Approved
Substance Abuse Treatment Programs & Curricula
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YDC Substance Abuse Treatment General Population
Intervention Groups
Programmatic Guidelines

If a youth is placed in a YDC, he/she may be referred to a Substance Abuse Intervention Group. A youth may be referred to the Substance Abuse Intervention Group if he/she meets the following criteria:

1. The youth has a maladaptive pattern of substance use leading to significant impairment or distress, as manifested by one or more of the following occurring within a 12-month period:
   - recurrent substance use resulting in a failure to fulfill major role obligations at work, school, or home (e.g., substance-related absences, suspensions, or expulsions from school)
   - recurrent substance use in situations in which it is physically hazardous (e.g., driving an automobile or operating a machine when impaired by substance use)
   - recurrent substance-related legal problems (e.g., arrests for substance related disorderly conduct)
   - continued substance use despite having persistent or recurrent social or interpersonal problems caused or exacerbated by the effects of the substance (e.g., arguments with family or friends about consequences of intoxication, physical fights)

2. The youth does not exhibit significant behavioral disturbances that would prevent him/her from participating in the program.

3. The youth does not exhibit significant disturbances of mood or thought that would prevent him/her from participating in the program.

4. The youth does not exhibit a cognitive impairment that would prevent him/her from participating in the program.

5. The youth is not awaiting transfer to Georgia DOC due to a Superior Court Sentence.

The following programmatic requirements will be met by the intervention groups.

1. The youth will attend substance abuse intervention groups a minimum of once weekly until completion of the program or until he/she is not able to complete the program secondary to behaviors or lack of participation.

2. Each facility will use the JTS-based Substance Abuse Services Module to document and manage the youth status (i.e., awaiting assessment, awaiting treatment, in treatment and those who have completed).

3. Referrals to the group can be made by any staff in the facility, based on assessment of need.

4. The Mental Health Treatment Team and the substance abuse service provider will manage referrals into the program.

5. The youth's progress in the program will be documented in the JTS OBHS Progress Notes module.
6. A description of the Substance Abuse Treatment Group will be developed and referenced in each facility’s Mental Health Program Plan in accordance with DJJ 12.2, Scope of Behavioral Health Services.

The Substance Abuse Intervention Groups will utilize the *Seven Challenges* Program curriculum at Long-term YDCs. All staff providing the *Seven Challenges* Program must be certified as a *Seven Challenges* Program Instructor by an appropriate *Seven Challenges* trained leader.

If a youth involved at any level of substance abuse services is on the mental health caseload, the service should be documented on the youth’s Initial Treatment Protocol and/or Behavioral Health Treatment Plan. Youth’s involvement and progress in substance abuse services will be updated on the youth’s Mental Health Treatment Plan and reviewed during the Mental Health Treatment Plan reviews.

If a youth involved in substance abuse groups is not on the mental health caseload, the substance abuse service provider will inform the facility case manager of the youth’s progress in the program.
YDC Residential Substance Abuse Treatment Units
Programmatic Guidelines

A youth may be referred to a Residential Substance Abuse Treatment Unit if he/she meets the following criteria:

1. The youth has a diagnosis of substance abuse/dependence.
2. The youth does not exhibit significant behavioral disturbances that would prevent him from participating in the program.
3. The youth does not exhibit significant disturbances of mood or thought that would prevent him from participating in the program.
4. The youth does not exhibit a cognitive impairment that would prevent him from participating in the program.
5. Youth has a minimum of six month remaining on his placement in secure confinement.

Youth will be screened by the Residential Substance Abuse Treatment Program staff for consideration for placement into the program according to The Behavioral Health Substance Abuse Treatment Services - DJJ Policy 12.25. The approved instrument for assessment of youth entering the program is the GAIN ART Core, which will be completed on each youth at the time of their admission to the program, but no later than 10 days from their admission into the program. The Residential Substance Abuse Treatment program staff and Program Director will oversee the admission process of the program and maintain the Substance Abuse Services Module in JTS on a daily basis.

The following program requirements will be met by the Residential Substance Abuse Treatment program. The Program Plan will include but not be limited to:

1. Youth placed in the Substance Abuse Unit program will be oriented to the program within 24 hours of admission to the program.
2. Youth will participate in 4 weekly 1 hour substance abuse groups. Youth will attend The Seven Challenges program as part of their groups in the program. Youth may also attend informational, life skills, activity and social skills groups as part of the group process.
3. Youth will be offered individual counseling on a bi-weekly basis by their Substance Abuse Counselor.
4. Each youth will have one Family Counseling session monthly in an attempt to involve their family in their substance abuse treatment. This will be documented in JTS under Family Counseling Note.
5. Each new admission to the RSAT unit should receive a drug screen within the first week of admission into the program. Ongoing urine screens will be administered randomly to 1/3 of the population on a monthly basis. Each youth participating in the program will receive a minimum of three drug screens while enrolled in the program. Any youth suspected of use violations can be tested at any time, but the results of the test should not be used for punitive reasons. If a
youth tests positive for a drug, the positive drug screen result will be addressed by the treatment team at the next RSAT Treatment Team Meeting.

6. Youth will be required to complete a relapse prevention plan along with their Substance Abuse Counselor and approved by the Program Director prior to their being deemed to have successfully completed the Residential Substance Abuse Treatment program.

7. Youth enrolled in the program will have a Residential Substance Abuse Treatment Program Treatment Plan that will guide their treatment program process. Youth will have an Initial Treatment Protocol developed within 24 hours of the youth’s placement in the RSAT Program. The youth’s RSAT Treatment Plan will be developed within 30 days of their admission to the program and will be reviewed monthly throughout the program. Reviews will be completed in the Substance Abuse Unit treatment team and documentation of this review will be entered into JTS Treatment Team Communication Note.

8. Youth’s progress in the Residential Substance Abuse Treatment Program will be documented in JTS OBHS Progress Notes module.

9. Supporting documentation will be maintained in the Residential Substance Abuse Treatment record including: Unit Orientation Checklist, Unit Intake Assessment, RSAT Treatment Plan, Relapse Prevention Plan, aftercare monitoring documentation and miscellaneous treatment documents.

10. Each facility will use the JTS-based Substance Abuse Services Module to document and manage the youth status (i.e., awaiting assessment, awaiting treatment, in treatment and those who have completed treatment) in the program.

There must be an OBHS approved Substance Abuse Unit Program Plan maintained in the program. The program plan will specify the following:

- Program overview (including group objectives, whether the group is open or closed, ongoing or rotating, etc.);
- Staffing and staff training;
- Identification and assessment of youth for group participation;
- Admission and exclusion criteria;
- Criteria for successful completion;
- Group capacity;
- Management of youth who are non-compliant; and
- Special considerations, if any.

The Substance Abuse Unit program will utilize the Seven Challenges curriculum as the primary treatment program curriculum. All staff providing The Seven Challenges Program must be certified as a Seven Challenges Program Instructor by an appropriate Seven Challenges trained leader. Additional cognitive behavioral, informational, activity, life skills and social skill groups will be provided to youth throughout the program.
If a youth involved at any level of substance abuse services is on the mental health caseload, the service should be documented on the youth’s Initial Treatment Protocol or Behavioral Health Treatment Plan. Youth’s involvement and progress in substance abuse services will be updated on the youth’s Behavioral Health Treatment Plan and reviewed during the Behavioral Health Treatment Plan reviews. Substance Abuse Unit staff will ensure that their monthly updates of the Residential Substance Abuse Treatment Program - Treatment Plan be added to the Behavioral Health Treatment Plan in the form of a Treatment Team Communication Note in the Progress Notes module of JTS.

If a youth involved in substance abuse groups is not on the mental health caseload, the substance abuse service provider will inform the facility case manager of the youth’s progress in the program.

All youth who successfully complete the Residential Substance Abuse Treatment Program will be monitored in the community by Substance Abuse Unit staff for up to 6 months from their release from a secure facility. The youth’s status will be monitored through communication with the youth, the youth’s family (if the youth is a minor) and the youth’s Juvenile Probation and Parole Specialist. Documentation of youth aftercare will be documented in JTS communication note and a copy will be maintained in the youth’s Residential Substance Abuse Treatment Unit treatment record.
YDC Substance Abuse Treatment Groups
General Population Treatment Groups
Programmatic Guidelines

If a youth is placed in a YDC, he/she may be referred to a General Population Treatment Group. A youth may be referred to the YDC Substance Abuse General Population Treatment group if he/she meets the following admission criteria:

1. The youth has a maladaptive pattern of substance use leading to significant impairment or distress, as manifested by one or more of the following occurring within a 12-month period:
   - recurrent substance use resulting in a failure to fulfill major role obligations at work, school, or home (e.g., substance-related absences, suspensions, or expulsions from school).
   - recurrent substance use in situations in which it is physically hazardous (e.g., driving an automobile or operating a machine when impaired by substance use).
   - recurrent substance-related legal problems (e.g., arrests for substance-related disorderly conduct).
   - continued substance use despite having persistent or recurrent social or interpersonal problems caused or exacerbated by the effects of the substance (e.g., arguments with family or friends about consequences of intoxication, physical fights).

2. The youth does not exhibit significant behavioral disturbances that would prevent her from participating in the program.

3. The youth does not exhibit significant disturbances of mood or thought that would prevent her from participating in the program.

4. The youth does not exhibit a cognitive impairment that would prevent her from participating in the program.

The following programmatic requirements will be met by the treatment groups:

1. All youth who have 6 months or less remaining in their sentence will be expected to be enrolled in General Population Treatment Group, if they have not been previously enrolled in a Residential Substance Abuse Treatment Unit.

2. The youth will attend substance abuse treatment groups as determined by their YDC Needs Assessment until completion of the program, transfer to a Substance Abuse Unit for more intensive treatment or until he/she is not able to complete the program secondary to behaviors, lack of participation or discharge.

3. Documentation of the youth’s involvement in the group will be documented in JTS OBHS Progress Notes module.

4. Each facility will use the JTS-based Substance Abuse Services Module to document and manage the youth status (i.e., awaiting assessment, awaiting admittance, in treatment and those who have completed).

5. A description of the Substance Abuse Treatment Group will be developed and referenced in the facility’s Mental Health Program Plan in accordance with DJJ 12.2, Scope of Behavioral Health Services.
The General Population Substance Abuse Treatment Groups will utilize the *Seven Challenges* Program curriculum. All staff providing The *Seven Challenges* Program must be certified as a *Seven Challenges* Program Instructor by an appropriate *Seven Challenges* trained leader.

If a youth involved at any level of substance abuse services is on the mental health caseload, the service should be documented on the youth’s Behavioral Health Treatment Plan. Youth’s involvement and progress in substance abuse services will updated on the youth’s Behavioral Health Treatment Plan and reviewed during the Mental Health Treatment Plan reviews.

If a youth involved in substance abuse groups is not on the mental health caseload, the substance abuse service provider will inform the facility case manager of the youth’s progress in the program.