

# THE COURAGE TO CHANGE

*INTERACTIVE JOURNALING® SYSTEM*

A collaboration between the United States Probation Offices in the Districts of Hawaii and Nevada and The Change Companies®



*The Change Companies® wishes to recognize the Department of Justice, Federal Bureau of Prisons, for providing significant portions of the content and design used in this Journal series.*

**"I cannot say enough about The Courage to Change *Interactive Journaling®* System. It is the best tool I've used in my 14 years of probation service."**

**- Probation Officer, Los Angeles County**

## Why Choose The Courage to Change System?

- It is compatible with most comprehensive risk/need assessments
- It functions as an effective case management tool
- It uses the National Institute of Corrections' Eight Guiding Principles of effective interventions
- It offers flexibility in implementation — can be facilitated in one-to-one or group settings
- It helps participants successfully reintegrate into their communities

## How This *Interactive Journaling*® System Works

### Comprehensive Risk/Need Assessment



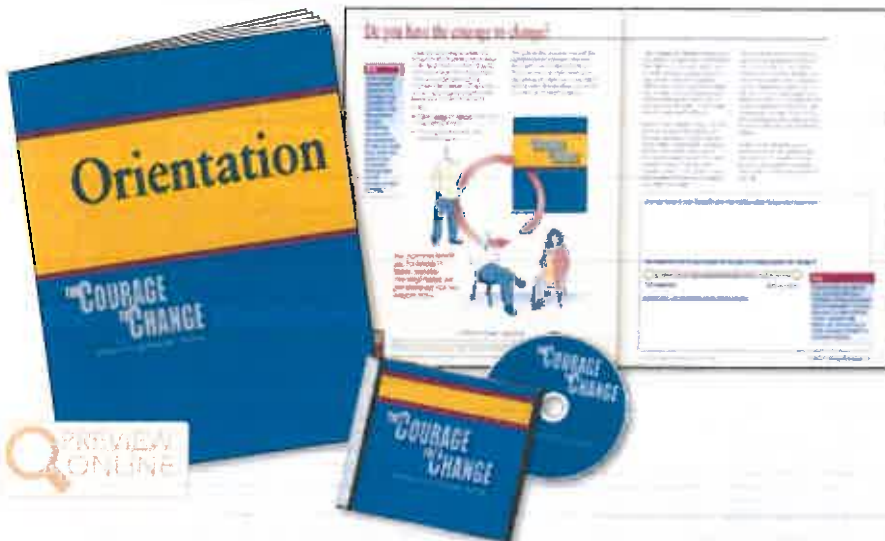


## Developing a Road Map to Success

Following a comprehensive risk/need assessment, The Courage to Change *Interactive Journaling*® System begins with introductory resources to help orient both participants and facilitators, as well as establish the necessary foundation by setting goals and expectations. The series continues with a collection of topic-specific Journals, based on the “Big Six” criminogenic need areas, and concludes with supplemental needs-based and family support resources.

This *Interactive Journaling*® System is comprised of participant Journals, accompanying Facilitator Guides, a Check Pad system and other useful resources.

### Orientation



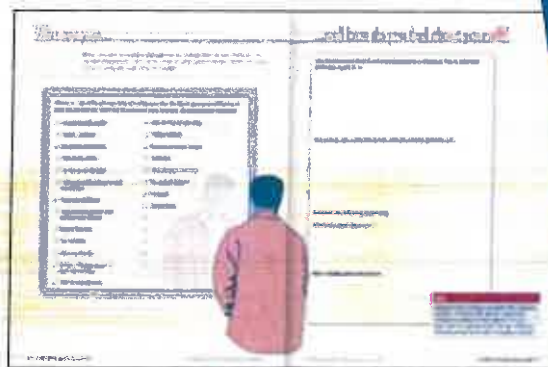
#### Orientation Video, #UF10 Orientation Journal, #US0

This Orientation Video assists probation officers in initiating a proactive alliance with participants. The Orientation Interactive Journal helps participants gain a better understanding of the goals and expectations of supervision.

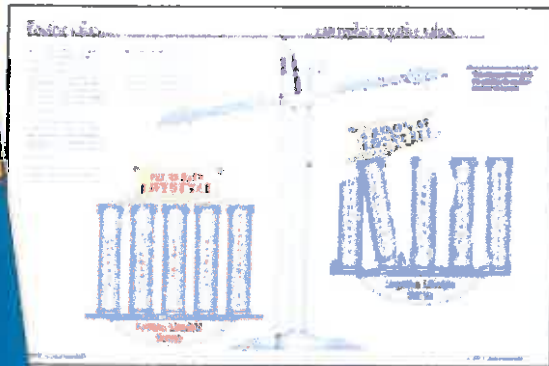
### Getting Started

#### Getting Started, #US1

This Journal shows participants what they can expect from their period of supervision. They will conduct a self-exploration of who they are and how they feel about themselves and weigh the costs and benefits of change. Proven strategies for self-change are offered. The Journal concludes with the development of a Readiness Statement.



Criminogenic Need Areas

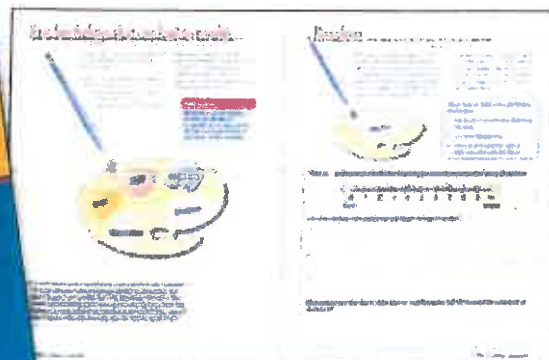
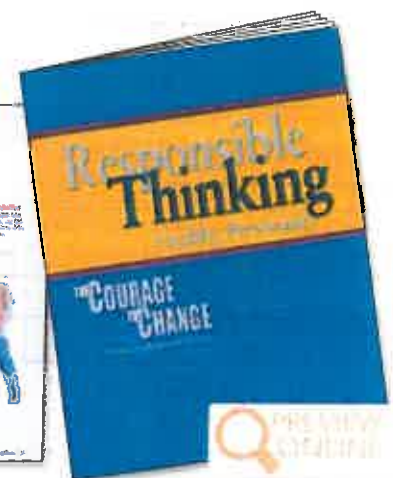
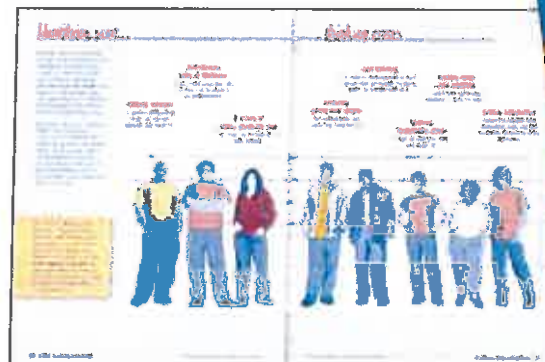


Social Values, #US2

In this Journal, participants identify their values, where they came from and the impact they have on themselves and others. The development of positive social values and roadblocks to incorporating healthy values are explored.

Responsible Thinking/ Healthy Personality, #US3

This Journal addresses risks related to a criminal personality. Participants examine whether their thinking is objective and accurate. Errors in thinking are explored along with what is involved in changing habits.



Self-control, #US4

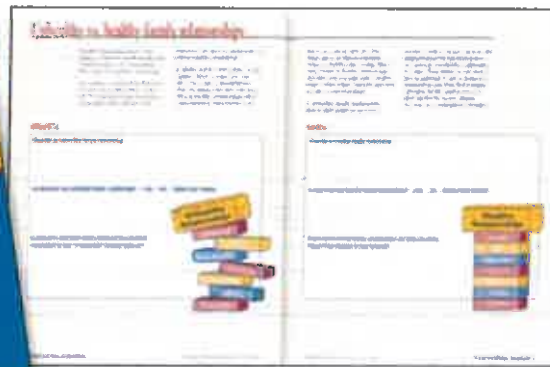
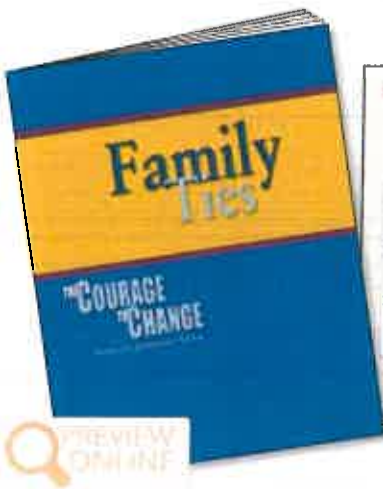
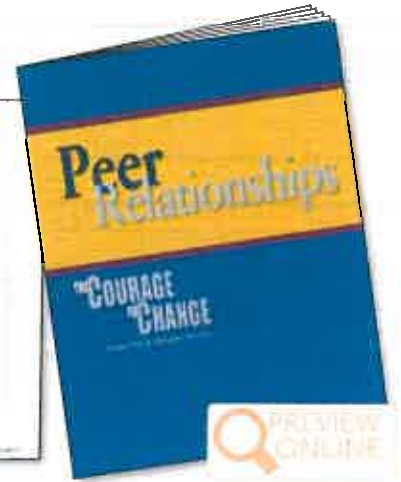
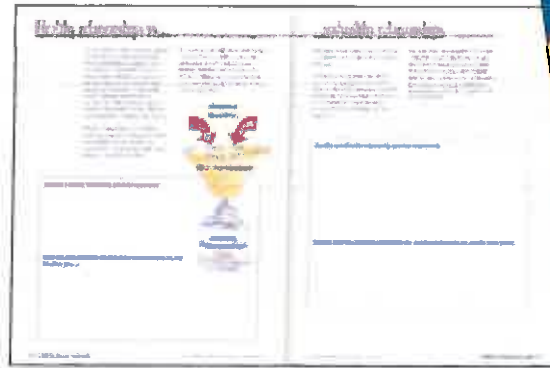
In this Journal, participants explore the connection between criminal behavior and self-control. Participants consider the consequences of a lack of self-control and explore strategies for handling difficult emotions.



Criminogenic Need Areas

**Peer Relationships, #US5**

This Journal addresses risks related to criminal peers. Participants consider their past and present peer relationships, learn the differences between healthy and unhealthy relationships, practice handling peer pressure and learn how to build a positive support network.

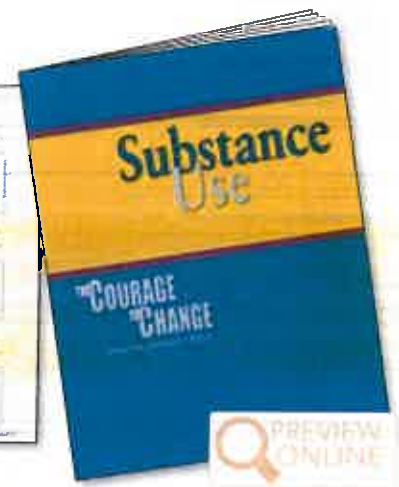
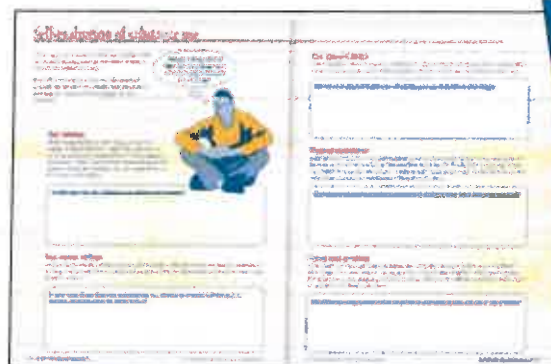


**Family Ties, #US6**

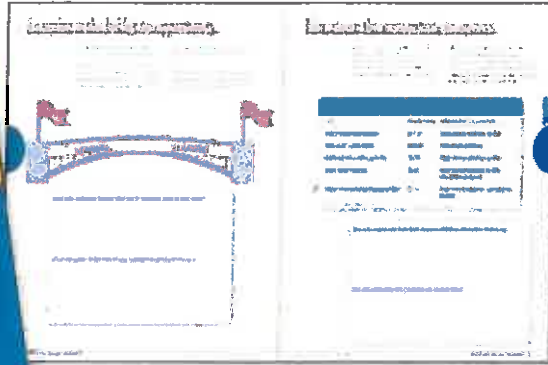
In this Journal, participants evaluate current family relationships and the role they play within their families. Strategies are explored and an action plan is created to rebuild family ties. A section on parental roles and responsibilities is included.

**Substance Use, #US7**

This Journal addresses risks related to substance use. Participants reflect on their current use of alcohol and other drugs. They weigh the costs and rewards of making changes to their substance use behaviors and learn strategies to keep them on the path of recovery.



**Additional Needs and Family Support**

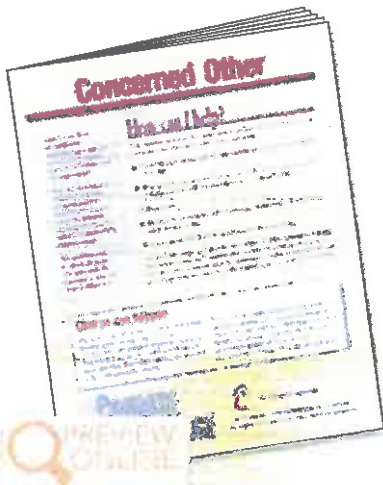
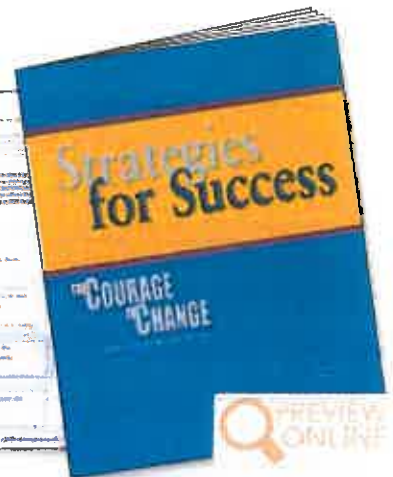
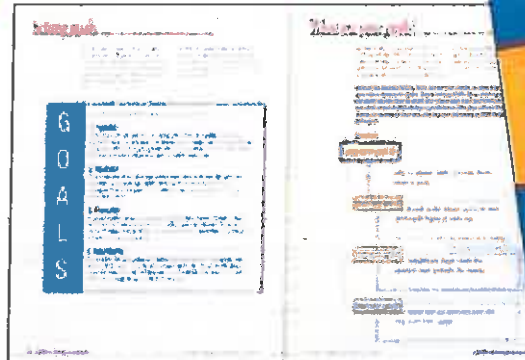


**Skills for Successful Living, #US8**

In this Journal, participants begin to think about the life areas of education, finances, employment and physical health. Practical tips are offered on each topic and participants are encouraged to develop long-term goals in each area.

**Strategies for Success, #US9**

In this Journal, participants consider the meaning of success and how to achieve it. They set and evaluate goals for the future and review and apply the skills and strategies they've learned while under supervision. The Journal concludes with participants writing a Statement of Commitment.



**Concerned Other – Family Support, #US10**

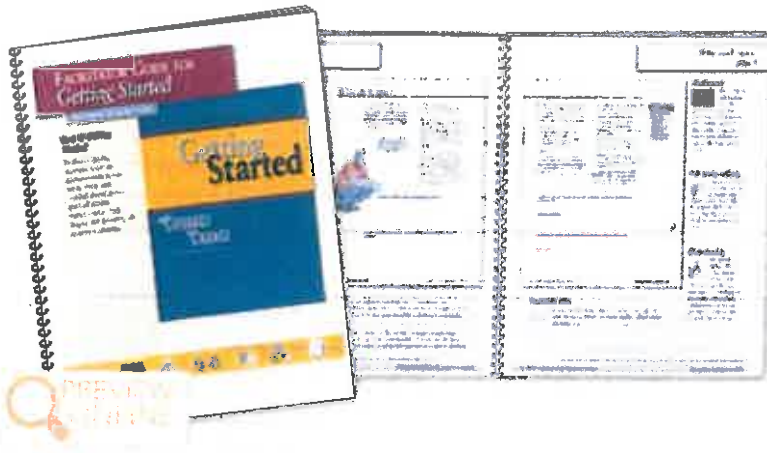
This brief resource helps those closest to the participant understand what the participant is going through in the program and gives them the opportunity to identify key points for discussion.



For additional risk/need domain resources, visit [www.changecompanies.net](http://www.changecompanies.net) or call 888-889-8866.



## Facilitation and Check System



### Facilitator Guides

Facilitator Guides are a resource for those providing guidance to individuals using The Courage to Change *Interactive Journaling*® System. The guides feature miniature versions of the Journal pages with facilitation instructions, recommendations and participant activities wrapped around the border of each page. Methods for both individual and group facilitation strategies are provided.

### Check Pads

The Check Pad System supports the use of The Courage to Change *Interactive Journaling*® System, reinforcing key skills participants learn while under supervision.

**Thinking Check:** challenges participants to look at the process of thinking and ways to positively adjust their self-talk. #UP1

**Values Check:** helps participants explore five positive values that support a healthy lifestyle. #UP3

**Action Check:** gives participants an opportunity to work with their probation officer to target problem areas. #UP2

**Case Planning/Individual Application Check:** provides a structure and process for officer meetings with offenders. #UP4

**Readiness to Change Check:** helps participants document the change process in a specific target area. #UP5

**Decisional Balance Check:** helps participants identify the benefits and costs of change. #UP6



For **Fidelity Assessment Tools**, visit [www.changecompanies.net](http://www.changecompanies.net) or call 888-889-8866.

## Training

The Change Companies® comprehensive training, consultation and professional support services help individuals and organizations effectively facilitate and apply proven approaches for behavior change. Our mission is to train providers and build delivery systems that put the most cost-effective, evidence-based behavior change tools and strategies into action to facilitate positive life changes.

Call us at 888-889-8866 to explore how we can fit your training needs.

Orientation training  
Facilitation training  
eTraining  
Training for trainers  
Advanced facilitator training  
Consultation and coaching