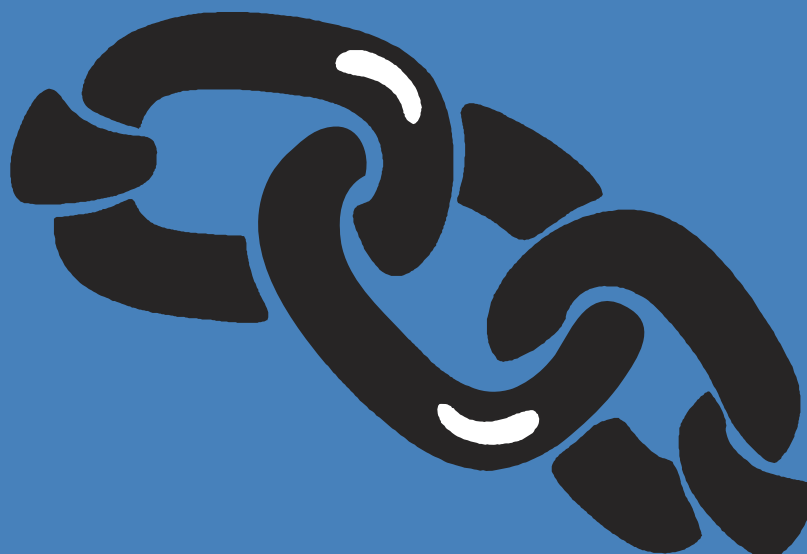


Understanding Links Between Adolescent Trauma and Substance Abuse



A Toolkit for Providers

NCTSN

The National Child
Traumatic Stress Network

About This Toolkit

The Adolescent Trauma and Substance Abuse Committee of the National Child Traumatic Stress Network has created this toolkit of materials for health care providers, parents, and teenagers, to raise awareness about the needs of youth with traumatic stress and substance abuse problems, and to promote evidence based practices in clinical settings. This product is meant to serve as a training guide for providers working with this population.

The toolkit includes the following information:

	Title	Brief Description	Target Audience	Pages
Information for Providers				
I.	Making the Connection: Trauma and Substance Abuse	Provides general information about youth with trauma and substance abuse and summarizes information contained in this toolkit.	Providers	5 – 10
II.	Understanding Traumatic Stress In Adolescents	Summarizes information on prevalence rates of trauma exposure, long-term consequences, and information on specific trauma types.	Providers	11 – 21
III.	Understanding Substance Abuse In Adolescents	Provides information on prevalence rates of substance abuse, long-term consequences, and information on specific substances of abuse.	Providers	22 – 56
IV.	Treatment for Youth with Traumatic Stress and Substance Abuse Problems	Provides treatment recommendations and summarizes evidence based interventions for adolescent substance abuse, traumatic stress, and integrated treatment strategies for co-occurring populations.	Providers	57 – 74
V.	Engaging Adolescents In Treatment	Summarizes strategies for adolescent engagement in treatment.	Providers	75 – 84
Information for Consumers				
A.	Helping Your Teen Cope with Traumatic Stress and Substance Abuse	Provides information about how to identify problems with trauma and substance abuse among teens, what parents can do to help, and where to go for support.	Caregivers	94 – 100
B.	Using Drugs to Deal with Stress and Trauma	Describes ways in which teens use drugs to cope with distress, the negative consequences of drugs, and alternative ways to cope.	Adolescents	101 - 110
C.	Recognizing Drug Use in Adolescents: A Quick Guide for Caregivers and Adults	Developed to facilitate early identification of substance use problems in youth. Contains information about common drugs of abuse and key information to help identify youth at risk. Includes descriptions of how a teenager might look, act, and feel while intoxicated as well as drug paraphernalia and language associated with each drug.	Providers and Caregivers	111 - 142

About the National Child Traumatic Stress Network

Established by Congress in 2000, the National Child Traumatic Stress Network (NCTSN) is a unique collaboration of academic and community-based service centers whose mission is to raise the standard of care and increase access to services for traumatized children and their families across the United States. Combining knowledge of child development, expertise in the full range of child traumatic experiences, and attention to cultural perspectives, the NCTSN serves as a national resource for developing and disseminating evidence-based interventions, trauma-informed services, and public and professional education.

The NCTSN Adolescent Trauma and Substance Abuse Committee

The Adolescent Trauma and Substance Abuse Committee aims to improve the standard of care for adolescents with co-occurring traumatic stress and substance use by increasing public awareness about this underserved population through public education, collaboration, and dissemination efforts at the local and national level.



The NCTSN Adolescent Trauma and Substance Abuse Committee would like to extend a special thank you to the staff of the Adolescent Traumatic Stress and Substance Abuse Treatment Center at Boston University for providing much of the foundational and coordination work for this toolkit.

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