## Individualized care using Interactive Journaling®

Interactive Journaling® can help you individualize care and maintain consistency to service delivery, all while keeping program participants engaged and focused on their change goals. This evidence-based approach is appropriate for all ASAM levels of care. The chart below shows the Keep it Direct and Simple (KIDS) curriculum for adolescents in behavioral health and addiction treatment programming – and its emphasis on the six dimensions of the ASAM Criteria.

	ASAM Dimension					
	<b>Dimension 1</b> Acute Intoxication and/or Withdrawal Potential	<b>Dimension 2</b> Biomedical Conditions and Complications	Dimension 3 Emotional, Behavioral, or Cognitive Conditions and Complications	<b>Dimension 4</b> Readiness to Change	<b>Dimension 5</b> Relapse, Continued Use, or Continued Problem Potential	<b>Dimension 6</b> Recovery/Living Environment
KIDS Series	WINDSTANCE USE WHY AM I HERE!	NY SUSTANCE USE	BUILDING THOUSE HOWING FORWARD	BUILDING STRONG VALUES HOW WE CHANGE IN THE PROGRAM  ***  ***  ***  ***  ***  ***  ***	NY SUBSTANCE OSE PRICE OF THE PROGRAM OF THE PROGRA	PHY AM I MERT!  RELATIONSHIPS & COMMUNICATION SKILLS  HY FAMILY  PY TWELVE-TTP PROGRAM

\*12-step Journal

