

Program Name	<p><b>MEE Journaling Series</b></p> <p><i>MEE Journaling Series is the product of The Change Companies. MEE Journaling Series and its related products are property of The Change Companies.</i></p>
Program Description	<p>This <b>Evidence Based</b> journaling program combines group presentations and individual assignments, along with facilitator guidance when necessary. The MEE Journal Series (Motivational, Educational and Experiential Series) provides a structured, client centered, addiction series. MEE combines Cognitive Behavioral Therapy (CBT), Motivational Interviewing (MI), Trans theoretical Model of Change, experiential writing, and action-oriented steps, facilitated in groups of 10 – 12 within a group format, to motivate residents toward change.</p>
Time Frame	<p>Length of time in program is dependent on individual offender progress, although offenders can generally expect to participate in 48-72 hours of group sessions. Offenders will also be required to work individually on homework assignments as part of the program requirements.</p>
Program Credit	<p>This program receives <b>90</b> days program credit upon completion.</p>
Admission Criteria	<p>All program recommendations are based on their specific criminogenic needs identified in the KyRAS assessment.</p>
Applicable Policies	<p>CPP 30.1 Program Evaluation and Measurement  CPP 30.2 Program Credit  CPP 30.3 Risk and Needs Assessment Administration, Training, and Quality Assurance  CPP 30.4 Probation Program Credit  KRS 197.045 and KRS 439.345</p>
Program Locations	<p>Not currently active in any locations.</p>