

**Tidewater Juvenile Substance Abuse Program-** TJSAP utilizes the University of Cincinnati CBI-SA Model developed by the University of Cincinnati Corrections Institute. This curriculum is designed for individuals that are moderate to high risk in the area of substance abuse. As the name of the curriculum suggests, this intervention relies on a cognitive behavioral approach to teach participants strategies for avoiding substance abuse using cognitive restructuring. This approach includes linking thoughts and behaviors, teaching participants to identify risky thoughts and implementing new thinking. The program places heavy emphasis on skill building activities to assist with cognitive, social, emotional, and coping skill development. Such cognitive behavioral strategies have routinely demonstrated high treatment effects. The components of the curriculum include pretreatment (optional), Motivational Enhancement, Cognitive Restructuring, Emotional Regulation, Social Skills, Problem Solving, and Relapse Prevention. The adolescent version of this model is used.

The “stages of change” approach (Prochaska and DiClemente) and Motivational Interviewing (William Miller) are also used to address issues of inadequate motivation, resistance, and defensiveness. The adolescent group is intended to be more intensive than traditional outpatient services or self-help groups, though these services can be used as a supplement or step down from more intensive services. The curriculum can be provided in either a group format or on an individual basis, for those who would need more intensive, one-on-one services or who may not be appropriate for a group setting.

Transportation is provided to all groups and program activities and individual/family sessions are conducted in the home and community.

#### Goals & Objectives:

- To reduce recidivism.
- To reduce or eliminate the incidence and frequency of substance use.
- Increase ability to formulate solutions.
- Development of specific strategies for maintaining progress (Relapse prevention)
- Strengthen family and community relationships.
- Promote pro-social activities and associations.
- Successful completion of services.

#### Who can refer and funding:

- Referrals can be made by the juvenile court (pre- or post-commitment status) utilizing Virginia Juvenile Community Crime Control Act funds (VJCCCA), AMI funds or IV E funding.

- The program also accepts referrals for youth identified through the Comprehensive Services Act (CSA) throughout Hampton Roads, from the Department of Social Services or other community mental health agencies using CSA funding

The Tidewater Juvenile Substance Abuse Program has the following components:

- Assessment, evaluation, and screening using the nationally recognized ASAM criteria
- Individual therapy and family counseling once a week in the client's home or community. We place emphasis on strengthening relationships and finding productive alternatives to addictive behaviors
- Group therapy to develop and practice specific skills that work to address cognitive restructuring
- Random and frequent urinalysis, using SAMHSA-approved laboratory-confirmed drug screens, for monitoring and motivation
- Relapse prevention
- Crisis intervention provided 24 hours a day, seven days a week
- Discharge planning with all involved agencies and referrals for appropriate follow-up services.

Substance Abuse Counseling services will be provided by a counselor receiving CSAC supervision, a Certified Substance Abuse Counselor (CSAC), personnel with substance abuse experience, or a Licensed Clinical Social Worker.

For more information or to make a referral, contact Karin Duncan, Director of Community-Based Clinical Services at 488-9382 or [kduncan@tyscommission.org](mailto:kduncan@tyscommission.org).