

Recognizing and Responding to Substance Abuse/Use

This tool is a supplement to the *Recognizing and Responding to Substance Abuse* recorded webinar available through RHYTTAC's eLearning site. This is an informational tool created to be a support and supplement to the identified webinar.

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General:

Assessing Alcohol Problems: A Guide for clinicians and researchers, 2nd Edition

The *Guide* begins with a general overview summarizing salient features of formal alcoholism assessment. Fundamental psychometric, methodological, and applied issues and suggested directions for future research are addressed. The overview is followed by a "Quick-Reference Instrument Guide" listing most of the instruments included in this *Guide*. By providing at-a-glance comparisons of instrument usage, this table may assist researchers and clinicians in identifying instruments and in comparing measures appropriate for use within each domain of treatment assessment. In that we were unable to obtain up-to-date fact sheets on some of the instruments mentioned in the chapters of the *Guide*, readers are urged to also review the appropriate chapters when selecting instruments to meet their needs.

<http://pubs.niaaa.nih.gov/publications/AssessingAlcohol/index.htm>

<http://pubs.niaaa.nih.gov/publications/AssessingAlcohol/index.pdf>

Alcohol Screening and Brief Intervention for Youth: A Practitioners Guide

Alcohol Screening and Brief Intervention for Youth: A Practitioner's Guide" is designed to help health care professionals quickly identify youth at risk for alcohol-related problems. NIAAA developed the **Guide and Pocket Guide** in collaboration with the American Academy of Pediatrics, a team of underage drinking researchers and clinical specialists, and practicing health care professionals. In contrast to other screens that focus on established alcohol problems, this early detection tool aims to help you prevent alcohol-related problems in your patients before they start or address them at an early stage. The screening questions and risk scale, developed through primary survey research, are powerful predictors of current and future negative consequences of alcohol use.

<http://www.niaaa.nih.gov/publications/clinical-guides-and-manuals/alcohol-screening-and-brief-intervention-youth>

Full:

<http://pubs.niaaa.nih.gov/publications/Practitioner/YouthGuide/YouthGuide.pdf>

Pocket Guide:

<http://pubs.niaaa.nih.gov/publications/Practitioner/YouthGuide/YouthGuidePocket.pdf>

The Formative Years: Pathways to Substance Abuse Among Girls and Young Women Ages 8-22 (February 2003)

This report is a comprehensive analysis of the pathways to substance use among young females in America, the consequences of substance use unique to them and the efficacy of current prevention and treatment programs in serving their needs. It reveals the many life pathways that can hike the risk of substance use among girls and young women, including incorrect

knowledge and beliefs about substances, inattentive parents, substance-using friends, schools and communities that turn a blind eye, physicians who are not vigilant to early warning signs, and exposure to the entertainment media and alcohol and cigarette advertising which shower girls and young women with unhealthy and unrealistic messages about smoking, drinking and weight loss. This report demonstrates that girls and young women use cigarettes, alcohol and other drugs for reasons different from boys, that the signals and situations of high risk are different and that girls are more vulnerable to substance use and its consequences.

Article:

http://www.casacolumbia.org/articlefiles/380-Formative_Years_Pathways_to_Substance_Abuse.pdf

Access article and others:

http://www.casacolumbia.org/templates/publications_reports.aspx

Commonly Abused Drugs and their street names:

http://www.drugabuse.gov/sites/default/files/cadchart_2.pdf

Emerging Trends:

<http://www.drugabuse.gov/drugs-abuse/emerging-trends>

Every year, the Monitoring the Future (MTF) survey measures drug, alcohol, and tobacco use and related attitudes among 8th, 10th, and 12th graders. Following are facts and statistics about youth substance use from the 2012 MTF report.

<http://www.drugabuse.gov/sites/default/files/drugfactshsyt.pdf>

Monitoring the Future website:

<http://www.monitoringthefuture.org/>

Outpatient Interventions for Adolescent Substance Abuse: A Quality of Evidence Review

Becker, S.J. and Curry, J.F. 2008, *Journal of Consulting and Clinical Psychology*

Author's Abstract:

Previous reviews of outpatient interventions for adolescent substance abuse have been limited in the extent to which they considered the methodological quality of individual studies. The authors assessed 31 randomized trials of outpatient interventions for adolescent substance abuse on 14 attributes of trial quality. A quality of evidence score was calculated for each study and used to compare the evidence in support of different outpatient interventions. Across studies, frequently reported methodological attributes included presence of an active comparison condition, reporting of baseline data, use of treatment manuals, and verification of self-reported outcomes. Infrequently reported attributes included power and determination of sample size, techniques to randomize participants to condition, specification of hypotheses and primary outcomes, use of treatment adherence ratings, blind assessment, and inclusion of

dropouts in the analysis. Treatment models with evidence of immediate superiority in 2 or more methodologically stronger studies included ecological family therapy, brief motivational interventions, and cognitive– behavioral therapy.

Link to access abstract:

<http://psycnet.apa.org/index.cfm?fa=search.displayRecord&id=2BB9E42A-FE89-319C-DC92-127C6F748727&resultID=1&page=1&dbTab=pa>

Factors Associated with Substance Use among Homeless Young Adults

Gomez, R.; Thompson, S.J.; and Barczyk, A.N. January 2010 *Substance Abuse*

Author’s Abstract:

The purpose of this study was to investigate factors associated with substance use among homeless young adults. Multinomial logistic regression analyses examined the influence of social networks and economic factors among a group of homeless young adults with differing levels of alcohol and drug use. In addition, for those with an alcohol use disorder the role of future time expectancies was examined. A sample (n=185) of homeless young adults aged 18-23 were recruited from a community drop-in center and interviewed utilizing self-report instruments. Findings suggest that social networks, economic factors, and future expectancies are significant predictors of the level of substance use among homeless young adults. Being able to identify those areas that place homeless young adults at risk for substance abuse and dependence has implications for effective intervention.

Link to access article:

<http://www.ncbi.nlm.nih.gov/pmc/articles/PMC2856116/>

A Review of Interventions for Substance Use among Homeless Youth

Xiaoling Xiang October 2012

Author’s Abstract:

This review summarizes existing evidence on interventions to address substance use problems among homeless youth. Fifteen studies met the inclusion criteria of the review. The quality of included studies was analyzed using explicit and well-validated criteria. Interventions evaluated ranged from individual-focused therapies such as brief motivational intervention, community reinforcement approach, and knowledge and skills training, to broader interventions such as family therapy, support groups, and shelter-based health care and housing programs. Participants reported improvements in substance use outcomes over time in most of the studies. However, the superiority of a specific intervention is difficult to determine because of the heterogeneity of the interventions and the few studies conducted on each intervention. Implications for practice and research are discussed.

Link to access article/abstract:

<http://rsw.sagepub.com/content/23/1/34.abstract>

**Barriers to implementing evidence-based practices in addiction treatment programs:
Comparing staff reports on Motivational Interviewing, Adolescent Community Reinforcement
Approach, Assertive Community Treatment, and Cognitive-behavioral Therapy**

Amodeo, M; Lundgren, L; Cohen, A; Rose, D; Chassler, D; Beltrame, C; and D'Ippolito, M 2011
Evaluation and Program Planning

Author's abstract:

Purpose: This qualitative study explored barriers to implementing evidence-based practices (EBPs) in community-based addiction treatment organizations (CBOs) by comparing staff descriptions of barriers for four EBPs: Motivational Interviewing (MI), Adolescent Community Reinforcement Approach (A-CRA), Assertive Community Treatment (ACT), and Cognitive-behavioral Therapy (CBT). Methods: The CBOs received CSAT/SAMHSA funding from 2003 to 2008 to deliver services using EBPs. Phone interview responses from 172 CBO staff directly involved in EBP implementation were analyzed using content analysis, a method for making inferences and developing themes from the systematic review of participant narratives (Berelson, 1952). Results: Staff described different types of barriers to implementing each EBP. For MI, the majority of barriers involved staff resistance or organizational setting. For A-CRA, the majority of barriers involved specific characteristics of the EBP or client resistance. For CBT, the majority of barriers were associated with client resistance, and for ACT, the majority of barriers were associated with resources. Discussion: EBP designers, policy makers who support EBP dissemination and funders should include explicit strategies to address such barriers. Addiction programs proposing to use specific EBPs must consider whether their programs have the organizational capacity and community capacity to meet the demands of the EBP selected.

Link to access abstract/article:

<http://www.sciencedirect.com/science/article/pii/S0149718911000176>

Evidence-Based Practices: Motivational Interviewing

Motivation Interviewing Resources for clinicians, researchers and trainers

<http://www.motivationalinterview.org/>

The materials included here are designed to facilitate the dissemination, adoption and implementation of MI among clinicians, supervisors, program managers and trainers, and improve treatment outcomes for clients with substance use disorders. Extensive list of resources and references for research and practice trials as well as day to day tools that can be implemented in programs and with program participants.

Online journal: Motivational Interviewing: Training, Research, Implementation, and Practice

<http://www.mitrip.org/ojs/index.php/mitrip>

From 1994 through 1999, under the founding editorship of David Rosengren, the *Motivational Interviewing Newsletter for Trainers* served as the primary vehicle for communication among members of the newly formed International Association of Motivational Interviewing Trainers. In 1999 the organization took the name of Motivational Interviewing Network of Trainers (MINT), and a closed listserv, restricted to members, was established. In the face of these changes the newsletter was renamed *Motivational Interviewing Newsletter: Updates, Education and Training (MINUET)*. Denise Ernst took over as editor, followed by Ralf Demmel in 2002 and Allan Zuckoff in 2004. During this time, the *MINUET* continued to serve as a vehicle for distributing conceptual articles, international updates, and "distilled" summaries of some of the topics discussed on the listserv. In 2005 the publication was renamed *MINT Bulletin*, in recognition of its evolution from its newsletter role to its having become a place where readers could find new ideas and conceptual frameworks, accounts of training experiences and novel training exercises, descriptions of current trends in MI research and work in progress, and advances and struggles in MI practice, all put forth in a spirit of "dialogue without diatribe, critique without competition." By 2009 it had become apparent that the publication was ready for its next leap forward, and a working group of MINT members was convened to consider the *Bulletin* of the future. That working group evolved into the editorial board of a new journal, which would expand its pool of authors from members of MINT to all who wished to contribute, while maintaining a spirit of openness, informality, and shared respect for the MI community worldwide and for the counseling approach that brings us together.

Motivational Interviewing Network of Trainers

<http://www.motivationalinterviewing.org/>

This web site provides resources for those seeking information on Motivational Interviewing. It includes general information about the approach, as well as links, training resources, and information on reprints and recent research. In addition to the contributions of Professors Miller and Rollnick, the site has benefited from the input of several members of the Motivational Interviewing Network of Trainers (MINT), and hosts information about the MINT organization. In addition to providing information on Motivational Interviewing, the site serves as a resource for agencies or organizations who wish to find a skilled and knowledgeable trainer

to assist them in implementing or supplementing current motivational services. - See more at: <http://www.motivationalinterviewing.org/#sthash.qSJB01md.dpuf>

Brief Motivational Intervention with Homeless Adolescents: Evaluating Effects on Substance Use and Service Utilization

Baer, J.S.; Garrett, S.B.; Beadnell, B; Wells, B.A.; and Peterson, P.L.; 2007 *Psychology of Addictive Behaviors*

Author's Abstract:

A brief motivational intervention with 117 homeless adolescents was evaluated using a randomized design and 3-month follow-up. The intervention was designed to raise youths' concerns about their substance use, support harm reduction, and encourage greater service utilization at a collaborating agency. The study was designed to strengthen initial promising results of an earlier study (P. L. Peterson, J. S. Baer, E. A. Wells, J. A. Ginzler, & S. B. Garrett, 2006). Several modifications in the clinical protocol were included to enhance engagement with the intervention. Analyses revealed no significant benefits for intervention participants when homeless youths' substance use rates were compared with those of control participants. Service utilization during the intervention period increased for those receiving the intervention but returned to baseline levels at follow-up. Participants reported overall reductions in substance use over time. Differences between sampling methods for the current and previous study are discussed, as are the limitations of brief interventions with this population. Future research needs to elucidate mechanisms of change and service engagement for highly vulnerable youth.

Link to access abstract/article:

<http://psycnet.apa.org/index.cfm?fa=search.displayRecord&id=2B9E4A27-E92F-DD8E-E297-BC0C724DB4BC&resultID=2&page=1&dbTab=pa>

Other recommended reading on Motivational Interviewing:

B. Borrelli, "Using Motivation Interviewing to Promote Patient Behavior Change and Enhance Health" <http://www.medscape.com/viewprogram/5757>

S. Rollnick, P. Mason and C. Butler Health Behavior change: A Guide for Practitioners. Churchill Livingstone 1999

S. Rollnick, W. Miller and C. Butler Motivational Interviewing in Health Care. Guilford Press 2008

C. Field, D. Hungerford and C. Dunn "Brief Motivational Interventions: An Introduction. J Trauma 2005; 59:S21-S26

Evidence-Based Practice: A-CRA

UNCG Center for Youth, Family, and Community Partnerships in collaboration with the NC Division of Mental Health, Developmental Disabilities, and Substance Abuse Services with financial support from the Substance Abuse Mental Health Services Administration (SAMHSA), Center for Substance Abuse Treatment (CSAT), US Department of Health and Human Services (grant number 6 J79 T117387-02-2). 2008 *Evidence-Based Practice for Adolescent Substance Abuse: A Primer for Providers and Families*

<http://www.idjc.idaho.gov/LinkClick.aspx?fileticket=Thvky63Z5FM%3D&tabid=173>

(Note not all links in the document work; however, excellent summary information)

The Adolescent Community Reinforcement Approach for Adolescent Cannabis Users, Cannabis Youth Treatment (CYT) Series, Volume 4

Godley SH, Meyers RJ, Smith JE, Karvinen T, Titus JC, Godley MD, Dent G, Passeti L, Kelberg P. *DHHS Pub. No. (SMA) 07-3864*. Rockville, MD: Center for Substance Abuse Treatment, Substance Abuse and Mental Health Services Administration, 2001, reprinted 2002, 2003, and 2007.

Abstract:

This manual provides guidance on how to prepare for and conduct the ACRA intervention sessions with adolescents and caregivers. It also provides examples of exchanges between therapists and adolescents to illustrate what happens in actual ACRA sessions. Much of the adolescent community reinforcement approach is based on previous work using a community reinforcement approach (CRA) (Meyers & Smith, 1995). The CRA intervention was adapted for use with adolescents who abuse or are dependent on marijuana. One modification is the inclusion of urine screening for drugs, a procedure commonly used in adolescent substance abuse treatment. Other modifications of CRA used in this manual include (1) the addition of specific sessions for a caregiver only and for a caregiver and an adolescent together, (2) changes in the *Happiness Scale* and *Goals of Counseling* forms so that the categories are relevant to adolescents, (3) inclusion of urine-screening feedback procedures, (4) inclusion of dialog representative of interchanges between adolescents and therapists, and (5) requirements that snacks be provided routinely for the adolescents receiving the intervention. Some CRA procedures were eliminated (e.g., use of disulfiram, marital therapy) because they were not relevant for adolescents.

Link to manual:

<http://store.samhsa.gov/shin/content//SMA08-3864/SMA08-3864.pdf>

Link to access other manuals in the CYT series:

<http://store.samhsa.gov/list/series?name=Cannabis-Youth-Treatment-Series-CYT->

Treatment Outcomes for Street-Living, Homeless Youth

Slesnick, N.; Prestopnik, J.L.; Meyers, R.J.; and Glassman, M. 2007 *Addictive Behaviors*

Abstract:

Comprehensive intervention for homeless, street living youth that addresses substance use, social stability, physical, and mental health issues has received very little attention. In this study, street living youth aged 14 to 22 were recruited from a drop-in center and randomly assigned the Community Reinforcement Approach (CRA) or treatment as usual (TAU) through a drop-in center. Findings showed that youth assigned to CRA, compared to TAU, reported significantly reduced substance use (37% v. 17% reduction), depression (40% v. 23%) and increased social stability (58% v. 13%). Youth in both conditions improved in many other behavioral domains including substance use, internalizing and externalizing problems, and emotion and task oriented coping. This study indicates that homeless youth can be engaged into treatment and respond favorably to intervention efforts. However, more treatment development research is needed to address the barriers associated with serving these youth.

Link to access article:

<http://www.ncbi.nlm.nih.gov/pmc/articles/PMC1894944/>

Exposure to Adolescent Community Reinforcement Approach treatment procedures as a mediator of the relationship between adolescent substance abuse treatment retention and outcome

B. R. Garner, S. H. Godley, R. R. Funk, M. L. Dennis, J. E. Smith, and M. D. Godley 2009
Journal of Substance Abuse Treatment

Author's abstract:

Data from 399 adolescents, who participated in one of four randomly controlled trials of the Adolescent Community Reinforcement Approach (A-CRA) intervention, were used to examine the extent to which exposure to A-CRA procedures mediated the relationship between treatment retention and outcomes. Although zero-order correlations indicated that retention in treatment was a significant predictor of alcohol and other drug (AOD) use ($r = -0.18$, $p < .001$), this relationship was reduced to non-significance ($p = .39$) when exposure to ACRA procedures was included in the model. Overall, the final model evidenced a very good fit (root mean square error of approximation = .00; comparative fit index = 1.00) and explained 29% and 43% of the variance in adolescents' post treatment AOD use and AOD-related problems, respectively. In addition, Chi-Squared Automatic Interaction Detection analysis was used to derive a target level of A-CRA exposure, which was found to be significantly related to being in recovery at follow-up. The current findings are useful, as little research to-date has identified significant mediators of the relationship between retention and treatment outcomes or identified target thresholds of treatment exposure.

Link to access abstract/article:

<http://www.sciencedirect.com/science/article/pii/S0740547208001013>

Evidence-Based Practice: Seven Challenges Program

Evidence-Based Practice for Adolescent Substance Abuse: A Primer for Providers and Families

North Carolina Adolescent Substance Abuse Treatment (2008)

Abstract:

This primer contains a brief overview of 11 evidence-based treatment programs (EBTs) and one evidence-based assessment commonly used in the adolescent substance abuse field. They were selected because of their inclusion in several databases of EBPs and the strength of the literature available on them. See Appendix B for a matrix that summarizes those databases and which EBPs they include. A brief description of behavior therapy and cognitive-behavioral therapy comes first because they form the foundation of several of the treatments presented. We also are including a four-page fact sheet for caregivers that provides a brief description of each approach. The primer concludes with additional resources highlighting the most current available research on each EBP (see Appendix C).

Link to access document:

<http://www.idjc.idaho.gov/LinkClick.aspx?fileticket=Thvky63Z5FM%3D&tabid=173>

The Seven Challenges

SAMSHA's National Registry of Evidenced-based Programs and Practices

Abstract:

Below is a link to SAMSHA's website where they have described and provided detailed information on the evidence based program for The Seven Challenges along with contact, cost, and research information.

Link to access:

<http://nrepp.samhsa.gov/ViewIntervention.aspx?id=159>

The Seven Challenges

Description:

The Seven Challenges[®] Program is designed specifically for adolescents with drug problems, to motivate a decision and commitment to change - and to support success in implementing the desired changes. The Program simultaneously helps young people address their drug problems as well as their co-occurring life skill deficits, situational problems, and psychological problems.

Link to website:

<http://www.sevenchallenges.com/default.aspx>

Online Resources:

National Institute on Alcohol Abuse and Alcoholism

<http://www.niaaa.nih.gov/>

Do it Now Foundation

<http://www.doitnow.org/>

Harm Reduction Coalition

<http://www.harmreduction.org/>

Safety First

<http://www.safety1st.org/>

<http://www.drugpolicy.org/resource/safety-first-reality-based-approach-teens-and-drugs>

<http://www.drugpolicy.org/>

Alcoholics Anonymous

<http://www.aa.org/>

Narcotics Anonymous

<http://www.na.org/>

Al-a-teen

<http://www.al-anon.alateen.org/>