for stress management, healthy relationships, physical activity and mindful eating	✓					
Women's Relationships	Gender-specific program on creating and strengthening relationships both inside and outside of prison	✓					

How to get started...

1

Call a Change Companies consultant: (888) 889-8866

2

Identify your program type and target population

3

Determine the parameters of your programming:

- *Length of program*
- *Frequency of sessions*

4

Select curricula

5


Discuss training options

6

Develop implementation timeline

7

SEE RESULTS!



“ Lyon County youth are benefiting from [the Forward Thinking] program. Although this is an early analysis, it has made many of the serviced youth self-aware of their issues that placed them into the system. The Journals have been an excellent medium to open, honest communication with youth who typically use passive compliance as a front to behavior change. Lyon County Juvenile Probation is confident that future outcome measures will yield positive results. ”

*- Eric Smith, Deputy Chief Probation Officer
Lyon County Juvenile Probation*

“ I am beyond satisfied with the curriculum The Change Companies® produces. Your evidence-based curriculum has certainly changed a number of lives. Your products are making a positive impact in our communities here in Hawaii. ”

*- Rosemarie Colquitt, Substance Abuse Specialist IV
Hawaii Department of Public Safety,
Division of Correctional Program Services*

“ Changing a lifetime of drugs and crime is not an easy job. This program and my Journals helped 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. ”

- Participant response to Interactive Journaling®

Who are we?

For over 30 years, The Change Companies® has delivered cutting-edge behavior change resources to over 25 million individuals in substance use treatment, justice services, faith-based programs, impaired driving, healthcare, mental health and prevention education.

We are the developers of the evidence-based practice of *Interactive Journaling*®, a structured and experiential writing process that motivates and guides participants toward positive life change. Currently, The Change Companies® serves over 5,000 programs in every state in the U.S.

Our mission is to inspire and guide individuals to make choices each day that lead to healthier and happier lives.



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