

Substance Abuse Treatment (Adolescent)

Definition:

The CEBC defines **Substance Abuse Treatment (Adolescent)** as the treatment of adolescents (ages 12–17) with active substance use issues, including alcohol, marijuana, and/or other drugs. The CEBC has evaluated only replicable programs that do not use medication as a component of treatment and focuses on treatment programs, as opposed to programs designed to prevent the onset of substance use. 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. Although many of these treatment programs may also be used in adults, the CEBC review and rating examines the research base for these treatments in adolescents only. Substance Abuse Treatment (Adult) is a separate topic area on the CEBC.

Topic Area Criteria:

- **Target population:** Adolescents with active substance use issues
- **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 adolescent 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 [Scientific Rating Scale](#)) that examines outcomes related to substance abuse, such changes in symptom levels, behaviors, and/or functioning

Programs

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

Program	Overview	CEBC Scientific Rating	CEBC CWS Relevance Level
Multidimensional Family Therapy (MDFT)	Family-based treatment for adolescent substance use, delinquency, and other behavioral and emotional problems. Therapists work simultaneously in four interdependent domains: adolescent, parent, family, and community	1	Medium
Multisystemic Therapy (MST)	Intensive family and community-based treatment for serious juvenile offenders with possible substance abuse issues and their families. Primary goals are to decrease youth criminal behavior and out-of-home placements	1	Medium
Adolescent Community Reinforcement Approach (A-CRA)	Behavioral intervention that seeks to increase the family, social, and educational/vocational reinforcers of an adolescent to support recovery from substance abuse and dependence	2	Medium
Adolescent-Focused Family Behavior Therapy (Adolescent FBT)	Treatment planning, behavioral goals, contingency contracting/Level System, communication skills training, job getting skills training, self-control, stimulus control, and tele-therapy with the goal to result in positive outcomes in such areas as alcohol and drug use, depression, conduct problems, family dysfunction, and days absent from work/school	2	High

Programs

Program	Overview	CEBC Scientific Rating	CEBC CWS Relevance Level
Ecologically Based Family Therapy (EBFT)	Developed to address immediate needs, to resolve the crisis of running away, and to facilitate emotional re connection through communication and problem-solving skills among family members	2	Medium
Functional Family Therapy (FFT)	Family intervention for dysfunctional youth with disruptive, externalizing problems. Target populations range from at-risk pre adolescents to youth with moderate to severe problems such as conduct disorder, violent acting-out, and substance abuse	2	Medium
Voices Lite	A 12-session version of the full 18-session Voices: A Program of Self-Discovery and Empowerment for Girls. The program includes modules on self, connecting with others, healthy living, and the journey ahead. Topics include bullying, the pressures of social media, gender exploration, and binge drinkin	2	Medium
Brief Strategic Family Therapy® (BSFT®)	Structured family-systems approach to treat families with youth who display or are at risk for developing problem behaviors including substance abuse, conduct problems, and delinquency	3	Medium
CHOICE Group Motivational Interviewing (MI) for Teens	A group-based prevention/intervention program for middle school teens who have not used or have just begun to use substances that addresses substance use and ways to increase protective factors using MI as the counseling method	3	Medium

Programs

Program	Overview	CEBC Scientific Rating	CEBC CWS Relevance Level
Culturally Informed and Flexible Family-Based Treatment for Adolescents (CIFFTA)	Incorporates content relevant to diverse adolescents (e.g., race, ethnicity, LGBTQ) and is designed to engage marginalized communities, reduce symptoms of behavioral and mental disorders and substance use, and to improve family functioning	3	Medium
Residential Student Assistance Program (RSAP)	Designed to prevent and reduce substance use among adolescents in residential child care facilities	3	Medium
Seeking Safety (Adolescent version)	Present-focused, coping skills therapy to help attain safety from trauma and/or substance abuse	3	Medium
The Seven Challenges [®]	Aims to help young people address their drug problems as well as their co-occurring life skill deficits, situational problems, and psychological problems	3	Medium