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