

Innovative Adolescent Outpatient Treatment, A Challenge



Challenging Adolescents in Treatment



The Challenge Program, entering its 9th Cycle

What's so different?

Strength Based

- o Assetfinders, not fault finders
- o Purposeful

Group ownership

- o Outing planning
- o Meal planning
- o Group discussions and consequences

Full Value Contract

- o Promotes value clarification rather than specific rules
- o Living Document, able to be altered as needed
- o Framed in the positive



What else?

- ▶ Two facilitators willing to work non-traditional hours
- ▶ Provide transportation
- ▶ Conduct home visits
- ▶ Involve families in activities
- ▶ We take clients outside of four-walled therapy
- ▶ Utilization of debriefing
- ▶ Self-contained



A partnership

- ▶ Glens Falls Hospital's Center for Recovery
 - Deidre Grieve, LMSW, Substance Abuse Counselor
- ▶ Warren and Washington County's Council for Prevention of Alcohol and Substance Abuse
 - Betsy Johnson, BA, Challenge Program Coordinator



Who gets in?

- ▶ Ages 13 - 18
- ▶ Substance abuse diagnosis or family members with substance abuse issues and a reason to be concerned
- ▶ Willing to participate in clinical treatment and challenge activities



Intake Process

- ▶ Substance Abuse Evaluation
- ▶ Deidre's Initial Screen
- ▶ Family meets with Betsy and Deidre
- ▶ Assess for
 - Mental Health
 - Buy in to the program
 - Group dynamic
 - Red Flags**
 - Violent Behavior
 - Sexualized Behavior
 - Criminal Behavior



Referral Sources

- ▶ PINS
- ▶ Probation
- ▶ Family
- ▶ School
- ▶ Court



The components

- ▶ ACRA treatment model
- ▶ Individual therapy (Deidre)
- ▶ Weekly group, 90 minutes (Betsy and Deidre)
- ▶ Outings, occurring on a bi-weekly basis (Betsy and Deidre)
- ▶ Family Involvement (Betsy and Deidre)



Adolescent Community Reinforcement Approach (ACRA)

- ▶ Evidence Based Therapy Model
- ▶ Learn effective communication and problem-solving skills
- ▶ Encouraged healthy recreational activities
- ▶ Involves caregivers
- ▶ Improves family functioning
- ▶ Develops insight into using behaviors
- ▶ Sessions are audio taped and reviewed by ACRA supervisor

Individual Sessions, ACRA

- ▶ Weekly
- ▶ Family Involvement
- ▶ Positive rapport with client through
 - Non-confrontational approach
 - Non-judgmental attitudes
 - Positive/Enthusiastic attitude
 - Empathy



Tuesday Groups

- ▶ Once a week for 90 minutes
- ▶ Co-facilitated (therapist and challenge coordinator)
- ▶ Closed group
- ▶ Four month duration



Tuesday Groups, *continued*

- ▶ Full Value Contract
- ▶ Experiential Activities
- ▶ Skill Development
 - Communication
 - Family Roles
 - Relapse Prevention
 - Life Skills
 - Emotional Management
 - Drug Education
- ▶ Discuss Activities
- ▶ Snacks provided



Outings

- ▶ Typically outdoors
- ▶ Group members prepped
- ▶ Ownership promoted through destination and activity selection as well as meal planning
- ▶ No substances or cell phones
- ▶ Skill development
- ▶ Exposure to low cost/no cost activities



Activities

- ▶ Snowshoeing
- ▶ Hiking
- ▶ Sledding
- ▶ Canoeing
- ▶ Kayaking
- ▶ Bowling
- ▶ Miniature Golf
- ▶ Winter Barbecue
- ▶ Overnights



Family Involvement

- ▶ Initial interview
- ▶ Home Visit
- ▶ Three Family Events per cycle
- ▶ Pre and post assessment on caregiver/adolescent relationship happiness
- ▶ Two family sessions with Deidre



Challenge Coordinator

- ▶ Outreach to schools and families
- ▶ Coordinate outings
- ▶ Shop for snacks, outings, and prep food as necessary
- ▶ Coordinate transportation as necessary
- ▶ Available via social media networking
- ▶ Develop and maintain positive relationships with referral agencies



What do the numbers say?

- ▶ 8 complete cycles
- ▶ Average completion rate of 56%
- ▶ Measurement tools:
 - UDS, attendance, ACRA pre and post scale, and completion rate
- ▶ Graduates must:
 - Maintain Abstinence
 - Participate in Outings
 - Participate in Tuesday groups
 - Actively be working towards treatment goals

Prevention, Treatment, and Recovery

"Sledding was really fun. I also liked bowling, at first I was having a hard time with all the new people, but you guys helped me out and we all had fun."—K.F. (client)

"You guys better not say we didn't have fun on this trip once we get back to group. I'll call you out if you try."—J.P. (client)

"Getting ready to drop out, and being encouraged to feel okay about parenting my child, and decisions that while not popular, are beneficial."—A.S. (parent)

'I can be who I want to be without being under the influence.'
