Evidence-Based Curriculums

Motivational Enhancement Treatment

Developed by: Jamieson, Beals, Lalonde and Associates, Inc.

100 South Grand Avenue East
Springfield, Illinois 62762
Phone: (800)-843-6154

Available at:

Motivational Enhancement Treatment (MET) is directly based on work that is presented in the Differential Substance Abuse Treatment (DSAT) Model (Jamieson, Beals, Lalonde and Associates, Inc.). Standards are delineated for program delivery. The theoretical basis and clinical approach remains client-centered and tailored to personal choice on the part of the recipient. There are a total of eight MET sessions in the manual. They are divided between two individual institutional sessions, one individual community session and five group sessions that are shared between institutional and community sites. The MET services are designed to increase problem recognition and the probability of treatment entry, continuation, and compliance. The MET programs serve as an adjunctive treatment to a range of cognitive behavioral options.

SAMHSA’s Model Programs NREPP: 2.8 out of 4.0

Families in Substance Abuse Treatment & Recovery
PO Box 982350
Park City, Utah 84098-2350

Phone: (800)-688-5822
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The Nurturing Program for Families in Substance Abuse Treatment and Recovery focuses on the effects of substance abuse on families, parenting, and the parent-child relationship. Combining experiential and didactic exercises, the approach is designed to enhance parent’s self-awareness and thereby increase their capacity to understand their children. This program is designed to assist parents in re-establishing the strength of their connections with their children. There are 17 topic areas presented in the program, each topic area represents a group-based session of 90 minutes. Due to the number of activities and the depth of the information presented in each topic area, more than one session per topic may be helpful to adequately increase parents’ knowledge and build their skills. The California Evidence-Based Clearinghouse rates this program as: 3 out of 5.

The FRIENDS National Resource Center for Community-Based Child Abuse Prevention rates the Nurturing Parenting Program as a “Promising Program.”
Facing Addiction: Starting Recovery from Alcohol and Drugs

Patrick Carnes, PhD., Stephanie Carnes, PhD, and John Bailey M.D, 2011, 296 pages.

Available at: http://www.amazon.com/Facing-Addiction-Starting-Recovery-Alcohol/dp/0982650566

**Facing Addiction** describes Dr. Patrick Carnes' research-based thirty-task model to treating addiction for alcohol or drugs. People who are addicted to drugs and alcohol now have access to the groundbreaking model that has facilitated addicts in achieving long-lasting recovery. This revolutionary model helps therapists and recovering clients understand the interaction between trauma and brain science and how these factors interact in the development of substance addiction. **Facing Addiction** utilizes evidence-based research to promote long-term recovery by engaging addicted clients in a 26-session program. The first seven tasks are presented to help readers break through denial and participate in a culture of support.

SAMHSA’s Model Programs NREPP: Quality of Research ranges from 2.9-3.2 out of 4.

Implementing Seeking Safety Therapy for PTSD and Substance Abuse: Clinical Guide

Lisa M. Najavits, PhD, 2002, 23 pages.

Available at: http://www.bhrm.org/guidelines/PTSD.pdf

**Seeking Safety** fits into the category of present-focused, coping skills approaches. It was developed as an integrated treatment for PTSD/substance abuse that can be used in early recovery from both disorders. It does not require the client to delve into the past, although it can be combined with trauma-processing methods. **Seeking Safety** is described in a treatment manual that offers both a therapist guide and extensive client handouts. This evidence-based program utilizes five central ideas: safety as the priority of treatment; integrated treatment of PTSD and substance abuse; a focus on ideals; four content areas- cognitive, behavioral, interpersonal, and case management; and attention to clinician processes. Additionally, **Seeking Safety** offers 25 treatment topics that each include a clinician guide and client handouts. The treatment topics are divided into interpersonal, behavioral, cognitive sections and a combination of topics are offered for the treatment sessions.

SAMHSA’s Model Programs NREPP: Quality of Research ranges from 2.8-3.3 out of 4. The California Evidence-Based Clearinghouse rates this program as: 2 out of 5.
Twelve Step Facilitation Therapy
Available at: http://legacy.nreppadmin.net/ViewIntervention.aspx?id=358

Twelve Step Facilitation Therapy (TSF) is a structured treatment approach that aims to facilitate early recovery from alcohol abuse, alcoholism, and other drug abuse and addiction problems. TSF utilizes behavioral, spiritual, and cognitive principles to encourage participants to actively create a 12-step fellowship as a means of sustaining sobriety. These principles include acknowledging that willpower alone cannot sustain sobriety, and recognizing that the key to long term recovery is a process of spiritual renewal. TSF has two general program goals: (1) acceptance of the need for abstinence from alcohol and other drug use and (2) surrender, or the willingness to participate actively in 12-step fellowships as a means of sustaining sobriety. The TSF counselor assesses the client's alcohol or drug use, advocates abstinence, explains the basic 12-step concepts, and actively supports and facilitates initial involvement and ongoing participation. The intervention is implemented over 12-15 sessions an is appropriate for use in groups or individually.

SAMHSA’s Model Programs NREPP: Quality of Research ranges from 3.7 out of 4.

Behavioral Couples Therapy
Available at: http://legacy.nreppadmin.net/ViewIntervention.aspx?id=134

Behavioral Couples Therapy for Alcoholism and Drug Abuse (BCT) is a substance abuse treatment approach based on the assumptions that (1) intimate partners can reward abstinence and (2) reducing relationship distress lessens risk for relapse. In BCT, the therapist works with both the person who is abusing substances and his or her partner to build a relationship that supports abstinence. Program components include a recovery or sobriety contract between the partners and therapist; activities and assignments designed to increase positive feelings, shared activities, and constructive communication; and relapse prevention planning. Partners generally attend 15-20 hour-long sessions over 5-6 months. A typical session follows this sequence: (1) the therapist asks about any substance use since the last session; (2) the couple discusses compliance with the recovery contract; (3) the couple presents and discusses homework assigned at the last session; (4) the couple discusses any relationship problems since the last session; (5) the therapist presents new material; and (6) the therapist assigns new homework.

SAMHSA’s Model Programs NREPP: Quality of Research ranges from 3.4-3.7 out of 4.
CRAFT

Available at: http://legacy.nreppadmin.net/ViewIntervention.aspx?id=378

Community Reinforcement and Family Training (CRAFT) is an intervention designed to assist a concerned significant other/family member (CSO) facilitate treatment entry/engagement for a treatment-refusing individual who is abusing drugs or alcohol (the family member). CRAFT aims to influence the substance-abusing family member’s behavior by changing the way the CSO interacts with him or her. The intervention incorporates the clinical style of motivational interviewing and emphasizes learning new skills to cope with a substance-abusing family member (e.g., using positive reinforcement, letting the loved one face the natural consequences of his or her behavior). CRAFT is also designed to help the CSO become more independent and feel more empowered in his or her relationship with the substance-abusing family member. The 1-hour CRAFT counseling sessions are typically delivered twice weekly for the first 4 weeks and once weekly for the next 6 weeks. However, the CRAFT program operates at an individualized pace, as the CSO is able, and the CRAFT therapist may use any procedure at any time.

SAMHSA’s Model Programs NREPP: Quality of Research ranges from 2.5-3.4 out of 4.

Curriculums Not Yet Rated:

Time out! For Me: An Assertiveness and Sexuality Workshop for Women
Norma Bartholomew, M.A., Lois R. Chatman, Ph.D., D. Dwayne Simpson, Ph.D.
1994, 228 pages.


The Time Out! series consists of separate interventions for leading women-only and men-only workshops that address the sensitive topics of relationships, sexuality, and intimacy. Time Out! For Me provides substance abuse counselors and case workers with a curriculum guide for leading a 6-session workshop for women. Issues addressed include sexuality, gender stereotypes, self-esteem, assertiveness skills, and reproductive health. The structured format for the workshop includes information sharing, discussion, exercises and activities, and role play. The intervention provides a comprehensive reference section on human sexuality, a resource directory, and handout materials for participants. The following topics comprise the workshop: a new outlook on sexuality, my personal rights, getting through to people (communication skills), woman-care, self-care, choices for today’s woman, and talking about sexuality.