



teen intervene

Screening, Brief Intervention, and Referral to Treatment for Substance Abuse

Teen intervene is a tested, time efficient, evidence-based program for teenagers (12-19 years old) suspected of experiencing mild or moderate substance use, covering all drugs but with a special focus on alcohol, marijuana and tobacco use.

Teen intervene is designed to help the teens who take part to:

- Determine the pros and cons of use
- Identify the reasons why they use/used
- Learn new skills that promote healthier behaviors
- Take responsibility for self-change

The program recognizes that there is a variety and range of reasons that adolescents engage in substance use and emphasizes the importance of individualizing behavior change goals. By identifying the reasons that students use, facilitators are able to tailor this brief intervention to meet the needs of each participant.

Teen intervene emphasizes that students are ultimately responsible for their substance use behavior. Facilitators offer information, provide guidance and suggestions, and seek a commitment from the student about what changes they will make.

FOR MORE INFORMATION, PLEASE CONTACT

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SESSION ONE OBJECTIVES

Facilitator will:

- Get to know/ build rapport with the student
- Summarize the basic principles of the **Teen Intervene** program
- Access student's substance use
- Help student to determine the pros and cons of substance use

SESSION TWO OBJECTIVES

Facilitator will:

- Evaluate the student's readiness for change
- Identify goals for reducing or eliminating substance abuse
- Help the student identify individuals and other areas for support
- Plan strategies for dealing with peer pressure

SESSION THREE OBJECTIVES

OPTIONAL CAREGIVER SESSION

Facilitator will:

- Summarize the **Teen Intervene** program
- Summarize the events that led the student to the brief intervention
- Discuss caregiver communication methods regarding substance use
- Identify support strategies for helping the student achieve positive behavior change