

**A 5-volume series on promising new brief
therapies for teens who use marijuana**

CYT

Cannabis Youth Treatment Series



U.S. DEPARTMENT OF HEALTH AND HUMAN SERVICES
Substance Abuse and Mental Health Services Administration
Center for Substance Abuse Treatment
www.samhsa.gov

*The Center for Substance Abuse Treatment (CSAT)
is pleased to announce the release of 5 new
treatment products for adolescents who use marijuana*

What is the Cannabis Youth Treatment (CYT) Series?

The Cannabis Youth Treatment Series is a five-volume resource for substance abuse treatment professionals that provides a unique perspective on treating adolescents for marijuana use. These volumes present effective, detailed, manual-based treatment resources for teens and their families.

Manuals in the Cannabis Youth Treatment Series

Motivational Enhancement Therapy and Cognitive Behavioral Therapy for Adolescent Cannabis Users: 5 Sessions, Cannabis Youth Treatment (CYT) Series, Volume 1. Sampl, S., & Kadden, R. 2001. BKD384

The Motivational Enhancement Therapy and Cognitive Behavioral Therapy Supplement: 7 Sessions of Cognitive Behavioral Therapy for Adolescent Cannabis Users, Cannabis Youth Treatment (CYT) Series, Volume 2. Webb, C., Scudder, M., Kaminer, Y., & Kadden, R. Available 2001. BKD385

Family Support Network for Adolescent Cannabis Users, Cannabis Youth Treatment (CYT) Series, Volume 3. Hamilton, N. L., Brantley, L. B., Tims, F. M., Angelovich, N., & McDougall, B. Available 2001. BKD386

The Adolescent Community Reinforcement Approach for Adolescent Cannabis Users, Cannabis Youth Treatment (CYT) Series, Volume 4. Godley, S. H., Meyers, R. J., Smith, J. E., Karvinen, T., Titus, J. C., Godley, M. D., Dent, G., Passetti, L., & Kelberg, P. Available 2001. BKD387

Multidimensional Family Therapy for Adolescent Cannabis Users, Cannabis Youth Treatment (CYT) Series, Volume 5. Liddle, H. A. Available 2001. BKD388

Why do we need a resource on marijuana treatment for teens?

Marijuana use is a serious public health problem among teenagers. Marijuana is now used on a daily basis more often than alcohol. Teens using marijuana usually have additional problems such as behavioral and legal problems. Most adolescents treated for marijuana use are treated in outpatient programs, but evaluations show that these programs have mixed results. That's why the CYT study was done.

What is the CYT study?

CSAT funded a large field experiment that evaluated five different approaches. The researchers selected well-known, effective therapies that are used with adults and adapted these therapies for use with teens using marijuana. The study was conducted by experts in adolescent and substance abuse treatment and was the largest study for teens conducted to date. More than 600 teens and their families were treated, and preliminary findings showed that each therapy worked. In fact, the results were so encouraging that the research protocol manuals have been adapted for use by substance abuse treatment providers nationwide.

Tell me more . . .

The manuals provide a **step-by-step** approach to providing treatment to adolescents who use marijuana. The pages are three-hole punched and tabbed for insertion into a binder or looseleaf notebook. That way, counselors or therapists can easily duplicate the pages to be used as handouts or posters or duplicate the helpful forms and assessment tools. Four of the five volumes can be used alone. Each volume offers unique information and insights to help you treat your clients and their families.

What's special about these resources?

The approaches in each volume are different, but each volume provides information for substance abuse treatment providers to better treat teens. Some use a classroom-style approach and help providers teach skills to help teens cope. Some use an individual family therapy approach. Some provide instruction in interactive learning techniques such as roleplaying, group exercises, and take-home practice sessions. The resources provide handy take-home skills reminder sheets, practice sessions, and posters for use in the sessions.

The manuals offer you and your staff a wealth of **techniques, models, and tools** for use in counseling marijuana-using teen clients and their families. Here's just a sample of what you will find:

- The rationale for each treatment approach
- Effective assessment tools to help you plan effective treatment
- Information on the staff requirements and training suggestions
- Helpful forms to track treatment delivery
- Information on the CYT study.

Detailed information on **how to conduct the sessions** is included, such as:

- Precise procedures for using the approaches
- Detailed session guidelines
- Examples of conversations between clients and counselors
- How to do roleplays
- Suggested topics for group exercises
- Informative handouts such as skill guidelines, reminder sheets, and take-home exercises for teens and their parents or caregivers
- Posters for use in the sessions
- "Talking points" for counselors.

Here's a brief synopsis of each treatment therapy that will help you decide which of the therapies is best for your client!

Motivational Enhancement Therapy and Cognitive Behavioral Therapy for Adolescent Cannabis Users: 5 Sessions, Volume 1. Sampl, S., & Kadden, R. BKD384

- Uses both **motivational enhancement therapy** and **cognitive behavioral therapy** (MET/CBT)
- Provides the shortest therapy (5 sessions)
- Includes both individual and group sessions for teens
- Appeals to managed care and families with limited resources
- Provides ways to help motivate clients to change
- Provides training tips for gaining valuable skills, such as how to refuse marijuana, how to increase the clients' social support network and nondrug activities, and how to avoid or cope with relapses.

The Motivational Enhancement Therapy and Cognitive Behavioral Therapy Supplement: 7 Sessions of Cognitive Behavioral Therapy for Adolescent Cannabis Users, Volume 2. Webb, C., Scudder, M., Kaminer, Y., & Kadden, R. BKD385

- Uses cognitive behavioral therapy
- Adds seven more CBT sessions to the therapy presented in volume 1
- Focuses on teaching techniques for:
 - problem solving
 - anger management
 - improving communication skills
 - coping with cravings and urges to use marijuana
 - depression management
 - planning for high-risk situations
 - coping with relapse.

Family Support Network for Adolescent Cannabis Users, Volume 3. Hamilton, N. L., Brantley, L. B., Tims, F. M., Angelovich, N., & McDougall, B. BKD386

- Provides additional support for families

- Can be combined with the therapies presented in volumes 1 and 2 or any other individual or group treatment
- Provides detailed instruction for conducting effective home visits, parent education meetings, and parent support groups and using a case management approach.

The Adolescent Community Reinforcement Approach for Adolescent Cannabis Users, Volume 4.
Godley, S. H., Meyers, R. J., Smith, J. E., Karvinen, T., Titus, J. C., Godley, M. D., Dent, G., Passetti, L., & Kelberg, P. BKD387

- Outlines 12 individual sessions for adolescents and their parents or caregivers
- Uses an individual, flexible, behavioral approach
- Provides detailed instruction on how to help the client learn more effective coping skills
- Can be used in rural areas or where forming therapy groups may be difficult.

Multidimensional Family Therapy for Adolescent Cannabis Users, Volume 5. **Liddle, H. A. BKD388**

- Integrates family therapy and primary substance abuse treatment
- Is predicated on family-focused, developmentally based treatment
- Provides treatment in 15 sessions over 12 weeks
- Uses case management techniques
- Assesses four factors: (1) the adolescent, (2) the parents, (3) the family's pattern of interacting, and (4) the teen's and parents' interaction with other systems, such as schools, juvenile justice, and peer and social support networks
- Bases treatment on indepth and multisystem assessments
- Individualizes treatment for each teen and his or her family.

How can I order one or all of the CYT Series?

YOU CAN OBTAIN FREE COPIES OF ANY OR ALL OF THE CANNABIS YOUTH TREATMENT SERIES AS VOLUMES BECOME AVAILABLE.



To order, contact SAMHSA's National Clearinghouse for Alcohol and Drug Information (NCADI):

Telephone: 1-800-729-6686
1-800-487-4889 TDD (hearing impaired)
Web sites: www.health.org or
www.samhsa.gov/csat/csat.htm (CSAT)

Other CSAT products, such as the **TIP series** and **TAP series**, are available through NCADI as well.