



Want to address youth substance use, but don't know where to start? Here are some tips and models\* to aid you in addressing youth substance use in a variety of settings:

## Tip Sheet:

### [Addressing Chronic Substance Use with Youth & Young Adults](#)

#### Individual Interventions:

Have a clinician/counselor on staff and want to address youth one-on-one? Below is an example of one model you can use as a template:

1. [Boston Arts Academy Model](#)
  - a. [Intake Form](#)
  - b. [Encounter Form](#)

#### Group Interventions:

Are there many youths you need to work with around substance use concerns? Below is an example of one model you can use as a template:

1. [Charlestown Coalition Model](#)
  - a. [Pre-Survey](#)
  - b. [Post-Survey](#)
  - c. [Parental/Caretaker Permission Form](#)
  - d. [Intake Form](#)

#### Additional Suggestions:

1. Start a Youth Substance Use Prevention Community Group
  - a. [B.O.L.D. Teens](#)
  - b. [PUSH-Up](#)
2. Collaborate with Community Wellness Programs or Wellness Councils
  - a. Local Community Centers
  - b. City-Wide Youth Education Programs (see below)
3. Have accurate and up-to-date resources and information related to substance use available!
  - a. [Massachusetts Health Promotion Clearing House](#)
  - b. [Center for Disease Control](#)

#### Hotlines:

1. [Samaritans](#): (877) 870-4673 (HOPE) Call or text 24/7
2. [DOVE 24-Hour Crisis Hotline](#): [617.471.1234](#) or [888.314.3683](#)
3. [Massachusetts Substance Use Hotline](#): 800.327.5050

#### 18+:

1. [City of Boston: Office of Recovery Services](#)
2. [Massachusetts Organization for Addiction Recovery \(MOAR\)](#)

*\*Note: The models listed are to be used as a guide rather than a step-by-step instruction on interventions to implement. Each model was developed based on evidence-based practices (Cognitive Behavioral Therapy (CBT) and Motivational Interviewing (MI)) for the community they serve and may require adaptations for implementation in other communities.*



## Resources:

### Assessment:

The tools listed under here are to assist in assessing youth's behavior and attitudes towards substance use. Further training may be required for implementation.

Resource	Description	Accessibility
SBIRT	Screening, Brief Intervention, and Referral to Treatment ( <b>SBIRT</b> ) is an evidence-based practice used to identify, reduce, and prevent problematic use, abuse, and dependence on alcohol and illicit drugs.	<a href="https://www.integration.samhsa.gov/clinical-practice/sbirt">https://www.integration.samhsa.gov/clinical-practice/sbirt</a>
CRAFFT-II Questionnaire	The CRAFFT is a well-validated substance use screening tool for adolescents aged 12-21. It is recommended by the American Academy of Pediatrics' Bright Futures Guidelines for preventive care screenings and well-visits.	<a href="https://www.masbirt.org/sites/www.masbirt.org/files/School%20SBIRT/CRAFFT/English_CRAFFT-II_2018.pdf">https://www.masbirt.org/sites/www.masbirt.org/files/School%20SBIRT/CRAFFT/English_CRAFFT-II_2018.pdf</a>



## Training:

The tools listed under here are to assist in assessing youth’s behavior and attitudes towards substance use. Further training may be required for implementation.

Resource	Description	Accessibility
Institute for Health and Recovery (IHR)	HR’s mission, since our founding in 1989, has been to develop and support a comprehensive continuum of care for families, individuals, youth, and pregnant and parenting women affected by alcohol, tobacco, and other drug use, violence/trauma, mental health challenges and other health issues, while advancing principles of health equity and social justice.	<a href="http://www.healthrecovery.org/">http://www.healthrecovery.org/</a>
AdCare Educational Institute	<p>The mission of AdCare Educational Institute is to advance awareness, knowledge and skills in the prevention, intervention and treatment of substance abuse and related public health issues.</p> <p>The Institute accomplishes its mission through the development and implementation of high quality, yet affordable training programs and educational events. Activities are offered to individuals and organizations who directly or indirectly encounter problems associated with substance abuse or are affected by other public health issues.</p>	<a href="https://adcare-educational.org/">https://adcare-educational.org/</a>
Health Resources in Action (HRiA)	Health Resources in Action is a leader in developing programs that advance public health and medical research. We work with governments, communities, scientists, and nonprofit organizations that share an imperative for resolving today’s most critical public health issues through policy, research, prevention, and health promotion.	<a href="https://hria.org/services/capacity-building/">https://hria.org/services/capacity-building/</a>
Boston Public Health Commission-Overdose Prevention	<p>The Overdose Prevention Team at BPHC is prepared to provide trainings to a variety of audiences included active users, medical professionals, community organizations, and students. Trainings are appropriate for all groups interested in learning more about overdose prevention and encouraged for those that are likely to witness an overdose.</p> <p>For further information please contact <a href="mailto:overdoseprevention@bphc.org">overdoseprevention@bphc.org</a> or 617-534-9709.</p>	<a href="http://bphc.org/whatwedo/Recovery-Services/prevention/Pages/Narc-an-Program.aspx">http://bphc.org/whatwedo/Recovery-Services/prevention/Pages/Narc-an-Program.aspx</a>



## Tier 1 Intervention Tools:

The resources & programs listed below are a first step in promoting substance use education and information to a large youth audience. The information is generalized and not tailored to addressing chronic substance misuse amongst youth.

Resource	Description	Accessibility
<b>Curricula</b>		
Botvin: "LifeSkills" Curriculum	Botvin <i>LifeSkills Training</i> (LST) is a research-validated substance abuse prevention program proven to reduce the risks of alcohol, tobacco, drug abuse, and violence by targeting the major social and psychological factors that promote the initiation of substance use and other risky behaviors. This comprehensive and exciting program provides adolescents and young teens with the confidence and skills necessary to successfully handle challenging situations.	<a href="https://www.lifeskillstraining.com/">https://www.lifeskillstraining.com/</a>
ETR: "HealthSmart" Curriculum	HealthSmart is ETR's comprehensive K–12 health education program. It gives children and youth the knowledge and skills to make healthy choices and establish life-long healthy behaviors.	<a href="https://www.etr.org/healthsmart/">https://www.etr.org/healthsmart/</a>
CVS: "Catch My Breath" Curriculum	CATCH collaborated with researchers at Michael & Susan Dell Center for Healthy Living at The University of Texas Health Science Center at Houston (UTHealth) School of Public Health to create CATCH My Breath™, a youth e-cigarette, JUUL, and vape prevention program specific to grades 5-12.	<a href="https://www.catch.org/bundles/23725">https://www.catch.org/bundles/23725</a>
Drug Policy Alliance: "Safety First" Curriculum	Available in English, Spanish, Chinese, Hebrew, Russian, Czech, Greek and Papiamento, <i>Safety First: A Reality-Based Approach to Teens and Drugs</i> provides parents with the tools needed to evaluate and discuss strategies for protecting their teenagers from problematic drug use. Since the original publication of the booklet, more than 300,000 copies have been distributed worldwide.	<a href="http://www.drugpolicy.org/resource/safety-first-reality-based-approach-teens-and-drugs">http://www.drugpolicy.org/resource/safety-first-reality-based-approach-teens-and-drugs</a>
Health Resources in Action: Project Here	Project Here provides free resources to educators across Massachusetts to teach substance use prevention to middle school students (in grades 6-8) in order to empower students to make healthy decisions and promote social-emotional learning.	<a href="https://projectherema.org/">https://projectherema.org/</a>



Resource	Description	Accessibility
<b>Education Programs</b>		
Peer Health Exchange	Peer Health Exchange's mission is to empower young people with the knowledge, skills, and resources to make healthy decisions. We do this by training college students to teach a skills-based health curriculum in under-resourced high schools across the country.	<a href="https://www.peerhealthexchange.org/our-sites/boston">https://www.peerhealthexchange.org/our-sites/boston</a>
Boston Public Health Commission: Health Resource Center Program (HRC)	The Health Resource Center (HRC) is collaboration between the Boston Public Health Commission and Boston Public Schools to bring comprehensive sexual health education, in-school health counseling and referrals to community health care resources to BPS high school students.	<a href="https://www.bphc.org/whatwedo/Teens/health-resource-center/Pages/health-resource-center.aspx">https://www.bphc.org/whatwedo/Teens/health-resource-center/Pages/health-resource-center.aspx</a>
Boston Public Health Commission: School-Based Health Center Program (SBHC)	School-Based Health Centers fortify kids by providing comprehensive care, building on strengths and protective factors, and creating connections with trusted adults. This creates a safe space where providers can help students gain the confidence and skills they need to maximize their learning, successfully navigate school, and understand that they have what it takes to reach their full potential.	<a href="https://www.mass.gov/service-details/directory-of-school-based-health-centers">https://www.mass.gov/service-details/directory-of-school-based-health-centers</a>
Wediko Children's Services	Wediko Children's Services is home to some of the country's most passionate and dedicated child development professionals who help children and families increase safety, strength, and resiliency. Our leading professionals come from a broad spectrum of educational backgrounds including clinical psychologists, social workers, neuropsychologists, mental health counselors, guidance counselors, special educators, and more.	<a href="https://www.wediko.org/">https://www.wediko.org/</a>
Teen Empowerment	Teen Empowerment's mission is to employ, train, and empower youth to, in collaboration with adults, create peace, equity, and justice.	<a href="https://teenempowerment.org/">https://teenempowerment.org/</a>
MissionSAFE	MissionSAFE uses a Relational/Developmental/Trauma-Informed model that intentionally works to create conditions for resilience and positive transformation in youth. Our programs aim to provide a feeling of emotional and physical safety that allows youth the freedom to explore, make mistakes, develop self-knowledge and begin to grow. We bolster that with opportunities to master skills and broaden their horizons.	<a href="https://www.missionsafe.org/">https://www.missionsafe.org/</a>



<b>Youth Advocates/Groups Neighborhood Coalitions</b>		
Health Resources in Action: The 84 Movement	<b>The 84</b> is a statewide movement of youth fighting tobacco in Massachusetts. The 84 represents the 84% of Massachusetts youth who did NOT smoke when the movement began. Now, 93.4% of youth do NOT smoke.	<a href="https://the84.org/about-the-84/">https://the84.org/about-the-84/</a>
B.O.L.D. Teens	We focus on environmental and social justice by identifying and addressing the safety and health concerns of our community through education, service and advocacy.	<a href="https://boldteens.org/">https://boldteens.org/</a>
Allston-Brighton Substance Abuse Task Force	The Allston-Brighton Substance Abuse Task Force is a coalition of community agencies and residents that mobilizes youth, families, community members and leaders to prevent and reduce substance abuse among youth and adults in our community.	<a href="http://www.abdrugfree.org/youth.html">http://www.abdrugfree.org/youth.html</a>
EASTIE: The East Boston Alliance for Support, Treatment, Intervention and Education	EASTIE: The East Boston Alliance for Support, Treatment, Intervention and Education is a coalition of community agencies and residents that mobilizes youth, families, community members and leaders to prevent and reduce substance misuse among youth and adults in our community. Members of the EASTIE coalition reflect the four areas in the name "EASTIE": support, treatment, intervention and education. Those who are within the treatment and intervention community help other members better understand substance use disorders as well as the various treatment modalities.	<a href="http://gcdev2.com/eastie-coalition/">http://gcdev2.com/eastie-coalition/</a>
Project R.I.G.H.T. Inc.	In 1991, eight (8) entities within Grove Hall (three neighborhood resident groups, a church and four service organizations) came together to form a collaborative to address the issue of violence within the Grove Hall neighborhood of Roxbury and North Dorchester. They established Project R.I.G.H.T. (Rebuild and Improve Grove Hall Together) to increase the capacity of neighborhood resident groups and community-based organizations to prevent crime and violence within Grove Hall.	<a href="http://www.projectrightinc.org/">http://www.projectrightinc.org/</a>



Boston Asian Youth Essential Service	Boston Asian Youth Essential Service (Boston Asian YES) is a nonprofit 501(c)(3) organization responding to emerging needs and interests of Asian youth who do not have access to services, resources and opportunities that met their specific needs and interests. YES's primary service population is low-income immigrant Asian youth, ages 12-21, who face language and cultural barriers, challenges in school, at home, and within the community. YES was founded by youth workers, with support from Boston Public Schools educators and Chinatown community activists.	<a href="http://www.bostonasianyes.org/">http://www.bostonasianyes.org/</a>
South Boston CAN	CAN is a partnership of service providers and community residents engaged in collaboration to increase health and decrease substance abuse in South Boston.	<a href="https://www.facebook.com/southbostonCAN/about/?ref=page_internal">https://www.facebook.com/southbostonCAN/about/?ref=page_internal</a>
NEAD North End Against Drugs	NEAD is a substance use prevention coalition targeting the residents of the North End neighborhood of Boston.	<a href="https://www.facebook.com/NEAD-North-End-Against-Drugs-306259716059138/">https://www.facebook.com/NEAD-North-End-Against-Drugs-306259716059138/</a>
<b><i>Print Material</i></b>		
Massachusetts Health Promotion Clearing House	Free health promotion materials for Massachusetts residents and health and social service providers.	<a href="https://massclearinghouse.ehs.state.ma.us/">https://massclearinghouse.ehs.state.ma.us/</a>



## Tier 2 Intervention Tools:

The resources & programs listed below are used for outpatient services. These would be utilized for individual/family engagement around substance misuse for youth. Insurance may be required for services below.

Resource	Description	Accessibility
<b>Hospitals</b>		
Massachusetts General Hospital: Addiction Recovery Management Service (ARMS)	The Addiction Recovery Management Service (ARMS) at Massachusetts General Hospital provides support services for parents of youth between 14 and 26 facing substance use and related problems.	<a href="https://www.massgeneral.org/psychiatry/treatments-and-services/addiction-recovery-management-service/parents">https://www.massgeneral.org/psychiatry/treatments-and-services/addiction-recovery-management-service/parents</a>
Boston Medical Center: CATALYST Program	Many teenagers and young adults struggle with addiction to drugs, alcohol, or both. At Boston Medical Center, the Center for Addiction Treatment for Adolescent/Young adults who use Substances (CATALYST) program helps teens and young adults who are struggling with addiction. The clinic provides access to a wide range of services including primary care, behavioral health, and support resources for patients up to age 25 and their families.	<a href="https://www.bmc.org/catalyst-clinic">https://www.bmc.org/catalyst-clinic</a>
Children’s Hospital: Adolescent Substance Abuse Program (ASAP)	The Adolescent Substance Use & Addiction Program (ASAP) at Boston Children’s Hospital provides national leadership in the identification, diagnosis and treatment of substance use problems and disorders in children and adolescents. ASAP is part of the Division of Developmental Medicine, and is staffed by developmental-behavioral trained pediatricians, licensed independent social workers and psychiatrists. ASAP clinicians are uniquely qualified to evaluate and support adolescents with a full range of substance use problems and disorders, from teens who have just begun using substances to those struggling with addiction, and their families.	<a href="http://www.childrenshospital.org/centers-and-services/programs/a--e/adolescent-substance-abuse-program">http://www.childrenshospital.org/centers-and-services/programs/a--e/adolescent-substance-abuse-program</a>





<b>Clinical Referrals</b>		
Father's Uplift:	Fathers' Uplift works to assist fathers in overcoming barriers (financial, oppressive, emotional, traumatic and addiction-based barriers) that prevent them from remaining engaged in their children's lives. We also provide mentoring, cultural outings and counseling to children who are growing up without their fathers. We uplift fathers and strengthen families nationwide through service, love, and encouragement.	<a href="https://www.fathersuplift.org/">https://www.fathersuplift.org/</a>
Commonwealth Mental Health & Wellness Center, Inc.	CMHWC is a DPH licensed Clinic that provides Mental Health Counseling, Substance Abuse Counseling, Family Therapy, Case Management, Therapeutic Mentoring, Expressive Therapy, Coaching & Alternative Healing . These services are offered from culturally competent providers to all in need that meet admission guidelines.	<a href="http://www.cmhwc.com">www.cmhwc.com</a>
Gavin Foundation	The Gavin Foundation is a nonprofit agency providing comprehensive adult, youth and community substance abuse education, prevention and treatment programs. Established in South Boston in 1963, we now serve over 5,000 individuals each year from Massachusetts and beyond.	<a href="https://www.gavinfoundation.org/">https://www.gavinfoundation.org/</a>



## Tier 3 Intervention Tools:

The resources & programs listed below are used for addiction services. These resources are recovery focused and would be utilized for youths with a diagnosed Substance Use Disorder (SUD). Insurance may be required for services below and may connect you to locations throughout the state of Massachusetts.

Resource	Description	Accessibility
<b>Outpatient</b>		
ABCD Ostiguy High Recovery High School	Established in 2006, Ostiguy is the first high school in the nation to be accredited by the Association of Recovery Schools. Serving 75 students annually, we feature small class sizes, certified teachers with expertise in both their subject area and working with youth in recovery, afterschool and summer opportunities for tutoring and catching up with course credits, along with standardized test preparation to address your specific needs.	<a href="https://bostonabcd.org/service/ostiguy-high-school/">https://bostonabcd.org/service/ostiguy-high-school/</a>
Gavin Foundation	The Gavin Foundation is a nonprofit agency providing comprehensive adult, youth and community substance abuse education, prevention and treatment programs. Established in South Boston in 1963, we now serve over 5,000 individuals each year from Massachusetts and beyond.	<a href="https://www.gavinfoundation.org/">https://www.gavinfoundation.org/</a>

## Family Engagement:

Resource	Description	Accessibility
National Alliance on Mental Illness (NAMI)- Massachusetts	The mission of NAMI Massachusetts is to improve the quality of life for people diagnosed with mental health conditions and their families. We seek to improve the public's awareness and understanding of mental health conditions and ensure that all people impacted by a mental health condition receive the support they need in a timely fashion.	<a href="https://namimass.org/">https://namimass.org/</a>
Learn to Cope	Learn to Cope is a non-profit support network that offers education, resources, peer support and hope for parents and family members coping with a loved one addicted to opiates or other drugs.	<a href="https://www.learn2cope.org/">https://www.learn2cope.org/</a>
Allies in Recovery	Allies in Recovery became a worldwide web platform, thereby making our CRAFT coaching, eLearning, and resources available to anyone with an internet connection.	<a href="https://alliesinrecovery.net/">https://alliesinrecovery.net/</a>



	<p>Addiction is a disease and can be treated. Individuals struggling with Substance Use Disorder deserve an environment where their illness is understood and recovery is fostered. And families absolutely have a role to play in guiding them towards that place.</p>	
<p>Family Check-Up: Positive Parenting Prevents Drug Use</p>	<p>This publication presents evidence-based information developed by the Child and Family Center at the University of Oregon. It highlights parenting skills that are important in preventing the initiation and progression of drug use among youth. This publication also provides access to video clips that can help you practice positive parenting skills.</p>	<p><a href="#">Family Check-Up: Positive Parenting Prevents Drug Use</a></p>

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