

## PROBATION YOUTH 2023 - TRANSCRIPT



**Lucinda**  
Lucinda Sanders

**118** Connects   **165** Grows   **33** Modules   **5** Certs

**45** Stories   ❤️ 9   👍 47   🙌 1   😞 11

[11 Highlighted Stories](#)

### KEY JOURNEYS

These are the key journeys to be engaged as part of the growth plan.



**Making Good Choices**



**Owning My Past Acti...**



**\*Growing My Future**



**\*Building Strong Relat..**



**Pursuing Health and ...**



**Having a Positive Atti...**



**\*Avoiding Substance A.**



**\*Strengthening Familie**

\*Required

### CELEBRATING YOU

Overall, Lucinda has shown tremendous grit and determination when it comes to not only meeting, but well exceeding what was likely assigned for Journey.do Within her stories, there has been a lot of reflection and evaluation of the choices that brought her here. For example:

*After I got in a car accident later on that day I was not fully conscious of driving and being able to react since I did have a lot to drink.*

and

*Although I made a mistake, I can prove that alcohol is not a problem in my life. I took a program that helped me understand how drinking and driving is very unsafe and how you can hurt other*

people/families. Its not hard for me to reduce this substance in my life it has already been left behind.

On top of this, Lucinda has continued pursuing goals that are important to her and that will help her be successful in the future!

*I will be starting college and I think thats going to keep me pretty busy ive also been looking forward to applying at other jobs and spending time with my family.*

Maria has made a lot of progress that she should be proud of, she's learned from her mistakes, and is setting herself up in a way that supports her future success.

## MOVING FORWARD

Lucinda has been making some excellent progress on her next steps. Having received her high school diploma, completing probation in the next few months, and having enrolled in college. Depending on where she enrolled, it may be beneficial for her to see if there are job opportunities that would work well for her at her [school](#). Or, it may be beneficial to leverage different [outpatient opportunities](#) that can support her success. She's made a lot of fantastic progress both on and off the platform.

Required Growth Activities	Due Date	Date Completed
1. Complete <b>Growing My Future</b> Journey	7/1/2023	6/15/2023
2. Complete <b>Building Strong Relationships</b> Journey	8/1/2023	7/20/2023
3. Complete <b>Avoiding Substance Abuse</b> Journey	8/1/2023	7/20/2023
4. Complete <b>Strengthening Families</b> Journey	2/1/2023	12/28/2022

DATE 7/21/2023

SIGNATURE Justin Richardson

# Highlighted Stories

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## Positive Changes



I will soon in a month or two be off probation after all this is over I am moving forward and just using this experience as a life lesson I have learned alot and have changed and matured throughout this time and cant wait to build up a great future and making positive choices in life. I would like to keep improving on making positive choices by honestly just thinking before you make any decisions that can possibly affect your presence or future. If I am not sure about something I believe its better not to do it I choose to keep making progress and following my goals. This journey app has also had a lot to do with me being able to reflect on my decisions and being able to express my thoughts.

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## Choices



The biggest challenge I have experienced throughout this whole journey is being able to reflect and to know what I did was wrong and challenging myself to do better things and make positive changes for myself. I got involved here for making bad choices. I was drinking and driving. Fortunately, I didn't injure anyone around me or the people that were with me. Ever since the start I made the bad choice of drinking knowing I was driving and it just kept escalating because I could have chosen another path and chose to call my mom to pick me up. I could have made a better choice but all the alcohol in my system didn't let me think with a straight mind I accept the fact It was wrong and now I am learning from my mistakes but I am happy that I have learned and matured. From here I want to make positive choices and think before making choices that can possibly affect my presence and my future.

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## My Goals



I want to resist substances, any kind of drugs or alcohol. I think they are not healthy and can affect you in many ways starting off with health and mental conditions. My goal is to avoid situations or areas where I know people are using substances to make sure there are no temptations or peer pressure and also keep a well balanced life by continuing to look forward to school and doing things that can keep me busy. The most important part to me is surrounding yourself with good people and good healthy friendships.

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## My Plan



Alcohol is the reason why I'm here. One night I got into this problem. All though it was my first time experiencing alcohol and as my first time it was a really bad experience and I don't wish to go through what I did again I did not like the feeling of being in a car and not being conscious of myself and the people around me. Although I made a mistake, I can prove that alcohol is not a problem in my life. I took a program that helped me understand how drinking and driving is very unsafe and how you can hurt other people/families. Its not hard for me to reduce this substance in my life it has already been left behind. What I have been doing ever since this incident is just staying focused in school soon I will be starting college and I think thats going to keep me pretty busy ive also been looking forward to applying at other jobs and spending time with my family.

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## Listen and Communicate



We are all humans we all have different thoughts and not every family is perfect. We all have problems, but it is important to be able to communicate in a healthy way. There has been many times where I have not communicated in healthy ways. I would always just explode and go off without listening to the other person's perspective, one little thing and I would always feel like I was being attacked, but I have now understood that it is important to listen and I think that was my problem because I wouldn't put from my part and I would just go off and it would never get anything resolved. Now after listening and being able to communicate in a healthy way makes me feel so much more relieved.

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## Healthy Boundaries



I have made healthy boundaries by respecting other peoples decisions and by being honest and declining anything I'm not willing to do. I think I need to work on expressing my feelings more to have a healthier boundary and be able to show emotions and tell people how I really feel about a situation to be able to solve it. I think what I need to do in order to have healthy boundaries is be able to listen to the other person without wanting to walk away and being able to express myself and emotions in a healthy way.

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