



National Center for School Mental Health

**Division of Child and
Adolescent Psychiatry**

**University of Maryland
School of Medicine**



Welcome!

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Welcome!

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Initiatives



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Maryland **F**amily and **Y**outh **I**nterventions for Substance Use (Maryland FYI)

- Statewide Expansion of Training and Provider Evidence Based Practices to Prevent Opiate Use Disorders for Adolescents and Families Trainings program is funded through the State of Maryland, Department of Health (DoH), Behavioral Health Administration (BHA)
- This initiative seeks to expand Maryland's capacity to prevent, treat, and help youth recover from Opioid Use Disorder (OUD) and other Substance Use Disorders (SUDs)
 - Prevention
 - Early identification and intervention
 - Recovery support for children and adolescents
 - Family interventions



Family Interventions and Resources



**Strengthening
Families Foundation**





Strengthening Families Program (SFP) –is an evidence-based family skills training program, delivered in multiple family group sessions by professionals and paraprofessionals and is appropriate for youth ages 7-17.

Parents and youth attend weekly SFP skills classes together, learning parenting skills and youth life and refusal skills.

The Strengthening Families Program is 14-sessions. Group Leader Manuals contain complete lessons for every session. SFP may be implemented in-person or virtually.



Parent skills sessions include:

- Reviewing appropriate developmental expectations
- Teaching parents to interact positively with their children
- Positive communication strategies
- Encouraging family meetings to improve order and organization, and
- Discussing effective discipline including reasonable and logical consequences and time-outs

The children's skills training content includes:

- Communication skills to improve parents, peers, and teacher relationships
- Talking about hopes and dreams
- Skill building including resilience skills, problems solving, peer resistance, feeling identification, dealing with criticism, anger management and coping skills.



A three-partial day training workshop provides pre-training materials, binder with handouts, USB flash-drives with SFP DVD Discussion guide curriculum, and PowerPoints for teaching families online.



The Strengthening Families Program held seven trainings for participants to become SFP Family Coaches in order to facilitate this intervention to parents and children.



Parent CRAFT

CRAFT model: an intervention that provides concerned others skills for encouraging a loved one to enter treatment for substance abuse

Parent CRAFT: Version that is specially designed for parents/caregivers of a teenager or a transitional age youth (TAY) who is misusing substances

Video-based training delivered online directly to parents and caregivers

- Five modules
- Entirely self-guided: Parents work alone and at their own pace
- Includes downloadable written worksheets / homework assignments
- Unlimited free access to all Maryland families



Parent CRAFT Intervention Components

- **Roadmap** of teen's use: Understanding teen's triggers for use, maintaining factors, and potential negative long-term consequences
- **Communication skills** for discussing concerns about teen's drug use: use of understanding statements, accepting partial responsibility, use of specific behavioral examples
- **Using positive reinforcement** to influence and change behavior
- **Allowing for natural consequences** to unfold (stopping enabling and protecting)
- **Recommending professional help** and finding help



Behavioral Health Provider Interventions

Prevention: *Botvin LifeSkills*

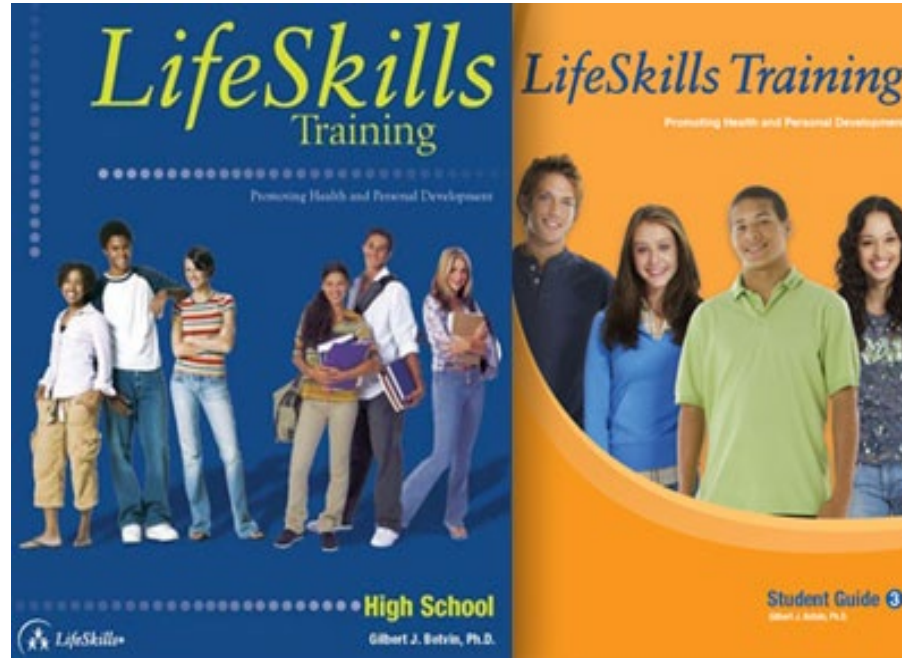
Identification: *Screening, Brief Intervention & Referral To Treatment (SBIRT)*

Intervention: *Adolescent Community Reinforcement Approach*

Cultural Responsiveness: *Ask Model for Cultural Responsiveness*



Botvin LifeSkills Training



- ✓ Drug resistance skills
- ✓ Personal self-management skills
- ✓ General social skills

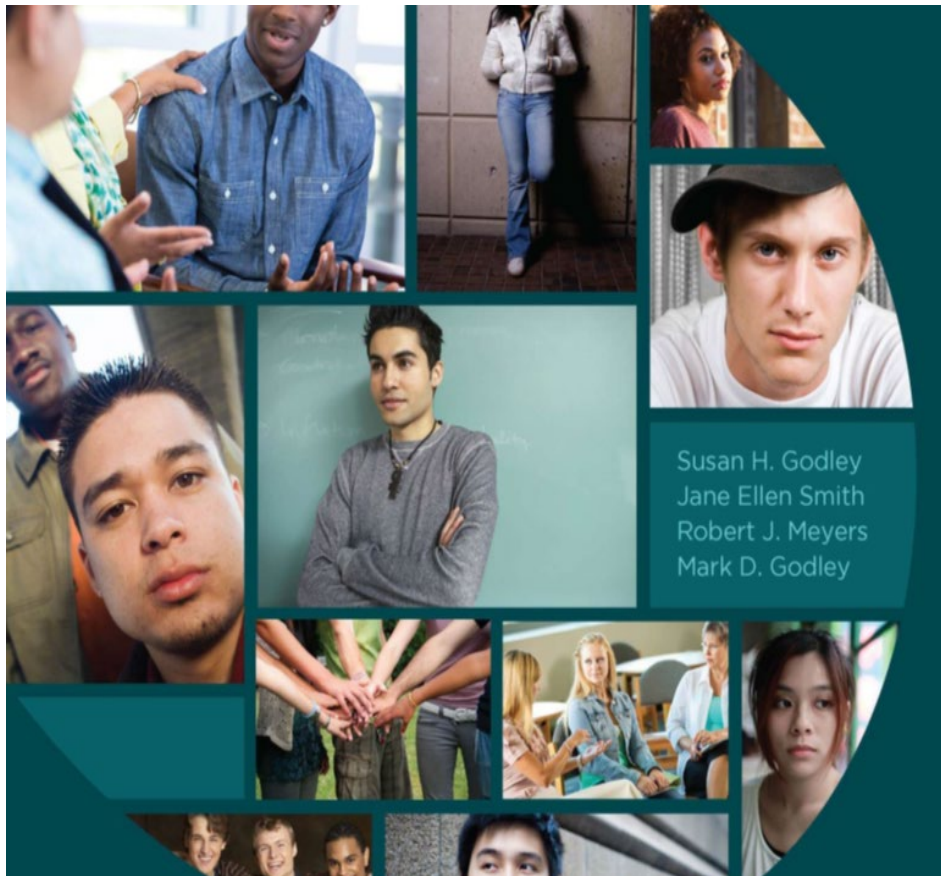
- ✓ Self Confidence
- ✓ Coping Skills
- ✓ Effects of substance use

- Small group setting
- Classroom setting
- Approximately 40-45 minutes per session



Adolescent Community Reinforcement Approach

A-CRA Procedures



- Overview
- Functional Analysis of Substance Use
- Functional Analysis of Pro-Social Behavior
- Happiness Scale
- Treatment Plans/Goals of Counseling
- Increasing Pro-Social Recreation
- Systematic Encouragement
- Drink/Drug Refusal Skills
- Relapse Prevention
- Sobriety Sampling
- Communication Skills
- Problem-Solving Skills
- Caregiver Overview, Rapport Building, and Motivation
- Adolescent-Caregiver Relationship Skills
- Homework
- Job-Seeking Skills
- Anger Management Skills



Screening, **B**rief Intervention, & **R**eferral to **T**reatment (SBIRT)

SBIRT

- Public Health Approach
- Prevention
- Delay onset
- Early identification
- Early intervention
- Fill gap in services

SBIRT Training Options

- Live Virtual trainings
 - SBIRT in Schools*
 - SBIRT with Adolescents*
- Online, self paced training
 - SBIRT in Schools*
 - (mdbehavioralhealth.com)
- Online Simulated training
 - Kognito SBI



Jordan Peer Recovery's ASK Model for Cultural Responsiveness

- Self-paced online training
- Focuses on the process of delivering culturally responsive behavioral health services to youth and families
- **ASK Model** is introduced through a series of activities where participants are asked to look internally at their own biases in order to increase cultural responsiveness in service delivery
- The **ASK Model** can be utilized to build awareness, skills and knowledge to facilitate culturally responsive one-on-one and group sessions



Maryland FYI

bit.ly/SubstanceUseTraining

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