

## CSSRC Resource Review

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**Review Date:** 11/11/14

**Name/Title:** Principles of Adolescent Substance Use Disorder Treatment: A Research-Based Guide

**Author:** National Institute on Drug Abuse (NIDA)

**Media Type:** (Book, CD, Flyer, Poster, Website, etc) booklet and interactive website

**Publisher/Supplier:** NIDA

**Publication Date:** January 2014

**Re-order Source:** <http://www.drugabuse.gov/publications/principles-adolescent-substance-use-disorder-treatment-research-based-guide/acknowledgements>

**Language:** English

**Usefulness Rating:**

1. Excellent
2. Good XX
3. Fair
4. Poor
5. Rated by: (CSSRC staff member) Alice
6. Comments:
  - a. This guide focuses on substance abuse treatment approaches that have been tested and found to be effective for adolescents. It is asserted that adolescents have different patterns of use and abuse than adults and are working with brains that are not yet fully matured.
  - b. The guide emphasizes that youth may relapse into substance abuse, during or after treatment. Relapse should be used as an occasion to engage in additional or different treatment, rather than seen as a treatment failure.
  - c. Multiple principles of adolescent substance abuse treatment are offered that focus on the unique needs and opportunities of adolescent treatment, including involving families and schools, the importance of medical care providers, and the need to treat the whole youth, not just their substance abuse.
  - d. After reviewing how substance use impacts adolescents and some of the reasons why young people abuse substances, the guide discusses four broad approaches for treatment and summarizes specific evidence-based programs within each approach.
  - e. This is a specialized resource intended for medical and mental health professionals. Although general school staff will not find information about school-based prevention and intervention programs, school counselors, school psychologists, and school health professionals will find useful descriptions of effective treatment programs.



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**Category:** (Prevention, Protection, Mitigation, Response, Recovery, Promotional Item) Response, Recovery

**Topic:** (Bullying, Substance Abuse, Threat Assessment, etc) Substance Abuse

**Audience:** (Administrators, Counselors/Psychologists/Social Workers, Emergency Responders, Health Professionals/Nurses, Law Enforcement/SROs/Security, Parents, Teachers, Other School Personnel) Counselors/Psychologists/Social Workers, Health Professionals/Nurses

**Intended Age Group:** (pre-K, elementary, middle, high, higher education) Middle, High, Higher Education

**Cost:** 0

**Additional Comments:** Dr. Paula Riggs of the University of Colorado School of Medicine is one of the contributors to this guide.