

Appendix F- Youth Treatment Services with Marijuana Outcomes

This list contains a sample of approved evidence based practices (EBPs) and researched based practices (RBPs) that a Tribe can use in its program proposal. A Tribe may choose to use one or more of the following EBPs/RBPs, or choose an innovative practice. The staff implementing one of these programs would need to be trained in the indicated program modality to count as an EBP.

- **Motivational Enhancement Therapy (MET)/Cognitive-Behavioral Therapy (CBT) 5:**
 - A five-session treatment composed of two individual sessions of MET and three weekly group sessions of CBT. This program is designed for the treatment of adolescents between the ages of 12 to 18, who have problems related to marijuana use.
- **Motivational Enhancement Therapy (MET) /Cognitive Behavioral Therapy (CBT) 12:**
 - This treatment is composed of two sessions of MET and ten weekly group sessions of CBT. This treatment is designed to provide more of the same kind of treatment as MET/CBT 5.
- **Adolescent Community Reinforcement Approach (ACRA):**
 - This treatment is composed of ten individual sessions with the adolescent and four sessions with caregivers. The focus is on rearranging environmental contingencies so that abstinence from marijuana is more rewarding than using behavior.
- **Multidimensional Family Therapy (MDFT):**
 - A twelve-week session composed of 12 to 15 individual family-focused sessions plus additional phone and case management contacts. Sessions are with the participant and his/her family on an individual basis with more focus on roles, other problem areas and their interaction. Treatment also focuses on building appropriate social supports with peers, schools and other involved services providers.
- **Family Support Network (FSN) for Adolescent Cannabis Users**
 - The FSN process is a family intervention designed to be used in conjunction with any standard adolescent treatment approach. FSN consists of several components, each designed to achieve specific objectives: case management, six parent education (PE) groups, and three or four in-home family therapy sessions.
- **Multi Systemic Therapy (MST) for substance abusing youth**
 - MST addresses the multidimensional nature of problem behavior focusing on the factors in each youth's social network contributing to antisocial behavior with the goal of empowering families to build a healthier environment. Typical engagement is four months with multiple therapist contacts with the family weekly.

References:

- <http://adai.washington.edu/ebp/matrix.pdf>
<http://www.nrepp.samhsa.gov/AdvancedSearch.aspx>

Request for Applications – Tribal Dedicated Marijuana Account Youth Prevention and/or Treatment Projects 18/19-005

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*The programs listed above have not been researched with specific Tribal, Native American, or Alaskan Native populations. For more information, please review research quality on the NREPP site and the ADAI website for population data.