

Treating Adolescent Substance Abuse

*Understanding the
Fundamental Elements*

George R. Ross

Foreword by Dr. Robert DuPont

Adolescent Substance Abuse Workbooks

Oscar G. Bukstein



Adolescent Substance Abuse Workbooks:

Staff Manual for Adolescent Substance Abuse Intervention Workbook Steven L. Jaffe, 2001 This is a staff manual for an intervention workbook made to help teenagers using drugs and alcohol recognize the frequency and negative consequences of that use *Adolescent Substance Abuse Intervention Workbook* Steven L. Jaffe, 2000-10-01 This workbook is intended for teenagers who use drugs and alcohol but for whom the amounts frequency and negative consequences are unrecognized This workbook is an initial approach for helping teenagers become aware both cognitively and emotionally of the negative consequences of their drug and or alcohol use It is hoped that by seeing for themselves how not using can make their life better teenagers will become motivated toward beginning treatment This intervention workbook corresponds to the First Step of a 12 Step Program It helps teenagers move from precontemplation to contemplation to determination according to the stages of change framework The workbook should be used as part of a therapeutic relationship or program with sensitivity to issues of confidentiality Background about the workbook and suggestions for its use are provided in the accompanying Staff Manual *Principles of Addiction Medicine* Richard K. Ries, Shannon C. Miller, David A. Fiellin, 2009 This respected text from the American Society of Addiction Medicine is valuable for all physicians and mental health personnel who specialize in addiction medicine and who treat patients with addiction disorders The chapters blend scientific principles underlying addiction with the practical essentials of clinical addiction medicine Many of the contributors are affiliated with leading government agencies that study addiction and its science such as the National Institute on Alcohol Abuse and Alcoholism and the National Institute on Drug Abuse The book will appeal to a wide and interdisciplinary range of professionals especially those with interest or duties relating to addiction related disorders and in particular physicians seeking certification status via either the American Board of Addiction Medicine or the American Board of Psychiatry and Neurology A companion Website will offer the fully searchable text **CBT Workbook for Substance Abuse** Alice Hetty Lopez, 2025-01-12 Are you struggling with substance abuse and looking for a way to overcome addiction CBT Workbook for Substance Abuse offers an integrative evidence based approach to recovery using Cognitive Behavioral Therapy CBT This comprehensive 7 week program provides a step by step guide to breaking free from addictive patterns and building a fulfilling life in sobriety CBT is a widely used research backed therapy that helps individuals identify and change the thoughts emotions and behaviors that fuel addiction This workbook combines CBT techniques with practical exercises and real life examples to help you Understand the root causes of addiction and how it affects the brain Challenge and reframe negative thoughts that perpetuate substance use Develop healthy coping strategies for stress anxiety and cravings Learn mindfulness and grounding techniques to manage triggers Improve communication and assertiveness skills to strengthen relationships Create a personalized relapse prevention plan for long term success Each chapter includes psychoeducation reflective prompts and actionable strategies to help you apply CBT principles to your own unique recovery journey You ll also learn

how to cultivate self compassion build a strong support network and develop a growth mindset for lasting change CBT Workbook for Substance Abuse can be used on its own with a therapist or as part of a group program It s an essential resource for anyone ready to take control of their addiction and build a foundation for a healthier happier life If you re tired of feeling controlled by addiction and want a proven path to recovery this workbook is for you With its integrative approach and easy to follow format CBT Workbook for Substance Abuse gives you the tools and support you need to overcome substance abuse and create the life you deserve

Adolescent Co-Occurring Substance Use and Mental Health Disorders Ken C. Winters,Ann Ingwalson,2022 Adolescent Co Occurring Substance Use and Mental Health Disorders is a comprehensive and clinically oriented resource aimed at students seeking a degree or certificate as an addiction counselor as well as early career professionals The text is broken into three sections adolescent development covering physical and psychosocial development comorbid disorders such as externalizing and internalizing disorders and addictions and interventions and treatment featuring cognitive behavioral therapy dialectic behavior therapy and motivational enhancement therapy among others

Adolescent Substance Abuse Treatment in the United States Bernard Segal,Andrew R. Morral,Sally J Stevens,2014-03-18 You don t have to reinvent the wheel select and implement an effective substance abuse program from this essential book This essential book is the first ever published on exemplary models of adolescent drug treatment It delivers detailed descriptions of exemplary drug treatment models and gives you the latest information on substance use and its consequences to aid your work with adolescents who use alcohol and drugs The in depth examinations of treatment models you ll find in this book include programs serving adolescent substance users from a wide range of ethnic and cultural backgrounds African Americans Hispanics Whites Native Americans Russian Immigrants With sections covering outpatient residential family oriented and modified therapeutic community TC programs this book is a vital reference for educators and students as well as practitioners Adolescent Substance Abuse Treatment in the United States Exemplary Models from a National Evaluation Study gives you thoughtful examinations of trends in adolescent substance use and treatment approaches three exemplary outpatient treatment programs including program design treatment issues and client characteristics the Multidimensional Family Therapy Approach MDFT a family oriented outpatient treatment model used to intervene with younger adolescents a 30 to 60 day residential treatment program that is based on a medical model which blends in treatment approaches from the therapeutic community model the special treatment needs and issues of substance using Native American youths issues of gender differences as they relate to drug use and trauma three different modified therapeutic community treatment models and much more Adolescent Substance Abuse Treatment in the United States is an invaluable source of information for anyone working with this vulnerable population Use it to choose and implement the program that will work best for you and your clients

Treating Adolescents with Substance Use Disorders Oscar G. Bukstein,2019-07-26 From a leading addiction specialist this highly practical book explores what works in treating

adolescents Oscar G Bukstein answers the clinician's vital question What do I do now He describes best practices for enhancing youths motivation for change teaching a variety of recovery skills and implementing parent management training and parent adolescent problem solving The book covers ways to foster a prosocial peer network and to address mental health problems that co occur with substance use disorders SUDs Clinicians can combine the strategies into an integrated approach or pick and choose depending on the needs of individual clients Reproducible handouts and worksheets can be downloaded and printed in a convenient 8 1/2 x 11 size

Criminal Conduct and Substance Abuse Treatment for Adolescents: Pathways to Self-Discovery and Change Harvey B. Milkman, Kenneth W. Wanberg, 2012-07-23

This Provider's Guide introduces a comprehensive and developmentally appropriate treatment program Pathways for Self Discovery and Change PSDC which provides the specific tools necessary for improving evaluation and treatment of at risk youth a particularly vulnerable patient population in the justice system Using an adolescent focused format this protocol identifies psychological biological and social factors that contribute to the onset of adolescent deviance and establishes guidelines for delivery of a 32 session treatment curriculum designed to rehabilitate both male and female adolescents with co occurring substance abuse and criminal conduct Now in its Second Edition this guide provides treatment practitioners program evaluators and youth services administrators with the most up to date comprehensive and accessible information for the treatment and rehabilitation of juvenile justice clients It is built on theoretical and research advances in the treatment and rehabilitation of juvenile justice clients as well as feedback over the past seven years from PSDC counselees treatment providers and program administrators

Step Workbook for Adolescent Chemical Dependency Recovery Steven L. Jaffe, 1990 A guide for teenagers to work the first five steps of a twelve step program as part of a chemical dependency treatment program

Evidence-Based Treatment Planning for Disruptive Child and Adolescent Behavior, Companion Workbook David J. Berghuis, Timothy J. Bruce, 2011-04-26 Improve the Quality of Mental Health Care This Companion Workbook to the Evidence Based Treatment Planning for Disruptive Child and Adolescent Behavior DVD follows each section of the DVD summarizing important content and providing section reviews as well as test questions and answers to enhance learning of the material The Workbook can be used as an individual self paced learning tool or in classroom or workshop settings Designed to be used in conjunction with the DVD this Companion Workbook includes Summary highlights of content shown in the DVD Chapter review questions covering key chapter concepts Test questions of selected chapter concepts References to empirical support clinical resources and training opportunities for the empirically supported treatments ESTs discussed Scripts and critiques of the role played scenarios demonstrating selected aspects of the ESTs Online links to client homework exercises consistent with the therapeutic techniques described and demonstrated Explanations of correct and incorrect answers to the test questions from each chapter Also available Evidence Based Treatment Planning for Disruptive Child and Adolescent Behavior DVD Workbook Study Package 978 1 1180 2894 0 This study package includes both the Evidence Based Treatment Planning

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