

Center for Anxiety and Related Disorders at Boston University

The Adolescent Traumatic Stress and Substance Abuse Treatment Center is part of the Center for Anxiety and Related Disorders at Boston University (CARD). Under the direction of Dr. David H. Barlow, Ph.D., CARD is an internationally recognized center specializing in:

- Assessment and treatment of anxiety and related psychological disorders in people 4-65 years old
- Development of new or improved treatments, especially cognitive behavioral protocols
- Dissemination of empirically supported treatments to mental health providers.

The Child and Adolescent Fear & Anxiety Treatment Program at CARD offers:

- State of the art assessment and treatment to children and adolescents with anxiety and emotional disorders
- Outreach presentations for children, adolescents, parents, teachers, and hospital and school administrators
- Empirically supported psychological interventions
- Specialized programs, including: Childhood Separation Anxiety Treatment Program and Intensive Treatment Program for Panic Disorder and Specific Phobia

How To Reach Us

Please contact Dr. Lisa Suarez, Ph.D., at 617-353-9610 for more information about the ATSSA Treatment Center if you:

- Believe your child would benefit from participating in our treatment program due to exposure to traumatic stress and ongoing substance use problems; or
- Would like more information on treatment and knowledge development efforts.

Other information, including product downloads, is available on our website at: www.bu.edu/atssa.



**ADOLESCENT TRAUMATIC STRESS
AND SUBSTANCE ABUSE
TREATMENT CENTER**

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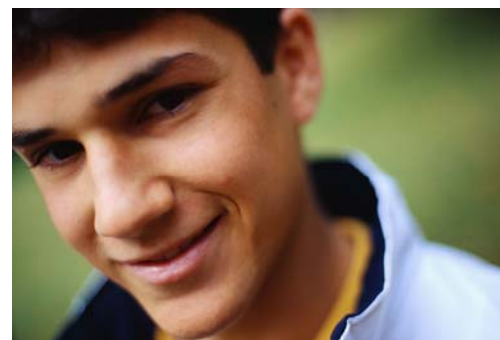
Website: www.bu.edu/atssa



A PARTNER IN
NCTSN

The National Child
Traumatic Stress Network

ADOLESCENT TRAUMATIC STRESS AND SUBSTANCE ABUSE TREATMENT CENTER



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Why do we need treatment programs for youth experiencing trauma and substance use problems?

- By the age of 16, approximately 25% of children and adolescents will have experienced at least one traumatic event (highest of any age group).
- Traumatic stress symptoms and substance abuse in adolescents have been strongly linked (that is, as traumatic stress increases, so do levels of substance use).
- Trauma exposure in youth puts teens at higher risk for later substance abuse, criminal activity, anxiety and other psychological disorders. Additional problems include: physical, mental, legal and social difficulties.

Despite this strong connection between substance abuse and traumatic stress in adolescents, there has not been a coordinated effort to develop and provide an effective intervention for this population or to ensure that knowledge about treatment for adolescents trauma and substance abuse problems is distributed.



What is the ATSSA Center?

Mission: The Adolescent Traumatic Stress and Substance Abuse Treatment Center aims to improve the standard of care for adolescents with comorbid traumatic stress and substance use through identifying and developing treatment and service approaches for this underserved population as well as through public education, collaboration, and dissemination efforts at the local and national level.

Affiliations: ATSSA is a member of the National Child Traumatic Stress Network (NCTSN) funded through the Substance Abuse and Mental Health Services Administration (SAMHSA). The ATSSA Center is located in the Child and Adolescent Fear and Anxiety Treatment Program at the Center for Anxiety and Related Disorders at Boston University.

Who We Serve: We primarily serve adolescents with comorbid traumatic stress and substance abuse, as well as their families. As a member of NCTSN, we also provide training and information services to other NCTSN member sites, local community centers, schools and other organizations that have large contact with at-risk youth.

Our Treatment Program:

Our center offers comprehensive treatment services for teens ages 13-17 in the Boston area with both substance use difficulties and a trauma history (e.g., adolescents who have experienced physical violence, domestic or sexual abuse, community violence, or other emotional or physical trauma). The intervention incorporates key components of existing treatment approaches for substance abuse, trauma and emotional problems in adolescents. To address the complex needs of this population, we address problems within the environmental context, enhance motivation for change, and increase emotional regulation skills associated with trauma exposure.

Knowledge Development and Dissemination:

Our Center focuses on developing training materials and providing information to providers, parents, and teens by:

- Increasing awareness about the connection between trauma, emotional distress and substance use;
- Emphasizing the role of both environmental and emotional triggers leading to traumatic stress symptoms and substance abuse;
- Providing information and training about the ATSSA Treatment Intervention to NCTSN and other service providers;
- Educating providers and parents about the needs of the ATSSA population.