Understanding Links Between Adolescent Trauma and Substance Abuse

A Toolkit for Providers
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:

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<th>Brief Description</th>
<th>Target Audience</th>
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<tr>
<td>I. Making the Connection: Trauma and Substance Abuse</td>
<td>Provides general information about youth with trauma and substance abuse and summarizes information contained in this toolkit.</td>
<td>Providers</td>
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<td>II. Understanding Traumatic Stress In Adolescents</td>
<td>Summarizes information on prevalence rates of trauma exposure, long-term consequences, and information on specific trauma types.</td>
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<td>III. Understanding Substance Abuse in Adolescents</td>
<td>Provides information on prevalence rates of substance abuse, long-term consequences, and information on specific substances of abuse.</td>
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<td>IV. Treatment for Youth with Traumatic Stress and Substance Abuse Problems</td>
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<td>V. Engaging Adolescents in Treatment</td>
<td>Summarizes strategies for adolescent engagement in treatment.</td>
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<tr>
<td>A. Helping Your Teen Cope with Traumatic Stress and Substance Abuse</td>
<td>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.</td>
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<td>B. Using Drugs to Deal with Stress and Trauma</td>
<td>Describes ways in which teens use drugs to cope with distress, the negative consequences of drugs, and alternative ways to cope.</td>
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<td>C. Recognizing Drug Use in Adolescents: A Quick Guide for Caregivers and Adults</td>
<td>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.</td>
<td>Providers and Caregivers</td>
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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.
Acknowledgements

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