

Journal Matching for Targeting Interventions: Adult

A wide variety of adult and adolescent Interactive Journals are tailored to address specific ASAM Dimensions and dimensional combinations. These Journals can effectively serve participants throughout the intervention/treatment phase.

The following chart indicates which adult Interactive Journals match best with a particular ASAM Dimension. The primary dimensional focus of each Journal is indicated by the dark blue boxes. Secondary dimensions are indicated by the orange boxes. For example, the *Getting Started* Journal primarily supports Dimension 4, Readiness to Change, while it secondarily covers Dimensions 3, 5 and 6.

For more information about these Journals, visit www.changecompanies.net/asamcriteria/dimension.php

		ASAM Criteria Dimensions						
		1	2	3	4	5	6	
Interactive Journal	MEE Series	A1 Getting Started			Secondary	Primary	Secondary	Secondary
	A2 Substance Using Behaviors		Primary	Secondary	Primary			
	A3 Denial				Primary	Secondary	Secondary	
	A4 First Step	Secondary	Secondary	Secondary	Primary	Secondary	Secondary	
	A5 Steps to Spirituality			Secondary	Primary	Secondary	Secondary	
	A6 Looking Within			Primary			Secondary	
	A7 Into Action			Primary	Secondary		Secondary	
	A8 Working Your Program				Secondary	Secondary	Primary	
	A9 Feelings			Primary		Primary		
	A10 Anger			Primary		Secondary		
	A11 Self-worth		Secondary	Primary		Secondary	Secondary	
	A12 Family & Other Relationships			Secondary	Secondary	Secondary	Primary	
	A13 Life Management		Secondary	Secondary			Primary	
	A15 A 12-Step Guide to Relapse Prevention					Primary	Secondary	
	A17 Coping Skills			Primary		Primary	Secondary	
	A18 Successful Living With a Co-occurring Disorder			Secondary		Secondary	Primary	
	A19 The Power of Self-talk			Primary		Secondary		
	A20 Recovery Maintenance					Primary	Secondary	
	Additional Resources	ES Employment Skills			Secondary	Secondary		Primary
	MSM Self-management	Secondary	Secondary	Primary	Secondary	Primary	Secondary	
PHJ My Personal Health Journal		Primary	Secondary					
LL Lessons Learned			Secondary	Primary	Secondary	Secondary		
PJ My Personal Journal	Secondary	Secondary	Primary	Primary	Primary	Primary		