

Behavioral Interventions for Adolescent Substance Use Disorder

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Evidence-Based Treatment Models (Outpatient)

Level of Support	Treatments
1: Works well, Well-established	<ul style="list-style-type: none"> • Group CBT • Individual CBT • Family-based treatment (ecological; MDFT, FFT, EBFT) • Combined MET/CBT • Combined MET/CBT/Family-based treatment (behavioral)
2: Works, Probably efficacious	<ul style="list-style-type: none"> • Family-based treatment (behavioral) • Motivational interviewing/MET • Combined family-based treatment (ecological)/Contingency Management • Combined MET/CBT/Family-based treatment (behavioral)/Contingency management
3: Might work, Possibly efficacious	<ul style="list-style-type: none"> • Drug counseling/12-step

Hogue, Henderson, Ozechowski, & Robbins, 2014, JCCAP



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Common Goals

- Reduce substance use (behavior)
- Enhance motivation and efficacy in reducing use
- Identify drivers of substance use problems and implement evidence-based interventions to address the drivers
- Bolster protective factors against substance abuse
- Teach realistic refusal skills
- Replace needs met by substance use with more adaptive strategies
 - Activating the reward system in other ways!
 - Encourage and link to prosocial activities
- Monitor use with random screening (ideally by caregiver)

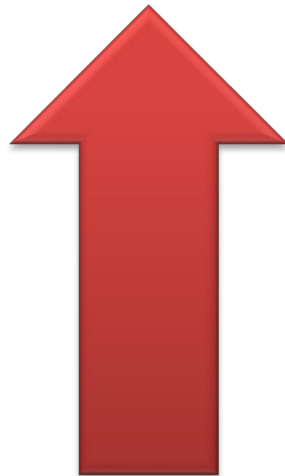




Protective



Risk



- Strong family relationships
- Consistent parental monitoring
- Clear rules and contingencies
- Social support
- Pro-social activities
- School success
- Non-using peers
- Healthy coping skills
- Good problem-solving skills

- Chaotic home environment
- Parental use, sibling use
- Intrauterine exposure
- Inconsistent parenting
- Poor parent-child relationship
- Poor coping
- School failure
- Delinquent peers
- Easy access to substances
- Impulsivity
- Psychopathology (externalizing & internalizing)
- Trauma and adversity

Goals of family/parenting interventions

- Parent training
- Improve Family Functioning
- Reduce/Eliminate Substance Use
- Increase Problem Solving Skills
- Develop (Nurture Existing) Future Orientation
- Address Ecology of the Problem



Family Check-Up



1. Communication
2. Encouragement
3. Negotiation
4. Setting Limits
5. Supervision



ENCOMPASS (MET+CBT+CM)

- Diagnostic evaluation and baseline measures
- Weekly, individual CBT + MI + 3 family sessions
- **Week 1:** Personal rulers (ready/willing/able), Supportive People, Functional Analysis of Pro-Social Activities
- **Week 2:** Personal Feedback (develop discrepancy), Goal Setting, Happiness Scale, Summarize change talk
- **Week 3:** Functional Analysis of Drug Use Behavior, Patterns of Use Expectation of Effects, Consequences of Use
- **13 Skills Training Modules:**
 - Coping with cravings
 - Communication
 - Managing anger
 - Negative moods
 - Problem solving
 - Realistic refusal skills
 - Support systems
 - School & employment
 - Coping with a slip
 - Seemingly irrelevant decisions
 - HIV prevention
 - Saying goodbye
 - Bringing in the family (3 sessions)

CORE



ENCOMPASS Strategies & Goals

- Builds youth motivation for change using MI approaches
- Focuses on **reducing drug use**
- **Increasing pro-social activities** (incompatible with drug use) and recovery support
- Cognitive components— decision making, problem solving, planning ahead
- Behavioral/skills based training— coping strategies
- Pharmacotherapy, as indicated
- Progress monitoring
- Treatment fidelity monitoring



Cognitive and Behavioral Strategies

- Modeling and role playing
- Breaking tasks into small increments (goal setting)
- Activity scheduling (relaxation, recreation; pro-social non-drug activities; non-using peers)
- Systematic desensitization, imaginary and in vivo
- Skills Training Modules
- Cognitive skills (decision-making, problem solving; seemingly irrelevant decisions; anger/negative mood awareness, regulation, and management)
- Social skills (communication, job-seeking/interviews)
- Behavioral skills – Coping skills/strategies (coping with craving; substance refusal; negative mood regulation)



Contingency Management

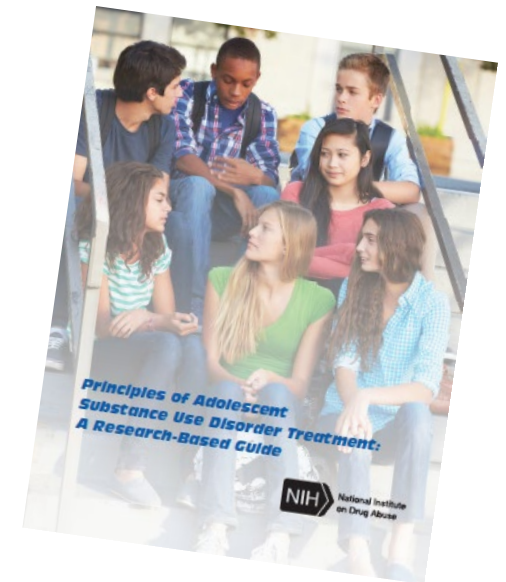
- Strong data to support decrease in drug use in adults and adolescents
- “Prize draws” for positive target behaviors:
 - Session attendance
 - Negative urine drug screen (UDS) – immediate feedback
 - Pro-social activities
- Bonus prizes for sustained or early abstinence
- Builds motivation for engagement and treatment progress



Evidence-Based Treatments

NIDA Principles of Adolescent Substance Use Disorder Treatment: A Research-Based Guide

www.drugabuse.gov



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SOCIETY OF CLINICAL CHILD & ADOLESCENT PSYCHOLOGY

Effective Child Therapy Database

<http://effectivechildtherapy.org/content/substance-abuse>



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