

# Evidence-Based Practices in Journey.Do

## 1. Motivational Interviewing (MI)

**What You Do:** Journey.Do uses Motivational Interviewing (MI) during intake to engage participants' internal motivations for change. This client-centered, directive method aligns motive and fosters authentic engagement.

**Research Base:** MI is a gold-standard approach in justice, mental health, and substance use contexts, increasing engagement and reducing resistance (Miller & Rollnick, 2012; Clair-Michaud et al., 2016; Dean et al., 2016; Naar-King & Suarez, 2011; Lundahl & Burke, 2009).

## 2. Strength-Based, Trauma-Informed Feedback

**What You Do:** All feedback highlights participants' strengths and growth. Delivered in a trauma-informed way, this builds self-efficacy and avoids re-traumatization while empowering learners through affirming validation.

**Research Base:** Strength-based and high-quality feedback improves motivation, resilience, and self-efficacy, especially in trauma-affected populations (Spreitzer & Porath, 2012; Hattie & Timperley, 2007; Brown et al., 2017; Brunzell et al., 2015; Ungar, 2011).

## 3. Risk-Responsive, Personalized Growth Plans

**What You Do:** Growth Plans are tailored to match each individual's risk profile, personal goals, and readiness to change, leveraging motivational data, personal stories, and AI pattern recognition.

**Research Base:** Effective behavior change frameworks require risk-responsivity; matching intervention to individual risk improves outcomes (Andrews & Bonta, 2010; Dede et al., 2021; Gilkson & Woolley, 2020; Taxman et al., 2004).

## 4. Single-Session Interventions (SSIs)

**What You Do:** Modules in Journey.Do operate as single-session interventions—compact, goal-oriented experiences designed to spark change while contributing to a larger growth journey.

**Research Base:** SSIs are proven to be effective in mental health and behavioral change contexts, especially for youth, and are scalable, efficient tools for impact (Schleider & Weisz, 2017; Schleider et al., 2020; Brown et al., 2017; Rapee et al., 2017).

## 5. Reflective Storytelling and Life Integration

**What You Do:** Participants author reflective stories that document growth and deepen learning. These stories serve both as evidence of progress and as a tool for neurological and emotional integration.

**Research Base:** Storytelling activates multiple brain regions, enhances memory, supports emotional regulation, and validates identity development (McAdams, 2001; Smith et al., 2018; Immordino-Yang & Gotlieb, 2017; Pennebaker, 1997; Cappeliez & O'Rourke, 2002).

## 6. Peer Inspiration and Small Group Learning

**What You Do:** Peer storytelling and small group interaction build community, normalize effort, and provide motivational and emotional support.

**Research Base:** Small groups reduce isolation, foster shared wisdom, and are shown to support sustainable behavior change (Borek & Abraham, 2018; SAMHSA, 2015; Pai et al., 2015; Yalom & Leszcz, 2005; Carron et al., 2005).

## 7. Goal Setting and Milestone Monitoring

**What You Do:** Journey participants set meaningful goals and track their progress through gamified milestones, reinforcing achievement and maintaining momentum.

**Research Base:** Specific, challenging goals increase engagement, focus, and performance; milestone recognition boosts intrinsic motivation (Locke & Latham, 2002; Deci & Ryan, 1985; Bandura, 1991).

## 8. AI-Enhanced Transition Planning

**What You Do:** AI synthesizes participants' stories into personalized transition plans that highlight achievements, remaining struggles, and future direction.

**Research Base:** Structured transitions promote sustained success, and AI brings precision and consistency to this deeply personal process (Prochaska et al., 1992; Schwartz et al., 2002; Gilkson & Woolley, 2020; Bickman, 2008; Esteva et al., 2019).

## 9. Validated Dosage Through Journey Structure

**What You Do:** Journey.Do ensures sufficient intervention dosage by requiring participants to complete a coherent set of modules and earn certificates before advancing.

**Research Base:** Intervention “dosage” is a key determinant of lasting change. Structured engagement leads to deeper learning and better outcomes (Robinson, Delgadillo, & Kellett, 2020; Hansen et al., 2002; Michael et al., 2021).

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