STATEMENT OF NEED
Substance use and addiction is a growing public health, social and economic crisis in America. Columbia’s National Center on Addiction and Substance Abuse (CASA) 2015 Guide for Policymakers writes that adolescent substance use is a problem of “epidemic proportion,” though one that is grossly “under-treated.” Only 1 out of 10 high school students who need help with substance use disorders receive it, with the gap particularly acute among black and Hispanic youth. Adolescents as a developmental stage is particularly vulnerable to negative impacts from substance use, yet traditional substance use treatments fail to address the specific developmental needs of young people. Consequently, a large cohort of young people who need support are either not receiving it, or are receiving treatment that does not effectively meet their needs.

YAP’S SUBSTANCE USE SERVICES
The YAP Recovery Model incorporates a transforming combination of specific substance use evidence-based strategies into YAP’s traditional framework that blends wraparound planning, mentoring and positive youth development. Driven by the most recent research and expert consensus regarding the core elements associated with effective strategies for adolescents, the YAP Recovery Plan is flexible and individualized to meet the specific emotional, social, physical, and cognitive needs of the young person and family.

YAP’S GUIDING PRINCIPLES
➤ NO REFUSAL POLICY: YAP provides services for those youth demonstrating most complex needs and does not refuse or eject any youth referred from service, regardless of their challenges

➤ STRENGTH-BASED APPROACH: YAP identifies and builds on the youth’s strengths and interests

➤ FAMILY FOCUSED: YAP not only works with the young person, but partners with the entire family from the very beginning of services

➤ INDIVIDUALIZED SERVICE PLANNING: Based on wraparound principles, YAP service plans are holistic and developed in partnership with the youth, family and their team of supports to include individualized interventions that address all life domains

➤ COMMUNITY BASED: YAP services connect youth and families with caring, positive advocates recruited from their community who meet with them where they live, learn, work and play, at times convenient to them
YAP’S CONTINUUM OF SUBSTANCE USE SERVICES: RECOGNIZING THAT “ONE SIZE DOES NOT FIT ALL”

Substance use strategies are often limited to two opposite poles – drug education or drug treatment. Short-term outpatient group therapy is the most available and utilized model for adolescents identified with substance use disorder. It provides a standard level of care that has been effective with adults and is the more economical option in the short term. This model when effectively implemented is most successful with those adolescents and parents/caregivers that are motivated for change and can overcome the barriers discussed earlier.

Many young people and families fall outside of this cohort, because substance use varies for young people along a continuum of severity in a number of ways: their current level of use, from risky to chaotic; their understanding of the consequences of substance use; and their motivation to change their behavior. Research indicates that more targeted approaches - implemented at additional points across the continuum of use- create a greater possibility of youth engagement and more effectively assist in disrupting progression in adolescent substance use.

The **YAP Recovery Model** addresses the service gap by providing flexible, individualized services that take into consideration the multiple factors and dynamics impacting the youth. The YAP model is designed to “meet youth where they are,” instead of where we want them to be.

**NO NEED FOR TREATMENT**

**Risky Users**

Youth using substances and at high risk of developing substance use issues, but does not meet criteria for treatment.

Can benefit from strategies to interrupt development of SU issues.

**NOT READY FOR TREATMENT**

‘Pre-contemplation’ ‘contemplation’ or ‘preparation’ stage of change

Youth experiencing consequences of their substance use, but:

- Express no interest in actively participating in treatment
- Have “dropped out” or been “kicked out” of treatment services
- Ambivalent about their substance use problem and are hesitant to commit to treatment

**BARRIERS TO TREATMENT**

In ‘Action’ stage but experiences obstacles in accessing treatment

Youth experiencing accessibility barriers that include:

- Transportation or proximity to treatment site
- Lack of support/assistance from family
- Group not appropriate intervention

**SUPPORT WHILE IN TREATMENT**

Additional support for youth / family in ‘preparation’ or ‘Action’ stage

- Need additional community and home support to increase changes of success
- Complicated family issues hindering youth’s treatment

**SUPPORT AFTER TREATMENT**

‘Maintenance’ stage of change after treatment

“Recovery Management” to:

- Provide community support after treatment to sustain changes
- Address relapse
Screening and Comprehensive Assessment

Screening of youth’s substance use and a comprehensive assessment is a critical first step in developing an individualized Recovery Management Plan. YAP uses a number of tools as part of this process, including the Substance Abuse Subtle Screening Inventory-Adolescent (SASSI), Stages of Change Readiness Treatment Eagerness Scale (SOCRATES) and YAP’s Assessment Tools, which include a Life Domain Assessment and Strengths and Interest Surveys.

Individualized Service Planning

A Recovery Management Plan is created in partnership with the family, their YAP staff, and a team of formal and informal supports that play a role in helping the youth and family to achieve their goals. Families have “voice and choice” in their plans, goals, and interventions. This ensures the incorporation of their needs, strengths, and interests while increasing their sense of ownership and motivation in the process. Sustainability of youth’s success after completion of YAP services is a key element of the Recovery Management Plan. From the beginning of services, family transitional needs for program discharge are integrated into the plan, with an increasing shift of responsibility for navigating and maintaining supports going to youth and family throughout the process.

Service Engagement and Implementation

.navigateByUrl("\u2022 Recovery Advocate - Youth are matched with a specially trained Recovery Advocate who shares a history of substance abuse. Recovery Advocates work with the youth and family in their homes and community to achieve the goals in the Recovery Management Plan. The Recovery Advocate is available 24/7 and encourages, motivates, and supports youth in self-discovery and developing through the stages of change.

ValuePair (true, "Group Engagement - Group interventions are reserved for those youth who are in “contemplation” or “action” stages of change.

ValuePair (true, "Family Engagement - Substance use recovery is a family process, with success being accomplished by enhancing abilities and family management skills. YAP provides integrated family services to help improve communication, problem-solving, and conflict resolution within the family. Advocates also assist parents in getting their own needs and priorities met.

ValuePair (true, "Community Engagement - Youth and family’s knowledge of community support and resources are essential in creating a sustainable drug free lifestyle. YAP’s model is designed to connect youth and family with formal and informal resources that help youth build alternative social networks, organize recovery-oriented activities, and connect with community recovery support services through church, school, and peer support.

AGE RANGE
10-18

GENDER
Male or Female, LGBTQ inclusive

HOURS
15/week average; higher at entry to reduce over time

CONTACTS
Average 5 days/week

LENGTH OF STAY
6-9 months

SUPPORTED WORK
12 hrs/week average

PROGRAM COST
$95/day per youth
Trauma-Informed and Evidence-based Services

Research shows that the majority of youth who reach the level of chaotic substance use have histories of trauma and often demonstrate special characteristics that include behavioral problems, skills deficits, academic difficulties, family problems, and mental health issues. These are generally shaped by environmental adversities and biological vulnerabilities beginning in early childhood. Accordingly, YAP model identifies and attends to these psychosocial and mental health needs of youth family in addition to substance use.

Evidence-based practices and programs proven to successfully meet the specific needs of the population of youth and family served are utilized in service delivery. Proven practices like motivational interviewing is used to reduce resistance in a respectful and effective manner while avoiding confrontation that might provoke increase defensiveness and resistance to honest reflection and dialogue.

The YAP Recovery Model utilizes the following evidence-based counseling programs in combination with Recovery Advocate services to provide an intensive and comprehensive approach to adolescent substance use:

- **Brief Challenges™** is designed for youth who have a known or suspected drug problem and is used in four to five individual sessions.
- **Seven Challenges Program™** utilizes specially trained staff to assist youth who are initially reluctant to admit to drug problems by exploring their involvement with substances and by providing assistance in moving through stages of change to consideration of action plan.
- **Adolescent Community Reinforcement Approach (ACRA)** is an evidence-based behavioral intervention designed for young people ready to replace social and environmental structures supportive of drug and alcohol use with ones that promote a clean and healthy lifestyle.
- **Seeking Safety** is an evidence-based present-focused counseling model designed to continually address both trauma and substance use at the same time by the same clinician.
- **Cannabis Youth Treatment** is a group intervention for youth “action” or “maintenance” stage of change.

Youth Advocate Programs, Inc. (YAP) is a nationally recognized nonprofit exclusively committed to the provision of community-based services as alternatives to out of home care through direct service, advocacy and policy change.

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