







# 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					
Dimension 1 Acute Intoxication and/ or Withdrawal Potential	Dimension 2 Biomedical Conditions and Complications	Dimension 3 Emotional, Behavioral, or Cognitive Conditions and Complications	Dimension 4 Readiness to Change	Dimension 5 Relapse, Continued Use, or Continued Problem Potential	Dimension 6 Recovery/Living Environment
					

KIDS Series

\*12-step Journal