

Interactive Journaling®



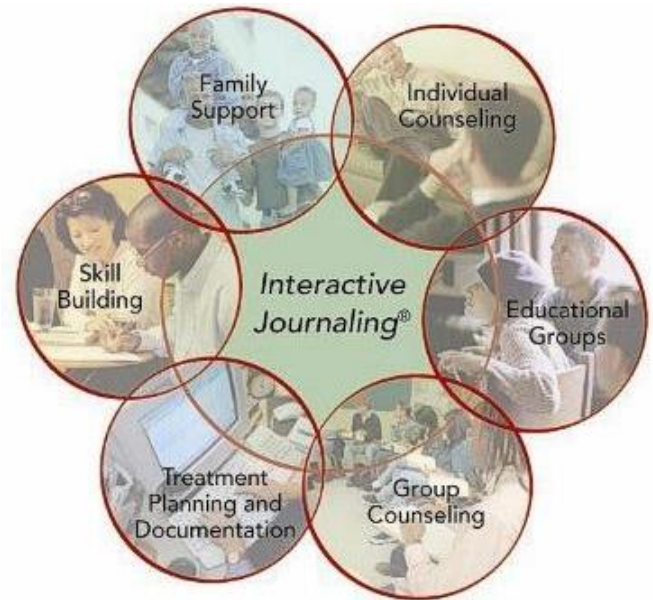
BOYS & GIRLS CLUBS
OF THE NORTH VALLEY
Serving Butte & Glenn Counties

"I learned I can escape my families drug addiction disease and that I can have a normal life and be successful." - Jessika, age 13

Creating Positive Life Change

Interactive Journaling® is a structured writing process that motivates and guides participants toward positive life change. It gives youth an active voice among their peers and provides them constructive feedback in a safe environment. Youth who Journal develop healthy coping, problem solving and behavior management skills to guide them throughout their life.

Interactive Journaling® incorporates evidence-based practices that include motivational interviewing, the transtheoretical model of behavior change, structured expressive writing and cognitive-behavioral therapy. This program brings consistency and fidelity to program delivery while keeping youth focused on their goals.

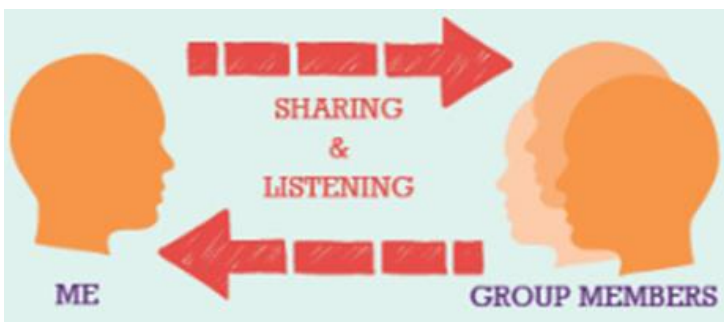


Key Principals to Success

- Open Discussion
- Motivation to Change
- Identifying Supports
- Role Playing
- Problem Solving
- Goal Setting



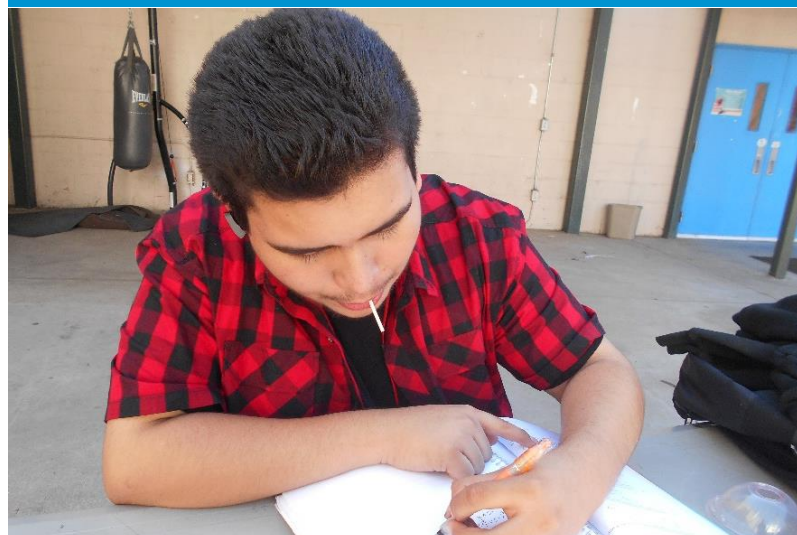
This innovative methodology was developed with the assistance of over 250 professionals in the health and human services field. To date, Interactive Journaling® has positively impacted over 25 million people nationwide.



Interactive Journaling® invites youth in one to one and/or small groups to write the story of their journey through life to identify where they are and where they'd like to go. Youth participants consider their personal strengths and their motivation to transform their behavior. This helps them begin to consider positive modifications they would like to make in their lives and learn the tools and skills to make meaningful, lasting change in their lives.

Participating youth reported in their post-surveys that Interactive Journaling® helped them:

- ✓ **94% Become a Better Person**
- ✓ **88% Show Empathy and Support Others**
- ✓ **88% Be Motivated to Make Positive Changes in Life**
- ✓ **81% Identify Obstacles to Self-Change**



To Learn More and Become a Sponsor contact Rashell Brobst, Chief Executive Officer rbrobst@bgcnv.org