

Approaches to Adolescent Substance Abuse Treatment

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Adolescent Step-Down Treatment Model: The La Cañada Program

- Three phases of treatment
 - Residential (30-days)
 - Intensive Outpatient (2-months)
 - Outpatient (2-months)
- Mixed gender treatment with gender-specific groups and activities
- A whole-person approach



The Whole Person Approach

- Substance Abuse
- Mental Health
- Family Therapy
- Delinquency
- Formal Education
- Health Education/Physical Health
- Trauma and Abuse
- Sleep Disorders
- Social and Peer Issues
- Growth Activities and Self Help (GASH)



Evaluation

- Embedded within clinical assessments
- Repeated baselines
- Participatory Action with key stakeholders including clients for interpretation and modifications
- Follow up points (minimum) at exit, and at 3 and 6-months post exit



Fidelity and Staffing

- Fidelity measures and staff training
- Professional and experienced staff
- Culture and gender mix of staff
- Specialty staff
- Careful selection of evaluation and assessment staff

