

Cannabis Youth Treatment Study Treatment Models:

Principles, Interventions, & Mechanisms

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Funded by:

The Center for Substance Abuse Treatment (CSAT)

Substance Abuse and Mental Health Services Administration (SAMSHA)

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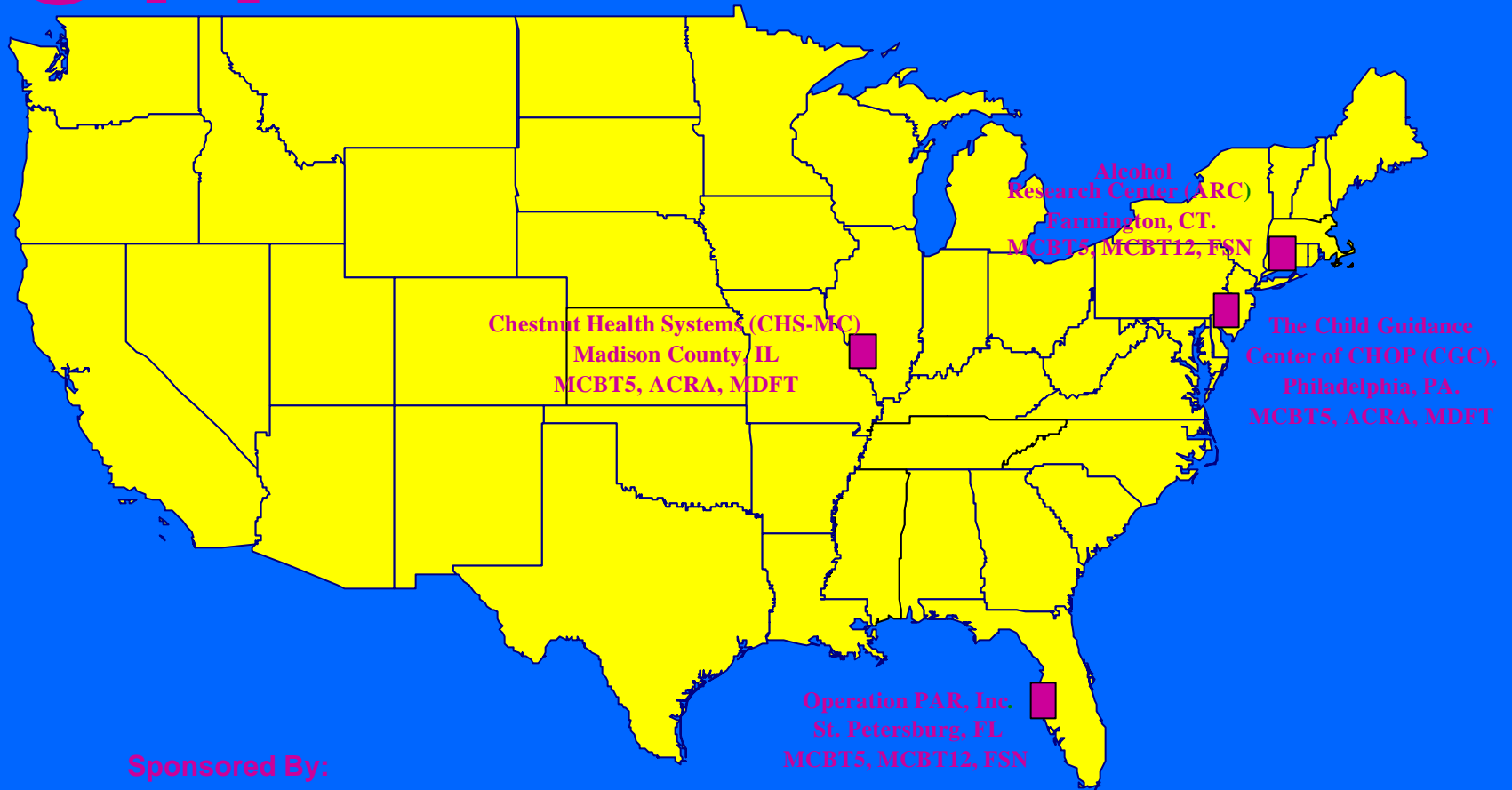
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CYT Interventions

- ★ Motivational and Cognitive Behavioral Therapy (MCB5)
- ★ Motivational and Cognitive Behavioral Therapy (MC12)
- ★ Family Support Network + MC12 (FSNM)
- ★ Adolescent Community Reinforcement Approach (ACRA)
- ★ Multidimensional Family Therapy (MDFT)

CYT

Cannabis Youth Treatment: A Collaborative Study of the Effectiveness of Treatment for Cannabis use Disorders



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Reasons Interventions Were Chosen

- Variety in theoretical orientation, frequency of contact, mode of delivery, duration, family involvement, & mediators
- Approximations of actual practice
- Research Base

Variations

- Brief Intervention
- More traditional group outpatient model
- Group outpatient plus family involvement
- 1 approach already tested with other populations
- 1 approach already tested in longer version
- Variations in level of family involvement

Intervention Characteristics

- Mode
- Duration
- Frequency of Contact
- Total # of Sessions
- Session Length
- Participant Load per Therapist
- Location of Contact
- Case Management
- Staff Qualifications
- Lead Experts

Motivational and Cognitive Behavioral Therapy-5

COMPONENTS

- Rapport Building
- Motivational Interviewing
- Personalized Feedback Report
- Goal Setting
- Functional analysis
- Refusal Skills
- Enhancing social support
- Increasing pleasant activities
- Coping with emergencies/relapse
- Real life practice

MEDIATORS

- MET helps resolve ambivalence & reach commitment to change through therapist recognition & acceptance & gradual shaping process
- CBT is designed to remediate deficits in skills for coping with antecedents to MJ use
- Uses group process

Motivational and Cognitive Behavioral Therapy-12

COMPONENTS

- Same as MCBT5--plus
- Problem solving
- Anger awareness
- Anger control
- Responding to criticism
- Coping with cravings
- Depression management
- Managing thoughts about marijuana
- Real life practice

MEDIATORS

- Same as MCBT-5 only more skills are taught and there is more time for modeling, rehearsal, and behavioral reinforcement and the group process

Family Support Network

COMPONENTS

- Same as MCBT12--plus
- Case management
- 4 monthly home visits
- 6 bi-weekly parent education/multi-family group meetings
 - Teen beliefs
 - Drug & adolescents
 - The family context
 - Boundaries/discipline
 - Communication
 - Relapse signs & recovery

MEDIATORS

- Same as MCBT-12
- Engages family in recovery process
- Enhance family functioning through communication & relationship building
- Improve parental effectiveness in dealing with substance use
- Link with needed resources

Adolescent Community Reinforcement Approach

COMPONENTS

- Rapport building
- Functional Analysis
- Happiness Scale
- Goals of Counseling
- Relapse Prevention Training
- Social/recreational counseling
- Problem solving training
- Communication skill training
- Relationship counseling/family
- Relationship counseling/peers
- Job Finding
- Assignment of homework

MEDIATORS

- Seeks to rearrange environmental contingencies to reward non-using behavior including family environment
- Help adolescent realize use is incompatible with short and long-term goals
- Teach skills to access activities that incompatible w/ drug use
- Non-didactic approach engaging
- Individual therapy allows individuation of environmental shaping & skill building

Multidimensional Family Therapy

COMPONENTS

- Engagement/motivation
- Theme identification/devel
- Social Support
- Conflict resolution
- Sealing changes
- Focus on drug use
- Parental reconnection task
- Prepare interactions
- Adolescent ecosystem
- Normative Development
- Parental practices
- Prosocial activities
- Relation Focus
- Alliance Building
- Parent Involvement

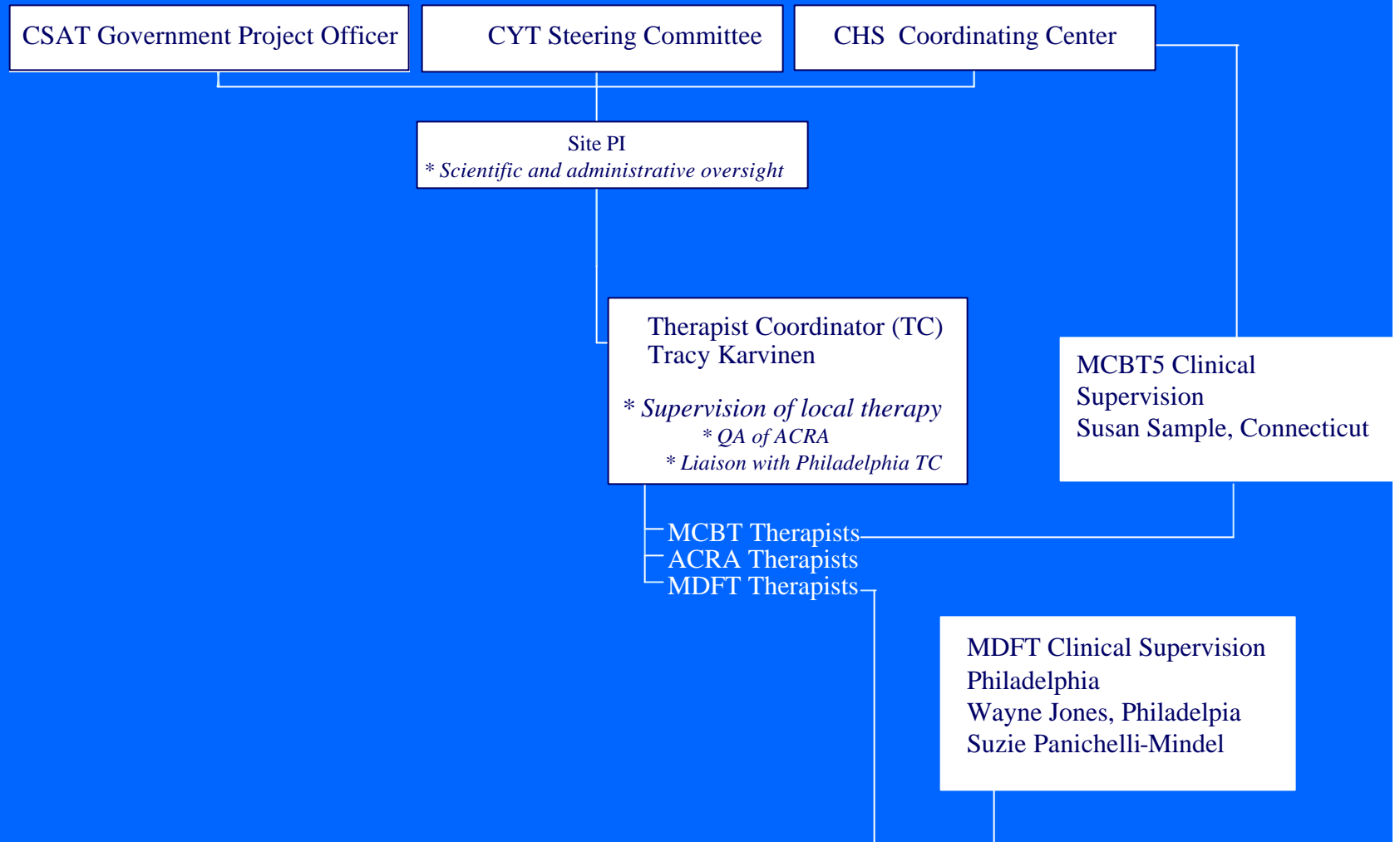
MEDIATORS

- For adolescent: ↑ competence, ↓ involvement w/ deviate peer network, ↑ pro-social activities, ↑ attach to family
- For parent: ↑ social support, ↓ psychiatric/drug use & social stressors, ↑ parenting practice & family warmth & emotional investment

Quality Assurance/ Implementation Fidelity

- Work Group Oversight
- Treatment Manual
- Criteria for TM completion
- Required training
- Certification Process
- Service Contact Logs
- Blind TC ratings of SCL
- Therapist Skillfulness scale
- Weekly group supervision
- Frequent individual supervision
- Semi-annual site visits
- Monthly TC calls
- Alliance Measures

Clinical Supervision



What Service Contact Logs Measure

- Duration & frequency of sessions
- Duration & frequency of face-to-face vs. telephone contact
- Duration & frequency of family involvement
- Duration & frequency of specific intervention procedures provided
- Duration & frequency of case management services delivered
- Use of urine tests and feedback
- Therapists' perception of engagement

Other measures of treatment

- Therapist Skillfulness Scale
- Alliance Measures at 2nd session and at discharge
- Discharge Questionnaire
- Follow-up measures (within the GAIN M-90) of treatment received