



Adolescent Resource List

Evidenced-Based Practices

- [The Seven Challenges](#)
- [Cognitive Behavioral Therapy \(CBT\)](#)
- Motivational Enhancement Therapy/Cognitive Behavioral Therapy (MET/CBT)
- Acceptance and Commitment Therapy (ACT)
- Dialectical Behavioral Therapy (DBT)
- [Multi-Dimensional Family Therapy \(MDFT\)](#)
- [Functional Family Therapy \(FFT\)](#)

Clinical Models

- Brown & Lewis' Developmental Model
- Prochaska & DiClemente's Stages of Change Model

Assessment Tools

- Car, Relax, Alone, Forget, Friends, Trouble (CRAFFT)
Identifies substance use, substance-related riding/driving risk, and substance use disorder among youth ages 12-21.
- Level of Care for Alcohol and Drug Treatment Referral-Adolescent (LOCADTR-A)
A web-based tool that assists in determining the most appropriate level of care for a client with a substance use disorder or problem gambling disorder.
- Global Appraisal of Individual Needs (GAIN)
Measures the recency, breadth, and frequency of problems related to substance use, physical health, risk/protective involvement, mental health, and environment/vocational situation.
- The Alcohol Use Disorders Identification Test (AUDIT)
Focuses on drinking patterns and alcohol-related behavior and is research supported for the use with adolescents aged 14-18 years old.
- Drug Abuse Screening Test (DAST-10)
Brief clinical screening and treatment evaluation tool appropriate for adults and older youth.

Experiential

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| <input type="checkbox"/> Equine-Assisted Therapy | <input type="checkbox"/> Photography Art | <input type="checkbox"/> Music Therapy |
| <input type="checkbox"/> Yoga | <input type="checkbox"/> Fitness Activity | <input type="checkbox"/> Art Therapy |