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Introduction -- PART I. BACKGROUND AND CONTEXT: THEORY, DEVELOPMENTAL, AND MEASUREMENT CONSIDERATIONS -- 1. Development Matters: Taking the Long View on Substance Abuse Etiology and Intervention during Adolescence -- 2. The Harm Reduction Approach to the Secondary Prevention of Alcohol Problems in Adolescents and Young Adults: Considerations across a Developmental Spectrum -- 3. Assessing Adolescent Substance Use Problems and Other Areas of Functioning: State of the Art -- 4. Personality and Learning Factors Combine to Create Risk for Adolescent Problem Drinking: A Model and Suggestions for Intervention -- PART II. EMPIRICAL ILLUSTRATIONS LINKED TO PART 1/ CLINICAL APPLICATIONS OF BRIEF INTERVENTIONS -- 5. Motivational Enhancement for Alcohol-Involved Adolescents -- 6. Alcohol Skills Training for College Students -- 7. Integrative Behavioral and Family Therapy for Adolescent Substance Abuse -- 8. Motivational Interviewing and the Prevention of HIV among Adolescents -- 9. Toward Brief Interventions for Adolescents with Substance Abuse and Comorbid Psychiatric Problems -- 10. New Frontiers: Using the Internet to Engage Teens in Substance Abuse Prevention and Treatment -- PART III. FUTURE DIRECTIONS -- 11. Transdisciplinary Research to Improve Brief Interventions for Addictive Behaviors -- Index -- About Guilford Publications -- Discover More Guilford Titles.

Sommario/riassunto

How do substance abuse and dependence in adolescents differ from related problems in adults? Can treatment principles that work with adults be adapted successfully to meet the special needs of teens? This volume reviews a range of empirically supported approaches to dealing with alcohol and other drug problems in this large and diverse clinical population. The focus is on motivationally based brief interventions that can be delivered in a variety of contexts, that address key developmental considerations, and that draw on the latest knowledge about the processes of addictive behavior change. Bringing together a multidisciplinary group of expert contributors, this is an essential resource for anyone working with or studying adolescents at risk. Part I reviews current research on substance abuse in adolescents and young adults and outlines the basic principles of developmentally informed assessment and intervention. Contributors point out that admission to specialized treatment programs is relatively rare in today's health care climate, but there exist many opportunities for prevention, skills training, and harm reduction efforts. Emphasized are the benefits of working with young people on their "home turf" and reaching out to all individuals engaging in health-risk behavior, not just those seeking intensive treatment. Part II presents a range of specific interventions, including alcohol skills training; integrative behavioral and family therapy; motivational interviewing; interventions for dually diagnosed youth; Internet-based education, prevention, and treatment; and applications to HIV prevention. Chapters describe the goals and methods of these approaches, review available data on their efficacy, and offer case illustrations and clinical pointers. The volume concludes by outlining a broad agenda for future transdisciplinary investigation.

Forging new connections among theory, research, and practice, this book belongs on the desks of all mental health practitioners and social service providers working with adolescents, as well as researchers and students in psychology, psychiatry, social work, and public health. It serves as a timely and relevant text for graduate-level courses. This volume reviews a range of empirically supported approaches to dealing with the growing problems of substance use and abuse among young people. While admission to specialized treatment programs is relatively

rare in today's health care climate, there are many opportunities for brief interventions. Brief interventions also allow the clinician to work with the teen on his or her "home turf," emphasize autonomy and personal responsibility, and can be used across the full range of teens who are engaging in health-risk behavior. Bringing together a multidisciplinary group of experts, the volume reviews general principles of harm reduction and the stages of change, discusses developmental considerations, and outlines key components of assessment and intervention. Chapters then describe specific applications that can typically be implemented in one to five sessions, including alcohol skills training, integrative behavioral and family therapy, motivational interviewing, interventions for dually diagnosed youth, and use of the Internet for education, prevention, and treatment. The volume is extensively referenced and includes numerous clinical illustrations and vignettes.
