

COGNITIVE BEHAVIORAL THERAPY

for Adolescents with Substance Use

ENCOMPASS Cognitive Behavioral Therapy (CBT+) is an integrated way of working with adolescents with substance use disorders to help them achieve sustainable change for the future.

ENCOMPASS was developed by a research team, led by Dr. Paula Riggs, Professor of Psychiatry at the University of Colorado Denver, and is based on more than [15 years of clinical research](#) and was [used in eleven sites in the National Institute on Drug Abuse \(NIDA\) Clinical Trials Network](#).

ENCOMPASS has been demonstrated to have success with adolescents with substance use and co-occurring disorders and has been recognized by NIDA. One year follow-up after ENCOMPASS Treatment found sustained or ongoing reduction in substance use and mental health problems; participants experienced a 60% decrease in post-treatment symptoms, 60% decrease in depression, 50% decrease in conduct disorder symptoms and 45% decrease in ADHD symptoms.

What is CBT+?

ENCOMPASS CBT+ uses [cognitive behavioral therapy and motivational interviewing](#) to address substance misuse and co-occurring problems in adolescents. The intervention includes [12 – 16 sessions](#) for the adolescent, with family involvement as appropriate. The approach is designed to help adolescents understand their patterns of use and behavior and learn new ways of being that they are comfortable with and can continue after treatment is over. Topics which may be addressed include goal-setting, exploring high-risk situations, coping with cravings, communications skills, anger awareness, problem-solving and enhancing social support. CBT+ uses worksheets, role play and practice to help young people make lasting changes.

Who can benefit from CBT+?

CBT+ is appropriate for adolescents

- [ages 12 through 18](#)
- [with substance use concerns](#) including use or abuse of tobacco products, over-the-counter medication, prescription medication, illegal substances, alcohol, or homemade substances
- [with co-occurring disorders](#) including depression, anxiety, ADHD, obsessive compulsive disorder, conduct disorder, oppositional defiant disorder, bipolar disorder, or other psychiatric disorders
- *living in biological families or foster or other out-of-home care*
- *referred by a range of professionals, including schools, physicians, courts, friends and family*

To make a referral contact the AHARTT clinic: [859-257-9341](tel:859-257-9341)