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0521823587 - Adolescent Substance Abuse: Research and Clinical Advances
Edited by Howard A. Liddle and Cynthia L. Rowe
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Adolescent Substance Abuse

Research and Clinical Advances

Adolescent drug abuse is one of the most challenging disorders to treat. It impacts on schools, community-based programs, mental health and medical facilities, and juvenile justice settings. This book provides practitioners, program developers, and policy makers with the most up-to-date and practical information for improving outcomes in adolescent substance abuse. The authors cover a range of issues, including empirically based treatment development protocols, how to incorporate innovative treatment models into diverse clinical settings, research advances, interventions with special populations, culturally based intervention guidelines, and recommendations for practice and policy.

Pre-publication comments on this book

There are some books that you wish you had the time to read and there are others that you simply make the time to read. This edited collection from Howard Liddle and Cynthia Rowe is of the "make-time-to-read" variety. Over the last few years many countries have witnessed a steady increase in adolescent drug abuse and are now looking to develop services that can meet the needs of these young people and their families. Liddle and Rowe have drawn on their own experience, over many years, to bring together some of the world's leading researchers and therapists in the field of adolescent drug abuse treatment. These authors were asked to set out the key achievements and future challenges in their field. The result is a book that will be an invaluable resource to all of those planning, researching and working in adolescent drug abuse treatment services for years to come.

Neil McKeganey
Professor of Drug Misuse Research
University of Glasgow

A hallmark of health services in the last decade has been the discovery that adolescence is different from adulthood, and that the methods to identify, treat, and prevent illness need to be different. Nowhere has this been more evident than in the substance abuse field. This book is evidence that this discovery has taken place and that the emergent field of adolescent substance abuse treatment is alive and well. It offers a comprehensive set of research-based summaries

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from the leaders in this area that needs to be read and thought about by anyone treating substance-abusing adolescents. It should also be extraordinarily useful for those involved in policy making.

Robert A. Zucker, Ph.D.
Professor of Psychology in Psychiatry and Psychology
Director, Substance Abuse Section, Department of Psychiatry,
Director, Addiction Research Center
University of Michigan

This monograph sits at the nexus of sophisticated research and statistical techniques, clinical practice and funding-policy addressing the challenging public health issues of adolescent substance use and sexual risk-taking. Many of the complex matters that make adolescent substance use an exemplar of the challenges and complexities that face those working with substance-use disorders in general, are taken up by the specialist researchers brought together in this book. It will be invaluable to all in the field as it not only offers scholarly literature reviews and discussions of developments in statistical and clinical practice and health service delivery, but the editors provide clear and reasonable suggestions in a call to action to promote the linkage of research and practice in adolescent substance use research, service delivery and policy development.

Dr. Jan Copeland
Senior Lecturer
National Drug and Alcohol Research Centre
School of Community Medicine and Public Health
University of South Wales

As substance misuse becomes increasingly prevalent in society, and particularly among the young, there is a need for authoritative evidence-based guidance on policy and treatment. Drs Liddle and Rowe have provided the most comprehensive and timely review of the evidence base for treatment of adolescent substance abuse currently available. This will be of considerable value to clinicians, researchers and policy makers in this field as a state-of-the-art review of what is currently known, as well as identifying key gaps in knowledge and areas for future research. The assembled chapters will provide much needed impetus for the development of best practice in this field and stimulate rational service development internationally.

Professor Colin Drummond
St George's Hospital Medical School, University of London

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Forewords

Foreword 1

Alcohol and drug abuse continue to be perceived as extremely serious problems by all Americans. In volume alone, substance use disorders are daunting problems. For example, in 2001 (the latest data available in the US National Survey of Substance Abuse Treatment Services [2001]), 1.1 million US youth aged 12–17 were estimated to need substance abuse treatment. However, it seems clear from research in the UK and Europe that young people with substance abuse problems are not being identified accurately. Therefore, this very large prevalence figure may be a substantial underestimate. Finally, there is also indication that the situation may be getting worse. Surveys in the USA and a variety of other countries documented alarming increases in adolescent substance use throughout the 1990s and rates have remained steady and consistently high in the early years of this decade (see Ch. 6).

It is disturbing that of the 1.1 million identified adolescent abusers, fewer than 100 000 actually received treatment, leaving a significant "treatment gap" nationwide. Even worse, there is also concern regarding the effectiveness and worth of the treatment that is available. Indeed, a significant proportion of Americans – even those who work within healthcare settings – feel that "nothing works" for substance abuse. For instance, the Services Research Outcomes Study found in 1998 that while adult patients improved significantly in drug abuse programs, adolescents actually increased their alcohol and drug use in the years following treatment. In turn, research from the USA, the UK, and Europe suggests that the treatments being delivered to adolescents may not be developmentally appropriate, or based on research-derived approaches or interventions.

The poor public image of substance abuse treatment is made more disturbing because since the mid-1990s there have been significant advances in substance abuse treatment technology, such as the introduction of manual-driven, empirically

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validated treatment approaches (e.g. motivational enhancement therapy, 12-step facilitation therapy, etc.) and several new medications to assist in combating drug craving and withdrawal symptoms. Yet, much of this work remains isolated and disconnected from trends and developments that could enhance it. For instance, practitioners remain largely in the dark about the newer research findings and policy makers are unaware of the structural and regulatory changes that will be necessary to implement and support research-derived treatments and strategies. Legislatures, insurers, and the public at large have demanded more accountability and better performance from the specialty treatment programs in their states. Consequently, despite substantial research progress there remains uncertainty and even doubt about the effectiveness of treatments for alcohol and drug dependence in the real world.

Adolescent Substance Abuse: Research and Clinical Advances is a volume of interesting, timely, practical, and scientifically rigorous papers that is placed squarely at the intersection of three significant forces affecting our field:

- increases in the prevalence and severity of adolescent substance use
- public concern regarding the availability and quality of substance abuse treatment for adolescents
- scientific advances in our understanding about the prevention and treatment of adolescent substance abuse.

The book includes chapters addressing all three of these forces and is designed to address the gap between what we could provide to substance-abusing adolescents and what is currently available. In the five sections of this volume, readers will find the latest treatment research advances, presented in clinically relevant ways and offering practical steps for policy makers and practitioners to advance the field into the next developmental stage of adolescent substance abuse treatment research. The work presented comes from the very best researchers and clinicians in our field. Therefore, this volume should be relevant for and appeal to a wide audience from the many groups of providers, researchers, and policy makers that work with adolescent drug abuse. Though the findings from these papers may provoke serious concerns regarding the current effectiveness of adolescent substance abuse treatment, the suggestions to improve that treatment are sensible, timely, objective, and practical – but not too simple. Adolescent substance abuse treatment is at a serious crossroads and there are no simple fixes that will assure more availability and better quality. Adolescent addiction treatment needs political commitment to address the many problems as well as practical science working with committed clinicians to engineer new solutions supported by financial and technical investment and incentives to raise quality and to attract the best personnel. Achieving the public expectations for adolescent substance abuse treatment

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will not be quick or easy, but with guidance from the science-based findings, principles, and recommendations within this volume, there is reason for optimism that better days lie ahead.

A. Thomas McLellan
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Foreword 2

Compliments from Europe!

That was the first phrase that came to mind after I had finished reading this informative and remarkable book. A few years ago, when the University of Miami sponsored a meeting that ultimately resulted in this book, many considered adolescent substance abuse science to be in the toddler stage. Yet, behold, it is now rapidly evolving into a new developmental period. In the past decades, but with accelerated speed in the past few years, sizable advances have been made in:

- understanding the determinants of substance use disorders in youth from a longitudinal perspective
- accepting co-morbidity and "multidimensionality" as real issues in the causation, perseverance, and exacerbation of these disorders
- developing tools and methods to measure problems, to target actions, and to evaluate intervention outcomes
- designing and implementing efficacious and perhaps even effective treatments.

One would hope that the next stride forward in this relatively young field of science and practice would be as big as the one made in this book. Europeans should be grateful to our American colleagues for paving the way. The next book should contain not only descriptions but also data from trials in Europe. There are presently efforts underway to transport interventions developed in the USA to European contexts. There is a fair amount of competition here, with "American" treatments outbidding each other. I sincerely hope that science will prevail here, in the tradition established by this book.

I also hope that policy generation by policy makers and politicians will start to acknowledge that substance use disorder in "multiproblem kids" is something far more serious and worthy of preventive and therapeutic intervention than has been, until recently, accepted in debates dominated by ideology. Researchers cannot take over the tasks of policy makers, but they can be helpful. Improve the world, but start with sound research.

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In sum, this volume characterizes the specialty's current state and offers ideas about directions needed. Any researcher or therapist with interest in the exciting area of youth substance use and misuse should read this book.

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Abbreviations

ASAM	American Society of Addiction Medicine
CJ-DATS	Criminal Justice Drug Abuse Treatment Studies
CSAT	Center for Substance Abuse Treatment
CTN	Clinical Trials Network
DARP	Drug Abuse Reporting Program
DATOS-A	Drug Abuse Treatment Outcome Studies in Adolescents
DSM	Diagnostic and Statistical Manual
EMCDDA	European Monitoring Centre for Drugs and Drug Addiction
ESPAD	European Schools Project on Alcohol and Other Drugs
HBSC	Health Behaviour in School-aged Children
MTF	Monitoring the Future [project]
NCADI	National Clearing House on Alcohol and Drug Information
NHSDA	National Health Survey of Drug Abuse
NIAAA	National Institute on Alcohol Abuse and Treatment
NIDA	National Institute on Drug Abuse
NIH	National Institutes of Health
NIMH	National Institute of Mental Health
NITIES	US National Treatment Improvement Evaluation Study
SAMHSA	Substance Abuse and Mental Health Services Administration
SASATE	Society for Adolescent Substance Abuse Treatment Effectiveness
TOPS	Treatment Outcome Perspectives Study

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