

# Substance Abuse Treatment Programs (Adult)



The CEBC defines Substance Abuse Treatment Programs (Adult) as programs that treat adults with a diagnosed substance use disorder, or substance use problems, addiction, dependence, or abuse. Treatment can occur in a variety of settings, including outpatient, day treatment, residential, or inpatient, and may involve detoxification, counseling, education, relapse prevention training, life skills training, and self-help groups. National data shows that approximately 8% of the population has used an illicit drug in the past month, while 23% reported binge drinking and 7% reported heavy drinking in the past month. One of the primary signs of substance abuse is the continued use of drugs or alcohol despite experiencing the serious negative consequences of heavy drug or alcohol use, such as being fired from a job or arrested. Substance use appears to be even more common among families involved in child welfare, with a recent round of Children and Family Service Reviews showing that 16% to 48% of all child welfare cases include substance use disorders. Substance use may be going unrecognized by child welfare as, according to the National Center on Substance Abuse and Child Welfare (NCSACW), 71% of caregivers who are alcohol dependent are classified by the child welfare workers as not having alcohol problems, and 73% of caregivers who are drug dependent are classified by child welfare workers as not having a drug problem. The [Pharmacological Treatment for Substance Abuse](#) page has links to reputable organizations that list information on medications used to help treat substance abuse.

## Substance Abuse Treatment Programs (Adult) topic area criteria:

- **Target population:** Adults with a diagnosed substance use disorder, or substance use problems, addiction, dependence, or abuse
- **Services/types that fit:** Outpatient, day treatment, and residential services in individual or group formats
- **Delivered by:** Mental health professionals or trained paraprofessionals
- **In order to be included in this topic area on the CEBC:** Program must specifically target adult substance use as a goal
- **In order to be rated in this topic area by the CEBC:** There must be research evidence (as specified by the CEBC [Scientific Rating Scale](#)) that examines outcomes related to substance abuse, such as changes in symptom levels, behaviors, and/or functioning



The table below provides a summary of the rated programs currently listed in the [Substance Abuse Treatment Programs \(Adult\)](#) topic area. More detailed information can be found on the CEBC website.

Program	Target Population	CEBC Scientific Rating	CEBC CWS Relevance Level
<a href="#">Motivational Interviewing (MI)</a>	Caregivers of children referred to the child welfare system	1	Medium
<a href="#">Adult-Focused Family Behavior Therapy (Adult-Focused FBT)</a>	Adults with drug abuse and dependence, as well as other co-existing problems such as depression, family dysfunction, trauma, child maltreatment, noncompliance, employment, HIV/STIs risk behavior, and poor communication skills	2	High
<a href="#">Community Reinforcement + Vouchers Approach (CRA + Vouchers)</a>	Adults aged 18 or older with a diagnosis of cocaine abuse or dependence	2	Medium
<a href="#">Families Facing the Future</a>	Parents receiving methadone treatment and their children ages 5–14	2	Medium
<a href="#">Helping Women Recover &amp; Beyond Trauma (HWR/BT)</a>	Adult women with addictive disorders and a trauma history (e.g., abuse, domestic violence, community violence, etc.)	2	Medium
<a href="#">Multisystemic Therapy – Building Stronger Families (MST-BSF)</a>	Families who are involved with child welfare services due to physical abuse and/or neglect plus parental substance misuse	2	High
<a href="#">Seeking Safety (Adult version)</a>	Adults who have a history of trauma and/or substance abuse	2	Medium
<a href="#">Alcoholics Anonymous (A.A.)</a>	Adults who have identified themselves as alcoholics and are trying to maintain sobriety	3	Medium
<a href="#">Arkansas Center for Addictions Research, Education, and Services (Arkansas CARES)</a>	Mothers with dual diagnosis of substance abuse and mental health problems	3	Medium
<a href="#">Community Reinforcement Approach (CRA)</a>	Individuals ages 18 and over who have a primary diagnosis of any Substance-Related Disorder (DSM-IV-R); individuals with co-occurring disorders also respond well to this approach	3	Medium

Program	Target Population	CEBC Scientific Rating	CEBC CWS Relevance Level
<a href="#"><u>Creating Change</u></a>	Adults ages 18 and above who have experienced trauma and addiction	3	Medium
<a href="#"><u>Families Actively Improving Relationships (FAIR)</u></a>	Parents with parental rights for at least one of their minor children, in utero to age 17, who have been referred to the child welfare system or at-risk for referral	3	High
<a href="#"><u>Matrix Model Intensive Outpatient Program</u></a>	Adults with substance abuse disorders	3	Medium
<a href="#"><u>Parent-Child Assistance Program (PCAP)</u></a>	Pregnant or parenting mothers (up to 12 months postpartum) who have alcohol and/or drug use disorders and their children 0 to 3	3	Medium

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