



## Getting Effective Treatment for Your Child

We all recognize that teens are not yet adults, though they look and act similar to them in many ways. There are often few places for teens to go for effective treatment when they have a substance use disorder.

A recent NPR report citing a 2014 NIDA report indicates that a “lack of effective treatment in the teen years can blight an entire life.” This same report goes on to say that “when substance use disorders occur in adolescence, they affect key developmental and social transitions, and they can interfere with normal brain maturation. These potentially lifelong consequences make addressing adolescent drug use an urgent matter.”

In 2012, the National Survey on Drug Use and Health found that only 10% of drug-addicted youth between 12 and 17 get any type of treatment. Programs designed around adolescents provide the most effective treatment.

### Research Based Strategies Lead to Effective Treatment

Teen programs need to have different [strategies](#) than adult programs. Not all treatment programs utilize research based strategies, even though there are many to choose from.

Adolescent Substance Abuse Programs does use research based strategies. These strategies

include: [Screening](#), Brief Intervention and Referral to Treatment (our [assessment](#) process), Motivational Interviewing, a technique that helps clients in setting goals, and involving family in the [treatment](#) process.

## A lack of effective treatment in the teen years can blight an entire life.

Teens rarely enter treatment voluntarily, so schools and court systems are often involved in their treatment. Many adolescents do not have access to their own cars or control their own schedules. Gaining the trust and cooperation of family members is essential to the treatment process. ASAP also encourages families to remain in treatment with primary mental health professionals. Clients can allow communication and coordination with them by signing a Release of Information.