
Adolescent Co-occurring Disorders Series



From
HAZELDEN



HAZELDEN

What is the *Adolescent Co-occurring Disorders Series*?

Among adolescents entering substance abuse treatment, 62% of males and 83% of females also have an emotional disorder, according to SAMHSA's Center for Substance Abuse Treatment. Hazelden's important new resource, written by leading experts in the field, was created for substance abuse treatment professionals who work with youth who are also experiencing mood disorders or disruptive behavior disorders.

Each topic-specific co-occurring disorders module includes facilitator information (including background information on the disorder) and multiple pages of reproducible client worksheets. The worksheet activities are designed to be engaging, using a variety of learning strategies that will meet the educational needs of all learners.

What is the Goal of the Series?

The modules are designed as a comprehensive model for treating adolescents with emotional disorders and substance-abuse issues. Adolescents will have a better understanding of their emotional disorder, apply this knowledge to their own personal experience, and ultimately learn to manage their emotional disorder without using mood-altering substances.

What Topics Are Covered in Each Module?

The following topics are covered in each module:

Substance Abuse and Mood Disorders

- What's in a Mood?
- The Physical Dimension of Depression
- The Cognitive Dimension of Depression
- The Emotional Dimension of Depression
- Alcohol and Other Drugs
- Marijuana Use

Substance Abuse and Attention-Deficit/Hyperactivity Disorder

- You Are Not Alone
- You Can Choose Your Path
- Where to Start: My Symptoms
- Where to Start: Alcohol and Other Drug Use
- You and Your Medications
- Where to Start: Self-Esteem
- There is a Lot I Can Do To Help Myself
- Getting Ready for a New Day
- Taking Charge of Myself
- Taking Charge at Home
- Taking Charge at School
- The Best Music is Yet To Come!

Substance Abuse and Conduct Disorder

- How Did You Get Here?
- About You and Your Family
- Medications
- Alcohol and Other Drug Use Inventory
- Consequences
- Understanding My Behavior
- Learning to Make Changes
- A Business Deal
- Changing Behavior, Thoughts, and Feelings
- Recipe for Success

Substance Abuse and Oppositional Defiant Disorder

- How Did You Get Here?
- You and Your Medications
- My Behavior
- Alcohol and Other Drug Use
- Learning to Make Changes
- Self-Esteem
- Getting Along with the World

Substance Abuse and Adjustment Disorder

- About Your Family and You
- Symptoms of Adjustment Disorder
- About Medications and You
- Alcohol and Other Drug Use
- Evaluating Your Story and Moving Ahead
- Getting Back To Normal
- Adding More Tools
- Completing Your Personal Plan
- Pick A Hero
- Imagine the Future
- Help a Friend

Anger Management

Anger management plays a critical role in overcoming disruptive behavior disorders. For this reason a free CD, containing an *Anger Management Facilitators Guide and Workbook* is included with the series for use with teens.

How Are the Modules Structured?

These flexible modules can be used with adolescents during one-on-one sessions or in group settings (both open and closed). Implementing a module session is easy. Start by briefly introducing a module topic, discuss the topic with the adolescent, and then give a homework assignment. These assignments can then be discussed in a subsequent session. If an adolescent has difficulty completing homework assignments, the worksheets can be completed together during a session.

Each module is designed to be flexible using reproducible worksheets. In individual counseling or therapy, adolescents can work through the modules section by section. The modules can also be used in conjunction with family or group therapy.

Who Should Facilitate the Modules?

Any professional who works in a clinical capacity with teens will find these modules helpful. Social workers, psychologists, school counselors, youth ministers, addiction counselors, marriage and family therapists, and adolescent/young adult therapists and counselors will find these modules to be valuable resources.

Who is the Audience For These Modules?

The target audience is young people between the ages of twelve and twenty with an emotional disorder who use alcohol or any other mood-altering substance. With minor adaptations, these modules can also be used with clients who are not using alcohol or other mood-altering substances.

How Long Will It Take To Complete Each Module?

How long it takes to go through each module depends on the client and the context in which the module is being used. Spend more time on the areas that address the adolescent's situation and less on areas that aren't an issue for him or her. The key is to know your client and be flexible. Teens should be given an adequate amount of time (whatever they need) to complete each assignment.