

The Adolescent Substance Abuse course is a new class being provided at Compassion House. The course is seven weeks, being held weekly on Thursday from 5:00-6:30 pm. During the individual's first session, the client will complete the CRAFFT 2.1+N. Each class involves reading from AA/NA-approved literature and incorporating educational material from SAMHSA (Substance Abuse and Mental Health Services Administration) pertaining to adolescents. Additionally, each class provides material that is based from the MATRIX program. MATRIX is a structured, multi-component treatment model that consists of evidence-based practices, including relapse prevention, psycho-education, and self-help.

Each class is structured in the same format:

- Ice Breaker (Thumb Ball activities, Games)
- AA/NA reading
- SAMHSA Education Material (Tips for Teens, The Truth About) (Available in English and Spanish)
  - Examples of subjects covered: Tobacco, Marijuana, Hallucinogens, Underage Drinking, and Opioids
- PowerPoint (presentation/discussion)
  - Examples of topics: Stress, Stress Management, Thoughts, Emotions, and Behavior (using CBT)

What is CRAFFT:

The CRAFFT is an adolescent substance use screener available and has been shown to be valid for adolescents from diverse socioeconomic and racial/ethnic backgrounds. The version Compassion House is using includes substances, alcohol, and nicotine. The results are in percentages that provide a guide based on the DSM-5 Substance Abuse. CRAFFT It is recommended by the American Academy of Pediatrics Bright Futures Guidelines, the Center for Medicaid and CHIP Services' Early and Periodic Screening, Diagnostic and Treatment (EPSDT) program, and the National Institute of Alcohol Abuse and Alcoholism (NIAAA) Youth Screening Guide.