



ANNOTATED BIBLIOGRAPHY

Drug Abuse Prevention Program for
Runaway and Homeless Youth
1991

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U.S. DEPARTMENT OF HEALTH AND HUMAN SERVICES
Administration for Children and Families
Administration on Children, Youth and Families
Family and Youth Services Bureau

**Drug Abuse Prevention Program
for
Runaway and Homeless Youth**

U.S. Department of Health and Human Services

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FOREWORD

The Family and Youth Services Bureau is pleased to provide this Annotated Bibliography to assist the service providers in the Runaway and Homeless Youth Basic Center Programs, the Transitional Living Programs, and the Drug Abuse Prevention Programs. We are aware of the enormity of the drug and alcohol abuse problems among youth, especially among runaway and homeless youth. We also are aware of the difficulty that programs have in trying to meet the immediate needs of this high-risk population while simultaneously keeping current with the rapidly developing field of substance abuse prevention and treatment. In talking directly with the Regional Administrative Offices, with the Regional Networks, and with the programs, we have been told repeatedly of the need for more resources for creative guidance and technical support.

It is our hope that this bibliography will be a first step in meeting these needs, as program staff members try to improve their understanding and awareness of the impact that alcohol and other drug use has on the youth and families they serve. The materials in this bibliography were chosen specifically for their relevance to these efforts. We anticipate that there will be something here for everyone—from the new program just getting started to the established program with more refined training needs.

We want this to be your resource, and we urge you to let us know if you have found the bibliography to be useful in your own agency. We also want to learn about other materials that have been helpful to you, and about materials that you have developed for your own use. By sharing resources and information, we can better accomplish the difficult task of meeting the needs of the youth and families we are serving.

Carol J. Behrer
Associate Commissioner
Family and Youth Services Bureau

INTRODUCTION

The Anti-Drug Abuse Act of 1988 established the Drug Abuse Prevention Program (DAPP) for Runaway and Homeless Youth, to be administered by the Family and Youth Services Bureau (FYSB). The objective of DAPP is to assist communities in addressing the problem of drug abuse among runaway and homeless youth through projects focusing on the prevention, intervention, and reduction of drug dependency. A wide variety of research, demonstration, and services projects have been supported with these DAPP funds. In recognition of the difficulties programs often encounter when attempting to reach and help these youth, FYSB has implemented efforts to support, assist, and facilitate the work of the grantees. One of these efforts includes the development of this Annotated Bibliography.

The bibliography has been developed for service providers in the runaway and homeless youth, transitional living, and drug abuse prevention programs. It is intended to be a working tool for service providers in the field who are encountering the day-to-day crises of runaway and homeless youth. Runaway and homeless youth (RHY) program staff members have indicated to FYSB that, to be useful, materials must provide tangible ideas and model program approaches. The resources documented in this bibliography were chosen for their relevance and responsiveness to these expressed needs. These resources cover a wide range of topics including both program management issues and client service issues. Literature reviews and research studies also are included to provide a more indepth technical understanding of the issues. All documentation results from a review of the original source material, except where noted otherwise.

The bibliography has been organized so that resource materials can be located by major topics, by specific issues (keys), or alphabetically by author within each section. The major topical sections include the following areas:

- ▶ *Overviews*: publications that are general and comprehensive in scope (page 1);
- ▶ *Program Management*: materials aimed at the issues, problems, and needs of creating and running a service program (page 7);
- ▶ *Prevention/Intervention Programs*: descriptions of model programs and program curricula, and research on and evaluations of the effectiveness of specific programs (page 15);
- ▶ *Assessment, Intervention, and Treatment Options*: reviews of the many interrelated aspects of addressing adolescent chemical dependency and recovery (page 23);

- ▶ *Counseling Approaches*: overviews of the different approaches possible when administering individual, group, family, and peer counseling (page 29);
- ▶ *Risk Factors*: articles describing characteristics that are frequently associated with future alcohol and other drug (AOD) use, such as parental AOD use and negative peer pressure (page 37); and
- ▶ *Personal Influences*: an examination of factors that may affect a youth's decision to use drugs, including homelessness and race, and appropriate interventions (page 41).

Appendix A includes a section of literature intended for distribution to, or use with, a program's clientele (page 49). Appendix B includes literature appropriate for outreach vans, community events, and shelter use. (page 55). Appendix C is a listing of Federal agencies, national organizations and companies, clearinghouses, and toll-free services (page 59). Many of the resources cited in this bibliography, as well as others of interest, are made available by these organizations. Appendix D is a glossary of acronyms and abbreviations (page 75) intended for the reader's convenience.

Because most resources cover a variety of different topics, each entry has been assigned "keys" to identify the subtopics, or issues, discussed in the source. These keys and the topic areas within which they are clustered provide the structure for the "Topic Guide" (page iv). Unlike a standard index, this Topic Guide helps the reader to locate a resource by author, by subject, or by key. (Key headings are provided to ease the user's search for a particular issue and are not meant to mirror the divisions of the bibliography.) Page numbers indicate where the annotation is located within these pages.

We hope that, with your help, this bibliography will be an evolving document that continues to offer the most current and relevant information possible to service providers. We need to hear from you if there are references in this edition which you do not find useful, or if you have suggestions for other materials that are not yet included. Please use the mail-in forms in the back of this volume to share your ideas with us and with your colleagues.

OVERVIEWS

Barnes, G.M., and Augustino, D.K. *Alcohol and the Family: A Comprehensive Bibliography*. Westport, CT: Greenwood Press, 1987.

The intent of this reference in its more than 6,000 citations is to provide the most comprehensive and relevant listing of the literature on alcohol and the family available until 1987. Literature published in languages other than English also is included. References are listed alphabetically by author's last name. A subject index is included at the end.

Keys: alcohol use and abuse, bibliography, family influence, family issues



Crider, R.A., and Rouse, B.A. *Epidemiology of Inhalant Abuse: An Update*. National Institute on Drug Abuse (NIDA) Research Monograph 85. Rockville, MD: NIDA, 1988.

This monograph highlights the problem of inhalant abuse, identifies the populations at risk, and discusses various approaches for control, prevention, and intervention. Inhalants are grouped under four classifications: (1) volatile solvents such as glue, paint thinner, and gasoline; (2) aerosols such as spray paints; (3) anesthetics such as ether, chloroform, and nitrous oxide; and (4) amyl and butyl nitrite. The volatile solvents, aerosols, and anesthetics are the primary focus of this volume. Individual chapters examine inhalant use by young children, American Indians, and youth in New York State; use in Philadelphia, Canada, and Mexico; and a case study in a small rural community in southern Texas. Social and psychological factors underlying inhalant abuse are explored.

Keys: ethnicity/race/culture, intervention, prevention, substance abuse

Henry, P.B., ed. *Practical Approaches in Treating Adolescent Chemical Dependency: A Guide to Clinical Assessment and Intervention*. New York: Haworth Press, 1989.

Topics covered in this volume include problem behaviors; assessment of alcohol and drug problems; techniques for schools and communities; effective program interventions for treating the high-risk adolescent; therapy for the chemically dependent family; treatment of cultural minority youth; and the characteristics, issues, and tasks that are part of the adolescent developmental process. Also included is a practical guide for chemical dependency treatment for therapists and clinicians, with suggestions on ways to proceed in a specific setting with an individual teenager and family. The strengths and limitations of different settings in promoting recovery and preventing relapse are discussed, as are the meaning and appropriateness of treatment and therapy at different phases of the recovery process. The guide includes checklists for professionals and teens on the signs of relapse.

Keys: adolescent development, assessment, at-risk youth, counseling approaches, ethnicity/race/culture, family influence, family issues, intervention, mental health, problem behaviors, substance abuse, treatment



Jaynes, J.H., and Rugg, C.A. *Adolescents, Alcohol and Drugs: A Practical Guide for Those Who Work With Young People*. Springfield, IL: Charles C. Thomas, Publisher, 1988.

A sensitive introduction to the problem of adolescent substance use is presented. The authors include a description of the stages of addiction, the role of chemical use during adolescent development, peer and societal influences, familial factors, and suicide risk. Information is provided on assessing adolescent alcohol and drug use, treating dependency, and evaluating treatment success. Also included is the author's profile of the characteristics of an effective adolescent counselor and strategies for dealing with alcohol and drug use within the school setting.

Keys: adolescent development, assessment, counseling approaches, evaluation, family influence, peer group, peer influence, substance use, suicide, treatment

Miller, S.K., and Slap, G.B. **Adolescent smoking: A review of prevalence and prevention.** *Journal of Adolescent Health Care* 10(2):129-135, 1989.

This review critically evaluates the literature on the epidemiology and prevention of adolescent smoking. Trends in attitudes toward smoking, adolescent smoking behavior, and health consequences are discussed. Risk factors that predispose a youth to smoking, including parental use, peer use, and sibling use, are examined. Suggestions are made for improving future prevention programs designed to prevent adolescent smoking. This article includes extensive references.

Keys: attitudes and behavior, intervention, prevention, tobacco use



National Center for Education in Maternal and Child Health (NCEMCH). **Adolescent Health: Catalogue of Products.** Washington, DC: NCEMCH, 1990. For a less comprehensive listing of most recent resources, see: **MCH Program Interchange: Focus on Adolescent Health.** Washington, DC: NCEMCH, March 1991.

The most recent materials and publications on adolescent health which have been developed by, or are available from, Federal agencies, State and local public health agencies, and voluntary and professional organizations are listed in these annotated reference sources. Some of the issues considered are adolescent pregnancy and fatherhood, HIV/AIDS, at-risk youth, special needs youth, substance use, youth violence, and adolescent growth and development. This is a good source for materials examining many of the issues correlating with adolescent substance use. This resource is intended for both clients and professionals.

Keys: adolescent development, bibliography, physical health, sexuality, substance use

U.S. Congress, Office of Technology Assessment (OTA). *Adolescent Health—Volume I: Summary and Policy Options*. OTA-H-468. Washington, DC: U.S. Government Printing Office, April 1991.

OTA's report responds to the request of numerous Members of Congress for a review of the physical, emotional, and behavioral health status of contemporary American adolescents, including adolescents who might be more likely to be in special need of health-related interventions—adolescents living in poverty, adolescents from racial and ethnic minority groups, and adolescents in rural areas. This volume is the product of this review, as well as the result of research analysis to complete the following tasks: (1) identify risk and protective factors for adolescent health problems and integrate national data in order to understand the clustering of specific adolescent problems, (2) evaluate options in the organization of health services and technologies available to adolescents (including accessibility and financing), (3) assess options in the conduct of national health surveys to improve collection of adolescent health statistics, and (4) identify gaps in research on the health and behavior of adolescents. Specific findings on such health issues as pregnancy and parenting, HIV/AIDS, substance abuse, nutrition, delinquency, and homelessness are included.

Keys: delinquency, ethnicity/race/culture, gender, HIV/AIDS, mental health, physical health, runaway/homeless youth, sexuality, substance abuse



U.S. Department of Health and Human Services (DHHS). *Citizen's Alcohol and Other Drug Prevention Directory: Resources for Getting Involved*. Rockville, MD: Office for Substance Abuse Prevention, 1990.

This comprehensive directory was designed to assist individuals and communities who want to participate in prevention efforts and to help them match their knowledge, skills, and needs to organizations with related services. Included in the information provided are (1) an overview of prevention programs and research; (2) an examination of the role of Federal Government agencies; (3) a listing of national, not-for-profit, and nonprofit voluntary and professional organizations involved in alcohol and other drug use prevention; (4) information on prevention activities and resources at the State level; and (5) a description of the services of major national prevention resources and information providers.

Keys: prevention, services directory, substance use

U.S. Department of Health and Human Services (DHHS). *Drug Abuse and Drug Abuse Research: The Third Triennial Report to Congress from the Secretary, Department of Health and Human Services*. DHHS Publication No. (ADM) 91-1704. Washington, DC: DHHS, 1991 (available from the National Clearinghouse for Alcohol and Drug Information).

This publication provides an introduction to the nature and extent of drug use and abuse in the United States. Statistics are drawn from two ongoing national surveys, one on drug use and abuse in the general population and the other on the drug-using attitudes and behaviors of high school seniors. Also discussed is current Federal prevention research, including risk factors, effective prevention strategies and techniques, pharmacological and behavioral aspects of treatment, treatment of psychiatric disorders that often coexist with drug abuse, and HIV/AIDS and prevention programs designed to reduce HIV infection. The publication includes a discussion of research on specific substances such as cocaine, marijuana, PCP, heroin, sedatives, and nicotine.

Keys: attitudes and behavior, at-risk youth, counseling approaches, HIV/AIDS, mental health, prevention, research, substance use and abuse, treatment



Werner, M.J. *Adolescent Substance Abuse: Risk Factors and Prevention Strategies*. National Center for Education in Maternal and Child Health (NCEMCH) Technical Information Bulletin. Washington, DC: NCEMCH, 1991.

This publication is most appropriate for professionals and helpers interested in the theoretical issues of youth drug use and effective prevention methods. Among the many issues discussed are adolescent expectations and attitudes involving alcohol use, problem-behavior theory, characteristics differentiating the problem from the nonproblem drinker, differential association theory, the effect of family influence and role modeling on adolescent substance use, peer influence, and age of substance use onset. Also discussed are a wide range of prevention techniques such as peer pressure resistance strategies, school-based education programs, self-esteem enhancement, and approaches designed to teach coping skills.

Keys: attitudes and behavior, family influence, peer influence, prevention, problem behaviors, refusal techniques, school-based, self-esteem, substance use and abuse, theoretical issues

PROGRAM MANAGEMENT

Arkin, E., and Funkhouser, J. *Communicating About Alcohol and Other Drugs: Strategies for Reaching Populations at Risk*, Office for Substance Abuse Prevention (OSAP) Technical Report 5. Rockville, MD: OSAP, 1990 (available from the National Clearinghouse for Alcohol and Drug Information).

This monograph can serve as a useful tool for programs initiating new services targeting black or Hispanic/Latino inner-city youth. The strategies discussed focus on the special needs of these youth and the factors and stresses that may lead to substance use. The authors acknowledge the importance of reaching out to significant people in these youth's lives, including parents, primary physicians, and others who can provide entry into a youth's life. Tangible recommendations for programs are provided, including actual samples of materials and projects that can be used as models.

Keys: ethnicity/race/culture, planning and management, substance abuse



Bucy, J., and Lopez, L. *Networking: A Case Study of the National Network's Project Connections*. San Diego, CA: The June Burnett Institute of the San Diego State University Foundation, 1989.

This publication describes Project Connections' four-tiered networking effort designed to promote innovative uses of volunteers and private sector resources for improving youth service programs. This effort has grown out of an evolving network system which links runaway shelters, crisis intervention centers, and other programs designed to help at-risk youth. Among the resources explored are: religious and community resources, corporate sector resources, university interns, and volunteer clearinghouses. Several case studies and a description of the National Network of Runaway and Homeless Youth Services are included.

Keys: at-risk youth, community involvement, planning and management

Child Welfare League of America (CWLA). *Standards for Organization and Administration for All Child Welfare Services*. New York, NY: CWLA, Inc., 1984.

This manual provides basic social service agency standards for the continual improvement of services to children and their families. From these standards, programs may develop standards and policies specific to their own needs and the needs of their community. Among the issues covered are agency organization and administration; agency staffing and personnel; intake, assessment, planning and evaluation; and community services. A comprehensive bibliography addressing a wide variety of administrative and supervisory issues is included. This would be a good starting place for a program just getting off the ground.

Keys: planning and management



Goplerud, E.N. *Legal Issues for Alcohol and Other Drug Use Prevention and Treatment Programs Serving High-risk Youth* Office for Substance Abuse Prevention (OSAP) Technical Report 2. Rockville, MD: OSAP, 1990a (available from the National Clearinghouse for Alcohol and Drug Information).

Maintaining confidentiality, obtaining parental consent, reporting criminal activity including child abuse and neglect, screening and hiring potential employees and volunteers, and maintaining quality of care standards are among the issues discussed in this legal guide for programs.

Keys: legal issues, substance use and abuse



Hawkins, J., and Nederhood, B. *Handbook for Evaluating Drug and Alcohol Prevention Programs*. Rockville, MD: Office for Substance Abuse Prevention, 1987 (available from the National Clearinghouse for Alcohol and Drug Information).

This handbook is an easy-to-use tool for program directors evaluating program progress and effectiveness. The authors emphasize the need for staff members to work together as a team. Instruments and activities for documenting and monitoring the provision of services are provided.

Keys: evaluation, substance use and abuse

Kiely, A. *Volunteers in Child Health: Management, Selection, Training and Supervision*. Bethesda, MD: Association for the Care of Children's Health, 1990 (in press; available Summer 1991).

Practical, step-by-step guidelines are offered for developing a volunteer program based on defined needs. This book includes a discussion on how to avoid common management errors and how to interview, select, and train confident, competent volunteers. This resource is intended to be useful regardless of agency size, staff experience, or setting (from author's abstract).

Keys: planning and management



Letzig, E., and Lopez, L. *Business Buys In: Corporate Resources—How to Get Them and Keep Them*. San Diego, CA: The June Burnett Institute of the San Diego State University Foundation, 1988.

This guide examines the benefits derived from approaching the private sector for funding and volunteers, ways to tap corporate resources, and how to use the media and public relations to achieve one's goals. The authors have designed this manual primarily for agency administrators and volunteer coordinators in runaway and homeless youth agencies who would like to develop or improve relations with the private sector.

Keys: planning and management, runaway/homeless youth



Melaville, A.I., and Blank, M. *What It Takes: Structuring Interagency Partnerships to Connect Children and Families With Comprehensive Services*. Washington, DC: Education and Human Services Consortium, 1991 (available from the Institute for Educational Leadership).

This monograph would serve as a useful tool for professionals ranging from direct line program staff to boards of directors. The authors discuss the current climate for cooperative and collaborative service efforts, provide examples of community coordinating activities, and offer guidelines for program directors who want to develop effective partnerships. The appendix includes useful resources for additional information and assistance.

Keys: planning and management

Mellon Bank Corporation. *Discover Total Resources: A Guide for Nonprofits*. Pittsburgh, PA: Mellon Bank Community Affairs Division, 1985.

Intended to stimulate agency thinking beyond the traditional avenues in fundraising, this resource development manual includes checklists to be used as a guide or self-audit by boards and staff members to assess how effectively they are utilizing the full range of resources available. A good start for creative planning. This guide contains a useful resource list.

Keys: planning and management



The National Assembly. *A Study in Excellence: Management in the Nonprofit Human Services*. Washington, DC: National Assembly of National Voluntary Health and Social Welfare Organizations, Inc., 1989.

This book discusses a study of leadership practices in nonprofit organizations using the Excellent Manager Inventory (EMI). Extensive use of the EMI in the private sector yielded data to compare and contrast with the results of this effort and allowed the identification of distinctive features of excellent management in the nonprofit sector. The report draws conclusions from this research, which may serve as a guide to a manager seeking to improve leadership skills. A useful appendix is included.

Keys: planning and management, research



The National Assembly. *The Community Collaboration Manual*. Washington, DC: National Collaboration for Youth, 1991.

This manual discusses the skills and concepts needed to build effective service collaborations. These collaborations are an essential tool for community organizations to enhance, coordinate, and improve services; to fill critical gaps; and to eliminate unnecessary duplication. The manual provides information on the basic steps of collaboration, as well as more complex issues. Especially helpful is the discussion of 10 common "traps" that can cause failure of the collaborative effort and recommendations for overcoming them.

Keys: planning and management

Park, P. *Resource Directory for Health-Related Youth Projects in the West*. San Diego, CA: The June Burnett Institute of the San Diego State University Foundation, 1988.

This directory was developed as part of a project seeking to identify ways that health-related corporations, foundations, and professionals could improve conditions and strengthen services for runaway, homeless, and other at-risk youth in Arizona, California, Hawaii, and Nevada. This directory aims to assist youth organizations interested in improving the health aspects of their services, health-related associations and universities with health education programs to connect with community-based youth projects, and funders interested in the linkage between health and youth services to connect with youth-serving organizations. The first section lists foundations that make charitable contributions to health and youth services. The second section includes associations and organizations that have an interest in promoting youth and health services. The third section lists runaway and homeless youth service agencies in the four target States.

Keys: at-risk youth, community involvement, runaway/homeless youth, services directory



Park, P., and Sefcik, N. *Making the Connection Between Youth Services and Health Professionals: Case Studies*. San Diego, CA: The June Burnett Institute of the San Diego State University Foundation, 1989.

This report describes the first and second year activities of the *Health Connections Project*. The primary mission of this project was to support the efforts of the National Network of Runaway and Youth Services' *Project Connections* in identifying innovative voluntary models and emphasizing those that bridge the boundary between youth and health services. Although the focus of this project was runaway and homeless youth, the project coordinators intend the information in this manual to be used for the improvement of health care delivery to any who are indigent, homeless, and/or illiterate.

Keys: mental health, physical health, planning and management, runaway/homeless youth

Rankin, D. *Establishing a Cooperative Volunteer Project: A Case Study in Local Collaboration*. San Diego, CA: The June Burnett Institute of the San Diego State University Foundation, 1988.

Designed to assist agency managers and youth service providers who are interested in beginning or expanding a volunteer program, this manual covers such issues as staff roles; project organization; objectives and outcomes; and the recruitment, referral, orientation, and training process for large numbers of community volunteers. This manual is a product of the San Diego Volunteer Project for Runaway and Homeless Youth. Background information on participating agencies, the project itself, and the youth served by this project is included to demonstrate how individual programs can unite to form a broader service base.

Keys: community involvement, planning and management, runaway/homeless youth



Rankin, D. et al. *Volunteer Operations Manual*. San Diego, CA: The June Burnett Institute of the San Diego State University Foundation, 1988.

This manual was written for administrators, mid-level managers, trainers, and others interested in beginning a volunteer program or strengthening an existing one. The authors provide step-by-step procedures for integrating volunteers into a youth service agency. Among the issues discussed are volunteer management, supervision, recruitment, selection, evaluation, and training. Seven basic training sessions are outlined, intended to take volunteers through a "core curriculum" specific to runaway and youth service programs. Handouts and evaluations are provided to accompany each session.

Keys: evaluation, planning and management, runaway/homeless youth



Swearingen, C. et al. *More Than A Good Deed: Working With Religious Groups and Other Untapped Resources*. San Diego, CA: The June Burnett Institute of the San Diego State University Foundation, 1988.

Written by the National Network of Runaway and Youth Services as a primer for those working in runaway centers and other youth organizations, this manual is intended to assist directors interested in approaching church organizations for assistance. The authors discuss the historical linkage between churches and youth service organizations, the importance of using volunteers from religious organizations and other groups, techniques for building and strengthening the relationship between religious groups and youth-serving agencies, the role of church members as advocates for youth and family programs, and methods of developing various types of church support for youth service projects.

Keys: community involvement, planning and management, runaway/homeless youth

United Way of America. *Young America Cares!—General Tips for Youth Involvement*. Alexandria, VA: United Way of America Volunteer and Outreach Services Department, 1990.

This manual contains tips on youth volunteer involvement, including tips for youth, community agencies, and youth program directors. Included is a detailed guide to implementing two school-based community service programs created by United Way. The guide provides the reader with the materials needed to help schools, students, and community agencies work together on community service initiatives.

Keys: community involvement, peer group, planning and management

PREVENTION AND INTERVENTION PROGRAMS

Anderson, G.L. *When Chemicals Come to School: The Student Assistance Program Model—The Comprehensive Guide to Student Assistance Programming for Educators Concerned About Alcohol and Other Drug Abuse*. Minneapolis, MN: Johnson Institute, 1989.

This manual describes ways to design, implement, and maintain student assistance programs. The author includes expanded resources and statistics and emphasizes that effective programming must involve prevention, intervention, treatment, and support components and be a joint school/community effort. (Also available: Anderson, G.L. *Solving Alcohol/Drug Problems in Your School: Why Student Assistance Programs Work*. Minneapolis, MN: Johnson Institute, 1988. Winner of the 1988-89 Award of Merit from *Curriculum Product News*.)

Keys: curriculum, planning and management, prevention, Student Assistance Program, substance abuse



Austin, G. *Prevention Goals, Methods, and Outcomes*. Prevention Research Update No. 1. Los Alamitos, CA: Western Center for Drug-Free Schools and Communities, Fall 1988 (available from the Northwestern Regional Education Laboratory).

This summary of recent research on adolescent drug abuse includes 12 studies categorized in 3 areas: (1) evaluation of curricula and school-based programs, (2) consequences and correlates of drug use by adolescents, and (3) youth attitudes and perceptions. The studies indicate that a social influences approach that concentrates on preventing first use by reducing the effects of peer pressure will have limited impact, especially with alcohol. Prevention efforts should instead target high-risk youth and begin before junior high school. Several studies of interest are cited.

Keys: attitudes and behavior, peer influence, prevention, school-based, substance use and abuse

Bio-Behavioral Collaboration in Adolescent Health. *Adolescent Health Promotion Project: Curriculum*. Houston, TX: University of Houston, Department of Psychology, 1989 (available from Dr. Richard I. Evans, Department of Psychology, University of Houston, Houston, TX, 77204).

This curriculum unit was designed to teach junior and senior high school students about commonly abused substances and about how to cope with pressures to use these substances. The 10-day curriculum includes social skills lessons, role playing scenarios, and information on the physical and psychological effects of various substances.

Keys: curriculum, prevention, substance use and abuse



DuPont, R.L., ed. *Stopping Alcohol and Other Drug Use Before It Starts: The Future of Prevention*. Rockville, MD: Office for Substance Abuse Prevention, 1989 (available from the National Clearinghouse for Alcohol and Drug Information).

This monograph discusses ways to identify high-risk youth and reduce alcohol and other drug problems in this population. Among the topics discussed are adolescent development, peer relationships and influence, genetic and family influence, past prevention efforts, areas in which preventive efforts are currently taking place, and possible directions for future efforts and research.

Keys: adolescent development, at-risk youth, family influence, identification, prevention, substance use and abuse



Freeman, S. MacKay. *From Peer Pressure to Peer Support: Alcohol/Drug Prevention Through Group Process—A Curriculum for Grades 7-12*. Minneapolis, MN: Johnson Institute, 1989.

This curriculum provides copy-ready activity pages, directions, and a suggested lesson plan format designed for easy use by both professionals and helpers with limited backgrounds in substance abuse. The author describes the group process as a method for working through adolescent alcohol and other drug problems while simultaneously learning basic life skills. The goal is to have participants learn to identify, express, and understand their feelings; make positive decisions; listen and communicate effectively; and appropriately refuse an offer to use alcohol or other drugs.

Keys: curriculum, life skills training, peer group, prevention, refusal techniques, substance abuse

Goldstein, A. et al. *Refusal Skills: Preventing Drug Use in Adolescents*. Champaign, IL: Research Press, 1990.

This book focuses on the group pressure, forceful persuasion, and intense stress that may counter an individual's desire to refrain from substance use. The authors offer strategies and exercises from Goldstein's Skillstreaming refusal skills program, designed to enhance the psychological skills needed to refuse drugs. The book is designed for use by counselors, teachers, and parents and is appropriate for group therapy and peer counseling.

Keys: counseling approaches, curriculum, peer group, peer influence, refusal techniques, stress, substance use and abuse



Goplerud, E.N., ed. *Breaking New Ground for Youth at Risk: Program Summaries*. Office for Substance Abuse Prevention (OSAP) Technical Report 1. Rockville, MD: OSAP, 1990b (available from the National Clearinghouse for Alcohol and Drug Information).

This report gives concise descriptions of the 130 demonstration grants that were funded in 1987 to develop, test, and evaluate promising approaches for working with high-risk youth. Project summaries are listed by ethnic group(s) served. Information on prevention theory and research is provided.

Keys: ethnicity/race/culture, prevention, research, substance use and abuse, theoretical issues



Goplerud, E.N. *Breaking New Ground for American Indian and Alaska Native Youth at Risk: Program Summaries*/Office for Substance Abuse Prevention (OSAP) Technical Report 3. Rockville, MD: OSAP, 1990c (available from the National Clearinghouse for Alcohol and Drug Information).

This report provides a summary and analysis of 16 OSAP-funded prevention programs targeting American Indian and Alaska Native youth. Community concerns and beliefs regarding prevention were identified by the program managers and recorded in this monograph. Sixty-three prevention and intervention approaches are reviewed. This report also describes literature on programs with historic significance, programs targeting pregnancy and early child care, programs targeting youth in foster care, community-based programs, residential programs, intervention program planning, and cultural enhancement for youth in the community.

Keys: community involvement, ethnicity/race/culture, intervention, prevention, sexuality, substance use and abuse

Hipp, E., and Schmitz, C.C. *A Teacher's Guide to Fighting Invisible Tigers: A Course in Lifeskills Development for Students Grades 6-12*. Minneapolis, MN: Johnson Institute, 1987.

This guide presents strategies for teaching teens the basic facts about stress and life management and is intended for teachers and professionals in prevention, intervention, and treatment programs. Handouts, objectives, activity descriptions and instructions, discussion guidelines, suggestions for alternative projects, and a course evaluation questionnaire are included. (Also available for use with this curriculum: Hipp, E. *Fighting Invisible Tigers: A Stress Management Guide for Teens*. Minneapolis, MN: Johnson Institute, 1987.)

Keys: curriculum, intervention, life skills training, prevention, stress, substance abuse, treatment



Kim, S. Short- and long-term evaluation of Here's Looking at You [HLAY] alcohol education program. *Journal of Drug Education* 18(3): 235-42, 1988.

This study reports the short- and long-term outcome evaluation results of the HLAY alcohol education prevention program for adolescents. Successes and failures of the program are discussed. On a long-term basis, the actual alcohol drinking pattern of the program participants was indistinguishable from those who had not participated.

Keys: alcoholism, evaluation, prevention, research, substance use and abuse



Koll, L.T. Meeting special needs: A holistic approach to chemical abuse. *Student Assistance Journal* 1(3):25-9, 1988.

This article is a report on a specific student assistance program (SAP). The focal point of this particular SAP was its target group meetings for children who abuse alcohol and other drugs, children whose parents are alcoholic, and children who are doing poorly in school. These groups offered training in building self-esteem, coping with feelings, developing personal values and communication skills, and handling boredom, among other topics. Of the students participating in the pilot SAP, 85 percent improved in attendance, grades, and/or classroom behavior. Alcohol and other drug use dropped substantially, and parental involvement was significant. The program received high marks from the students.

Keys: children of alcoholics, evaluation, family influence, family issues, intervention, prevention, research, self-esteem, Student Assistance Program, substance abuse

Miller-Hyle, J. *Theory and Application (Volume 1)*, and *Peer Counseling (Volume 5)* from the *Dare To Be You K-12 Life Skills and Substance Abuse Prevention Curriculum*. Fort Collins, CO: Colorado State University Cooperative Extension 4-H Youth Program, 1989 [available from Colorado State University Cooperative Extension 4-H Program, 236 Aylesworth Hall N.W., Fort Collins, CO 80523, (303) 491-6421].

This five-volume prevention curriculum addresses such issues as self-esteem and responsibility; decisionmaking; group leader skills; peer pressure; stress; ethnicity, race, and culture; gender; communication and social skills; and problem behaviors. Volumes 2 - 4 are intended for elementary and junior high school students. Volume 1 specifically addresses the theoretical basis of the life skills curriculum and the application of prevention principles.

Keys: ethnicity/race/culture, gender, life skills training, peer group, peer influence, problem behaviors, self-esteem, substance use and abuse



National Institute on Alcohol Abuse and Alcoholism. *Program Strategies for Preventing Fetal Alcohol Syndrome and Alcohol-Related Birth Defects*. Rockville, MD: Office for Substance Abuse Prevention, 1987.

Part I of this manual overviews Fetal Alcohol Syndrome (FAS) and alcohol-related birth defects (ARBD), including the outcomes, prevalence, economic implications, and budgetary issues of this problem. An exemplary community-based program is discussed. Part II describes specific components of successful programs, including professional and public education, client services, referral and support services, and school programs. Part III suggests methods for implementing a comprehensive, community-based FAS/ARBD prevention program. Appendixes include useful contacts, as well as discussions on low-income women and Native Americans and the special considerations to examine when implementing a program for these groups.

Keys: alcohol use and abuse, curriculum, ethnicity/race/culture, gender, planning and management, prevention, services directory

Office for Educational Research and Improvement. *Profiles of Successful Drug Prevention Programs 1988-1989: Drug-Free School Recognition Program*. Washington, DC: U.S. Department of Education, May 1990 (available from the National Clearinghouse for Alcohol and Drug Information).

This booklet describes 47 of the exemplary substance use intervention and prevention programs implemented by the Department of Education in schools across the United States. Successful prevention strategies and selected indicators of success from individual programs are discussed.

Keys: evaluation, intervention, prevention, substance use and abuse



Office for Substance Abuse Prevention (OSAP). *Prevention Plus II: Tools for Creating and Sustaining Drug-Free Communities*. Rockville, MD: OSAP, 1989 (available from the National Clearinghouse for Alcohol and Drug Information).

Youth risk factors and the impact of alcohol and other drug use and abuse in the community are discussed. This book presents prevention strategies that focus on the individual, the peer group, the parents, and the school. Mass media approaches, regulatory and legal action, how-to's for launching a media campaign, and a guide to working with the media all are included. This publication also provides case studies of comprehensive community prevention efforts; a prevention planning and evaluation guide; and lists of organizations and programs, including the National Prevention Network Directory and the Regional Alcohol and Drug Awareness Resource (RADAR) Network. (An encapsulated version of this book entitled *Drug-Free Communities: Turning Awareness into Action*, is available from the same source as *Prevention Plus II*. The case studies and the planning and evaluation guide are replaced with tips for prevention programs.)

Keys: at-risk youth, community involvement, evaluation, legal issues, planning and management, prevention, services directory, substance use and abuse

Rundall, T.G., and Bruvold, W.H. **Meta-analysis of school-based smoking and alcohol use prevention programs.** *Health Education Quarterly* 15(3):317-34, Fall 1988.

This study reports the meta-analysis of 47 smoking and 29 alcohol school-based intervention programs, including an analysis and discussion of their theoretical models. Results indicate that, in general, smoking and alcohol interventions have equally modest effects on immediate behavior outcomes. Smoking interventions, however, have been more successful than alcohol interventions at altering long-term behavior. Twenty-nine of 33 smoking programs successfully changed students' attitudes, but only 19 of the 31 alcohol programs were able to do this. The data indicate that for immediate smoking outcomes and long-term alcohol outcomes, interventions relying on social reinforcement, social norms, and developmental behavioral models are more effective than traditional "awareness" programs relying on information only. This article contains extensive references.

Keys: alcohol use, attitudes and behavior, evaluation, intervention, research, school-based, tobacco use



Thompson, B. ***Teen Improvisational Theater Training Manual.*** Denver, CO: Colorado Department of Health, 1989 (available from the Adolescent Health Program, Partners in Action for Teen Health [PATH] Project, 4210 E. 11th Ave., Denver, CO 80220).

This manual discusses how to conduct teen improvisational theater—an awareness, prevention, and intervention program for students who are interested in exploring the issues young people must face. Student participants make dramatic presentations and have followup discussions with the audience. Information is included on troupe organization, theater skills, team-building skills, community resources, and adolescent health.

Keys: intervention, peer group, prevention



U.S. Department of Education. ***Drug Prevention Curricula: A Guide to Selection and Implementation.*** Washington, DC: U.S. Department of Education, 1988 (available from the National Clearinghouse for Alcohol and Drug Information).

This resource discusses the usefulness of a comprehensive prevention program which encompasses three primary components: (1) school instruction and activities, (2) parent involvement, and (3) community support. This guide is aimed toward educators, parents, and other concerned citizens, with the goal of aiding in the selection, design, and implementation of prevention education curricula.

Keys: community involvement, family issues, planning and management, prevention, school-based, substance use and abuse

Wilmes, D.J. *Parenting for Prevention: How to Raise a Child to Say No to Alcohol/Drugs—For Parents, Teachers, and Other Concerned Adults.* Minneapolis, MN: Johnson Institute, 1988.

This book offers insights into and practical skills for handling everyday parenting problems. The book provides guidelines that help parents to help their children resist peer pressures and develop into emotionally healthy adults. In addition, it provides therapists and other helpers a view of the daily stresses of raising a family.

Keys: family influence, peer influence, prevention, substance use and abuse

ASSESSMENT, INTERVENTION, AND TREATMENT OPTIONS

Bell, T. *Preventing Adolescent Relapse*. Independence, MO: Herald House/Independence Press, 1990.

At the basis of this book is the understanding that relapse appears to be frequent among adolescents who abuse substances simply because they never begin the recovery process; rather, they practice controlled abstinence, which is forced upon them when they are admitted into an inpatient treatment program. Furthermore, the author argues that many adolescent chemical dependency treatment programs do not allow for, and often directly threaten, normal adolescent developmental tasks. This book presents an approach that addresses adolescent needs and claims success at treatment and relapse prevention.

Keys: adolescent development, mental health, substance abuse, treatment



Boyer, D. *In and Out of Street Life: A Reader on Interventions With Street Youth*. Portland, OR: Tri-County Youth Services Consortium, Project LUCK, 1988.

This reader on street outreach is intended for use with a formal training format, and aims to initiate the training process by providing basic information on street youth, issues between youth and workers, and strategies for intervention. The reader is organized in the following sections: (1) street life and street culture, (2) male and female prostitution, (3) delivery of social services, (4) delivery of medical services, (5) exiting from street life, and (6) policy issues for agencies. Among the specific issues discussed within these sections are gay and lesbian youth, minority youth, pregnancy, outreach and service delivery, case management, substance abuse, AIDS, medical services and health care needs, and counseling issues.

Keys: counseling approaches, ethnicity/race/culture, gender, HIV/AIDS, intervention, physical health, planning and management, runaway/homeless youth, sexuality, substance use and abuse, treatment

Friedman, A., and Beschner, G., eds. *Treatment Services for Adolescent Substance Abusers*. Department of Health and Human Services Publication No. (ADM) 89-1342. Rockville, MD: National Institute on Drug Abuse, 1989 (available from the National Clearinghouse for Alcohol and Drug Information).

This book highlights and integrates what currently is known about adolescents who abuse substances, the programs that serve them, and the treatment methods and approaches that have proven to be the most effective. The authors present detailed procedures for implementing program activities and describes intervention methods and treatment techniques. Among the issues highlighted are referral, assessment, treatment, and the individualization and initiation of treatment. Educational, vocational, medical, and basic counseling; group and family therapy; and alternative activity services are discussed.

Keys: assessment, counseling approaches, evaluation, intervention, referral, substance abuse, treatment



Irwin, C. *Teen Health Risk Survey*. San Francisco, CA: San Francisco Department of Public Health, 1989 (available from Marisel E. Brown, San Francisco Department of Public Health, 101 Grove St., Room 115B, San Francisco, CA 94102).

This self-administered questionnaire has been used by an adolescent counseling project to identify youth engaged in high-risk behaviors such as drug use and sexual activity. The survey is appropriate for youth with limited reading skills.

Keys: assessment, identification, substance use and abuse



Jones, R.M. et al. **Ego identity and substance abuse: Comparison of adolescents in residential treatment with adolescents in school.** *Personality and Individual Differences* 10(6):625-31, 1989.

Adolescents in a residential treatment center participated in a study using an objective measure of ego identity status. The clinical group was significantly less psychosocially mature than the nonclinical group. Implications for matching prevention and treatment to levels of maturity and the identification of at risk students are examined.

Keys: adolescent development, identification, prevention, research, substance use and abuse, treatment

Milkman, H.B., and Sederer, L.I., eds. *Treatment Choices for Alcoholism and Substance Abuse*. Lexington, MA: Lexington Books, 1990.

Assessments, diagnoses, and treatment prescriptions are some of the issues discussed in this broad-based book. Special focus is on the prevention and early intervention of addictive disorders, dual diagnosis of psychiatric and addictive disorders, prevention and intervention in schools, treatment strategies for youth who have broken the law, attitudes surrounding substance abuse problems in women, and family therapy approaches to substance abuse.

Keys: alcoholism, assessment, counseling approaches, delinquency, family issues, gender, intervention, mental health, prevention, school-based, substance abuse, treatment



Miller, B.G. **Empowerment: Treatment approaches for the deaf and chemically addicted.** *The Counselor* 7(3):24-25, May/June 1989.

This article examines how a person's deafness influences the treatment process and ways for professionals working with deaf persons to empower the people they are helping. In working with deaf persons recovering from addictions to alcohol and other drugs, the counselor may experience difficulties due to communication blocks and cultural differences. Because deaf culture is made up of the shared experiences and lifestyles of deaf people, as well as a completely different language, the author states that service providers should make available sign language interpreters and deaf counselors to their deaf clients.

Keys: ethnicity/race/culture, substance abuse, treatment



National Institute on Drug Abuse. *Adolescent Peer Pressure: Theory, Correlates, and Program Implications for Drug Abuse Prevention*. Washington, DC: U.S. Government Printing Office, 1981.

This monograph presents ways in which peer pressure can be perceived and directed positively. Chapter 1 discusses the tasks and challenges of adolescence as well as the myths and realities of being a youth in today's society. Chapter 2 examines problem behaviors, focusing on drug use in particular. The authors develop a model for analyzing antecedents of drug abuse, which may be useful in the development of prevention programs. In Chapter 3 the authors discuss the goals of peer programs and various program types—including positive peer influence, peer teaching, peer counseling, and peer participation. Chapter 4 focuses on the essential components of planning and implementing a peer program.

Keys: peer group, peer influence, planning and management, prevention, substance abuse, theoretical issues

National Institute on Drug Abuse (NIDA). *National Directory of Drug Abuse and Alcoholism Treatment and Prevention Programs*. Rockville, MD: NIDA, 1990 (available from the National Clearinghouse for Alcohol and Drug Information).

Based on data obtained from 9,608 drug abuse and alcoholism treatment and prevention services in the 50 States, the District of Columbia, Guam, Puerto Rico, and the Virgin Islands, this directory was designed to aid persons seeking referral information on alcoholism and drug abuse treatment and prevention facilities. Entries include program name, address, telephone number, and codes describing the specific services available.

Keys: alcoholism, prevention, referral, services directory, substance abuse, treatment



Rahdert, E.R., ed. *The Adolescent Assessment/Referral System Manual*. Rockville, MD: National Institute on Drug Abuse, 1991 (available from the National Clearinghouse for Alcohol and Drug Information).

This manual discusses the need for an effective assessment/referral system which targets not only drug use but also the multiple problems associated with that involvement, so that the broadest range of therapeutic options is considered and an optimal treatment plan is designed. Multiple problem areas in this comprehensive assessment battery include: substance use/abuse, physical and mental health statuses, family and peer relations, educational status, vocational status, social skills, leisure and recreation, and aggressive behavior/delinquency. Diagnostic instruments for each functional area represented in this multiple problem screen are provided, and a guide to creating a customized directory of adolescent services is included. Screening questionnaires are provided in both Spanish and English.

Keys: assessment, problem behaviors, referral, screening, substance use and abuse



Rahdert, E.R., and Grabowski, J. *Adolescent Drug Abuse: Analyses of Treatment Research*. National Institute on Drug Abuse (NIDA) Research Monograph 77. Rockville, MD: NIDA, 1988 (available from the National Clearinghouse for Alcohol and Drug Information).

This monograph examines recent research on a variety of topics related to the issue of substance abuse treatment for adolescents. Topics of relevance include assessment; chemical use and its relationship to attention deficit disorder, hyperactivity, and conduct disorders; guidelines for the optimal matching of substance-abusing adolescents to appropriate treatment; family-based approaches for reducing substance use; and parent and peer factors that influence the development of an adolescent's antisocial behavior and substance use.

Keys: assessment, family influence, family issues, mental health, peer influence, substance abuse, treatment

Robinson, B.E. *Working With Children of Alcoholics: The Practitioner's Handbook*. Lexington, MA: Lexington Books, 1989.

This book provides professionals with a direct, step-by-step approach for identifying children of alcoholics, establishing effective programs and treatment strategies, examining academic and behavioral concerns, and identifying other risk factors. Resources include names of helpful organizations, periodicals, therapeutic games, and curriculum materials.

Keys: children of alcoholics, counseling approaches, identification, treatment



Schaefer, D. *Choices and Consequences: What To Do When a Teenager Uses Alcohol/Drugs—A Step-by-Step System that Really Works*. Minneapolis, MN: Johnson Institute, 1987.

Parents, teachers, and other helping professionals are advised on what they can do to arrest a teenager's use of chemicals at any stage, from early experimentation to dependence. This book is the winner of a 1988 Award of Merit from *Curriculum Product News* and is a companion to the triple award-winning videotape *Choices and Consequences: Intervention With Youth in Trouble With Alcohol/Drugs*.

Keys: intervention, substance abuse



Szapocznik, J. et al. **Family Effectiveness Training: An intervention to prevent drug abuse and problem behaviors in Hispanic adolescents.** *Hispanic Journal of Behavioral Sciences* 11(1):4-27, 1989a.

This article describes a study conducted to measure the effectiveness of Family Effectiveness Training, a prevention/intervention program model designed for use with Hispanic families of preadolescents who are at risk for drug abuse. Intervention strategies target existing maladaptive family interactions, and prevention strategies target two common stressors in Hispanic families: intergenerational and intercultural conflicts.

Keys: ethnicity/race/culture, family influence, family issues, intervention, prevention, problem behaviors, research, stress, substance abuse

Tarter, R.E. Evaluation and treatment of adolescent substance abuse: A decision tree method. *American Journal of Drug and Alcohol Abuse* 16(1/2):1-46, 1990.

The author describes a procedure for systematically evaluating and treating adolescents with known or suspected substance abuse and states that integrating assessment with intervention creates the opportunity to comprehensively characterize the youth's problems and to quantitatively monitor treatment progress and outcome. The author, a panel of clinical researchers, and a panel of practitioners devised this objective evaluation format, which they believe rationally links assessment to focused interventions. The following suggested forms are included: personal history, drug use screening inventory, health status evaluation, diagnostic summary, and treatment plan summary.

Keys: assessment, screening, substance abuse, treatment

COUNSELING APPROACHES

Adelman, E., and Casticione, L. **An expressive arts model for substance abuse group training and treatment.** *The Arts in Psychotherapy* 13:43-52, 1986.

This article presents the Expressive Arts Model for training substance abuse workers and treating substance abuse clients in a group setting. In integrating techniques from psychodrama, music therapy, and art therapy, this model aims to overcome characteristics such as denial, minimization, rationalization, projection, etc., that typically act as a liability for the substance abuser in traditional verbal group therapy. Several sample sessions are portrayed.

Keys: counseling approaches, substance abuse



Bergstrom, S., and Cruz, L. **Counseling Lesbian and Gay Male Youth: Their Special Lives/Special Needs.** Washington, DC: National Network of Runaway and Youth Services, 1983.

This handbook covers many topics and includes many personal viewpoints. Among the issues examined are psychotherapy with families of lesbian and gay youth, the development of services for lesbian and gay youth in runaway shelters, the creation of peer support groups, rural gay and lesbian youth and implications for the youth worker, and special considerations for working with Third World lesbian and gay youth.

Keys: counseling approaches, ethnicity/race/culture, peer group, runaway/homeless youth, sexuality



Blain, G.H., and Brusko, M. **Starting a peer counseling program in the high school.** *Journal of School Health* 55(3):116-18, March 1985.

This brief article explains what a peer counseling program is and describes a specific program implemented in a high school. Among the issues explored are how administrative support was obtained; counselor selection and training; what worked, what did not, and why; and program evaluation.

Keys: counseling approaches, peer group, problem behaviors

D'Andrea, V.J., and Salovey, P., eds. *Peer Counseling: Skills and Perspectives*. Palo Alto, CA: Science and Behavior Books, 1983.

This handbook is written to be understandable by students and community workers, while comprehensively addressing many of the issues involved in peer counselor training. The bulk of the text consists of listening, counseling, and crisis intervention skills training modules, which can be used either alone or with other training materials. The authors discuss the concerns of professional counselors in dealing with student groups and program development needs. Some specific issues are treated, including gay peer counseling and cultural and ethnic factors.

Keys: counseling approaches, peer group



Edwards, J.T. *Treating Chemically Dependent Families: A Practical Systems Approach for Professionals*. Minneapolis, MN: Johnson Institute, 1990.

Intended for therapists, this book demonstrates how to approach various therapeutic goals. Among those goals examined are getting families into therapy, developing communication skills for working with families, recognizing and using the interactional power of the family to help the family heal itself, providing structured therapy, and leading chemically dependent families back to health. This guide also introduces four unique therapeutic techniques.

Keys: counseling approaches, family issues, substance use



Ellis, A. et al. *Rational-Emotive Therapy With Alcoholics and Substance Abusers*. New York, NY: Pergamon Press, 1988.

Rational-Emotive Therapy (RET) is a therapeutic technique sometimes used in the treatment of substance abuse. The underlying rationale of RET is that a person's belief system causes a specific emotional reaction in response to an event. Modifying or changing the participant's beliefs is the first goal toward changing behavior. Topics discussed are positive peer influence in the therapeutic community, working with enablers, RET and treatment, behavioral techniques, emotive techniques such as imagery and self-dialogues, cognitive techniques such as reframing and disputing irrational beliefs, and changing addictive thinking.

Keys: alcoholism, attitudes and behavior, counseling approaches, peer group, substance abuse, treatment

Fleming, M. *Conducting Support Groups for Students Affected by Chemical Dependence: A Guide for Educators and Other Professionals*. Minneapolis, MN: Johnson Institute, 1990.

This nontechnical book explains how to start student support groups for youth's whose lives have been affected by either their own or their families' current or past substance use. The author outlines strategies for identifying affected students and describes the strengths that group leaders need to develop.

Keys: counseling approaches, family influence, identification, substance use



Friedman, A., and Granick, S., eds. *Family Therapy and Adolescent Substance Abuse*. Lexington, MA: Lexington Books, 1990.

This indepth book reviews the current research on the relationship between substance abuse by adolescents and the structural and operational system of their families and provides a survey and discussion of adolescent treatment needs and services. Observations based on clinical experience with families of substance-abusing adolescents are used to describe how families are affected by, and interact with, the abusing member. Factors in family functioning that prevent or overcome substance abuse are noted. A research project investigating the relative effectiveness of family therapy versus parent-group education and discussion is summarized. Two chapters are oriented toward helping the therapist face her or his own personal functioning during the family treatment experience. Issues concerning African American families and counselors also are discussed.

Keys: counseling approaches, ethnicity/race/culture, family influence, family issues, research, substance use and abuse, treatment

Gibson, D., ed. **Treatment of Substance Abuse: Psychosocial Occupational Therapy Approaches** [special issue]. *Occupational Therapy in Mental Health: A Journal of Psychosocial Practice and Research* 8(2). New York, NY: Haworth Press, 1988.

This special journal issue addresses the little-studied role of occupational therapy in substance abuse treatment. The first article is an evaluation of arts and crafts activity sessions which were conducted with adults in a treatment center. The second article examines occupational therapy intervention for the treatment of persons who are addicted to alcohol, taking a historical look at this treatment method and suggesting directions for the future. The third article describes the stages of recovery and specific occupational therapy methods appropriate for each treatment level. The fourth article describes a specific treatment program that uses an interdisciplinary approach to individualize treatment goals. The final article describes research on the use of the ethnographic interview as a culturally sensitive tool for use in assessing and treating Native Americans and Alaska Natives.

Keys: alcoholism, counseling approaches, ethnicity/race/culture, substance abuse, treatment



James, M.R., and Townsley, R.K. **Activity therapy services and chemical dependency rehabilitation.** *Journal of Alcohol and Drug Education* 34(3):48-53, 1989.

Three forms of activity therapy (occupational, recreation, and music) and ways in which they can contribute to the comprehensive treatment of addiction are described. The author states that the prime contribution of activity therapy services lies in both the nature of experiential education, as well as allowing the participants to apply the insight gained in counseling sessions and discussion groups to practical, real-life situations. Each type of therapy is described with respect to commonly identified objectives and the ways in which these objectives relate to individuals with chemical dependency.

Keys: counseling approaches, substance abuse



Kaufman, G.H. **Art therapy with the addicted.** *Journal of Psychoactive Drugs* 13(4):353-60, 1981.

This paper introduces the concept of art therapy, outlines its history and application in diverse settings, and explains its particular uses and benefits in the treatment of substance abuse. The author's intent is to familiarize those who are not yet acquainted with the field.

Keys: counseling approaches, substance abuse

Khantzian, E.J. et al. *Addiction and the Vulnerable Self: Modified Dynamic Group Therapy for Substance Abusers*. New York, NY: Guilford Press, 1990.

The aim of this manual is to define and describe Modified Dynamic Group Therapy (MDGT), a group psychotherapeutic approach that utilizes psychodynamic principles to treat persons who abuse drugs. While a primary treatment goal of MDGT is to help the members recover from their addictions, MDGT also seeks to initiate a process of psychological recovery from, and repair of, the vulnerabilities that precipitated and helped sustain the compulsive drug use. Described in detail is the leader's role in directing the group's efforts toward four therapeutic focal points: affect tolerance, self-esteem building, improvement of interpersonal relationships, and development of appropriate self-care strategies among the group members. MDGT is designed to be complementary to Alcoholics Anonymous and individual therapy.

Keys: counseling approaches, self-esteem, substance abuse



Licarione, M. **Conducting Group Therapy With Chemically Dependent Adolescents**. In Friedman, A., and Beschner, G., eds. *Treatment Services for Adolescent Substance Abusers*. Department of Health and Human Services Publication No. (ADM) 89-1342. Rockville, MD: National Institute on Drug Abuse, 1989.

This chapter reviews several types of group therapy methods and approaches, including Gestalt Therapy, reality therapy, transactional analysis, psychodrama and role playing, and behavioral group therapy. The author describes basic principles and strategies that can be used in getting groups started. Also discussed are adolescent behaviors that a leader should anticipate and positive ways to handle challenging situations.

Keys: counseling approaches, peer group, substance use and abuse



Moore, R. **Art therapy with substance abusers: A review of the literature**. *The Arts in Psychotherapy* 10:251-60, 1983.

Reviewing approximately 20 items of literature on art therapy with substance abusers, this article examines addict problems addressed in art therapy; characteristics of artwork by persons addicted to alcohol and other drugs; the art therapist's roles and treatment styles; and the special techniques, goals, and outcomes of art therapy for this population.

Keys: counseling approaches, substance abuse

National Network of Runaway and Youth Services (NNRYS). *Youth-Reaching-Youth Implementation Guide*. Washington, DC: NNRYS, 1991.

This manual is designed to prepare community-based agencies that serve runaway, homeless, and other youth in high-risk situations to successfully implement the Youth-Reaching-Youth model. The model involves young people in the design and implementation of alcohol and other drug use prevention programs. In addition to general peer training, it also offers guidance for training youth for specific roles, including hotline operator, educational theater performer, advocate, board member, and advisory committee member.

Keys: counseling approaches, curriculum, peer group, planning and management



Potocek, J., and Wilder, V.N. *Art/movement psychotherapy in the treatment of the chemically dependent patient*. *The Arts in Psychotherapy* 16:99-103, 1989.

This article demonstrates how to incorporate the first four Alcoholics Anonymous Steps into art/movement therapy. The authors describe how concrete art and movement tasks are applied to parallel each Step during this form of therapy, and they address the specific needs of the chemically dependent person. With the media of art and movement, an atmosphere is created in which patients feel at liberty to experiment with new behaviors and expressions. Through involving the whole self in a safe environment, patient resistance is lowered, trust is increased, and emotions are explored and accepted.

Keys: counseling approaches, substance abuse



Rose, S.D., and Edleson, J.L. *Working With Children and Adolescents in Groups: A Multimethod Approach*. Minneapolis, MN: Johnson Institute, 1987.

This handbook of group skills is appropriate for treating problem behaviors in children and adolescents. Modeling, problem solving, and group strategies are the tools presented to help young people overcome difficulties with self-esteem, stress, depression, drug abuse, and other problems. The authors provide strategies for forming groups, assessing client difficulties, changing problem behavior, and maintaining that change as the youth move from the group into the real world.

Keys: counseling approaches, mental health, peer group, problem behaviors, self-esteem, stress, substance abuse

Schinke, A.P., and Gilchrist, L.D. *Life Skills Counseling With Adolescents*. Baltimore, MD: University Park Press, 1984.

A comprehensive counseling approach to the life skills youth must acquire before they leave home is offered in this book. The authors attempt to answer the question, "What is adolescence?" through reviewing several social theories. Interpersonal relationships, sexuality, stress, health issues (including substance use), employment, and social responsibility all are discussed. A chapter with guidelines for counselors is included, as are extensive references.

Keys: life skills training, physical health, sexuality, stress, substance use



Szapocznik, J. et al. *Breakthroughs in Family Therapy With Drug-Abusing and Problem Youth*. New York, NY: Springer Publishing Company, 1989b.

This book reviews structural family treatment of problem behavior, drug-abusing adolescents and provides a detailed introduction to recent breakthroughs in the understanding and treatment of these youth. Drawing from their experience that the most effective methods for treating these problems impact on both the adolescent and the family system, the authors created this publication to provide professionals experienced in family therapy with a practical guide for incorporating these advancements into their own work.

Keys: counseling approaches, family influence, problem behaviors, substance use and abuse



Telesis Corporation. *Peer Counseling Training Curriculum*. San Diego, CA: Telesis Corporation, 1991.

This curriculum package is oriented to the instructor and includes student workbooks in English, Spanish, Laotian, Cambodian, and Vietnamese. Youth issues addressed include self-awareness, group dynamics, decisionmaking, pharmacology, communication/counseling, and peer leadership. The package provides administrative and teaching guidelines, pretests and posttests, and diagnostic minitests. This curriculum is offered as an accredited class throughout the United States and Canada at junior and senior high school levels. (Also available through Telesis Corporation: *Advanced Peer Counseling Training Curriculum* [1988]. This volume includes skill development activities in counseling, conflict resolution, and crisis intervention and provides such forms for documenting a peer program as student release forms, peer counselor activity logs, and client intake forms.)

Keys: peer group, planning and management

Todd, T.C., and Selekman, M.D. *Family Therapy Approaches With Adolescent Substance Abusers*. Boston, MA: Allyn and Bacon, 1991.

Information on a wide variety of therapy techniques and approaches is provided, including the Purdue brief family therapy model, the contextual family therapy model, solution-focused brief treatment, the systemic intergenerational approach, the cybernetic approach, the inpatient family therapy method, the social network approach, the Reflecting Team model, the structural strategic model, and the brief integrative family therapy approach.

Keys: counseling approaches, family issues, substance abuse



Treadway, D.C. *Working With Substance Abuse in the Family*. New York, NY: W.W. Norton and Company, 1989.

Written from a highly personal perspective, this book is designed as a user-friendly guide for therapists working with families in trouble with substance abuse. The author presents detailed, step-by-step models for working with families. The primary topics are couples therapy, child-focused therapy for families in which a parent abuses substances, and family treatment. This is a warm, engaging book by an experienced therapist.

Keys: counseling approaches, family influence, family issues, substance abuse

RISK FACTORS

Austin, G., and Prendergast, M. *Young Children of Substance Abusers*. Prevention Research Update No. 8. Los Alamitos, CA: Western Center for Drug-Free Schools and Communities, Winter 1991 (available from the Northwestern Regional Educational Laboratory).

This monograph focuses on the current state of knowledge about adolescent children of alcoholics and other drug abusers. The publication aims to clarify and increase awareness of the risks facing these youth through a review of recent literature, and it examines the prevention and intervention issues involved in providing services to these youth in the schools. Abstracts of related literature are provided.

Keys: alcoholism, children of alcoholics, family influence, intervention, mental health, physical health, prevention, substance abuse



Brown, B., and Mills, A., eds. *Youth at High Risk for Substance Abuse*. Rockville, MD: National Institute on Drug Abuse, 1987 (available from the National Clearinghouse for Alcohol and Drug Information).

This collection of papers and panel discussion transcripts explores the environmental risk factors and genetic attributes of chemical dependency, preventive and treatment approaches for adolescent delinquency and drug use and abuse, and the application of a foster family treatment model to drug abuse prevention and early intervention.

Keys: at-risk youth, delinquency, intervention, prevention, substance use and abuse, treatment

Cavaiola, A.A., and Schiff, M. **Behavioral sequelae of physical and/or sexual abuse in adolescents.** *Child Abuse and Neglect* 12(2):181-8, 1988.

This article reviews the few studies available on how physical and sexual abuse relates to chemical dependency and discusses the authors' own study on adolescents in a residential chemical dependency treatment center. Thirty percent of the youth were identified as victims of physical and/or sexual abuse. Of these abuse cases, only 32 percent had been reported prior to residential treatment, despite the fact that many of these youth had previously been involved in the social service system. This research aims to identify factors that may help distinguish abused from nonabused adolescents to facilitate accurate evaluation of these youth. Results indicate a higher incidence of acting-out behavior, running away, legal involvement, and sexual promiscuity within the abused group. Gender differentials are discussed. Social learning and modeling effects are suggested.

Keys: at-risk youth, gender, physical and sexual abuse, problem behaviors, research, sexuality, substance use



Coombs, R.H., ed. *Family Context of Adolescent Drug Use.* New York, NY: Haworth Press, 1988.

Part I of this book provides a comprehensive literature review and background information on societal forces that affect families and make it difficult to raise drug-free youth. Part II examines family differences, including family stages, styles, and varieties. Part III focuses on interventions at home, in school, and with peers. Subtopics within this book include contrasting family patterns of adolescent drug users and nonusers; ethnic family differences; personality, family, and ecological influences; families with children who have attention deficit disorder; and the relationship of peer relationships and social competence to substance use prevention.

Keys: at-risk youth, ethnicity/race/culture, family influence, intervention, mental health, peer influence, substance use, theoretical issues

Kumpfer, K. **Prevention of Alcohol and Drug Abuse: A Critical Review of Risk Factors and Prevention Strategies.** In Shaffer, D. et al., eds. *Prevention of Mental Disorders, Alcohol, and Other Drug Abuse in Children and Adolescents.* Rockville, MD: Office for Substance Abuse Prevention, 1990 (available from the National Clearinghouse for Alcohol and Drug Information).

The assumption that youth do not develop addictive disorders without behavioral, emotional, or cognitive precursors is examined in this book. The author reviews several prevention strategies which she believes would help to decrease not only substance abuse but many other childhood disorders as well. The relationship of such demographic risk factors as sex, ethnicity, socioeconomic status, and age to psychosocial environmental risk factors are discussed in the context of substance abuse. This book includes extensive references.

Keys: at-risk youth, mental health, prevention, problem behaviors, substance abuse



Silverman, M. **The Integration of Problem and Prevention Perspectives: Mental Disorders Associated With Alcohol and Drug Use.** In Shaffer, D. et al., eds. *Prevention of Mental Disorders, Alcohol and Other Drug Abuse in Children and Adolescents.* Rockville, MD: Office for Substance Abuse Prevention, 1990 (available from the National Clearinghouse for Alcohol and Drug Information).

This chapter examines risk factors, personality profiles, and an array of problems associated with substance use. The author provides lifetime prevalence rates of substance use and the similarities between, and coexistence of, substance use and other psychiatric disorders. The author favors a multidisciplinary, holistic approach for prevention and intervention strategies.

Keys: at-risk youth, intervention, mental health, prevention, substance use



Steinglass, P. et al. ***The Alcoholic Family.*** Minneapolis, MN: Johnson Institute, 1987.

The current image of alcoholism in the family and many commonly held views on this topic, are challenged in this book. The authors describe the profound effects of alcoholism on family members and the complex ways in which these effects can be carried from generation to generation.

Keys: alcoholism, family influence

PERSONAL INFLUENCES

Denoff, M.S. **Cognitive appraisal in three forms of adolescent maladjustment.** *Social Casework* 68(10):579-88, 1987.

An adolescent's decision to run away, use drugs, or commit suicide is explained in this article as a method of coping rather than as a failure to cope. The author cites the cognitive theory of stress and coping, which states that the youth's own perception of a situation is an important stress mediator and one of the determinants of a coping strategy such as using drugs. The youth's cognitive influences and self-expectations are examined with respect to their possible influence on the meaning of a situation and the youth's selection of a response to manage the situation. The author stresses that effective treatment must be based on an awareness of both cognitive appraisals and the youth's selection of a coping strategy.

Keys: adolescent development, problem behaviors, substance use and abuse, suicide, treatment



Elliott, D. et al. ***Multiple Problem Youth: Delinquency, Substance Use, and Mental Health Problems.*** New York: Springer-Verlag, 1989.

This book discusses a 10-year longitudinal study involving a national sample of teenagers. The study examined the patterns of joint delinquent-alcohol, drug, and mental health (ADM) problems, the proportion of youth that exhibits these patterns, and the distribution of these patterns in the general population by age, sex, race, class, and place of residence. This study considers whether a predictable temporal order or developmental sequence is evident in the onset of these behaviors and whether a common set of causes for these problems can be identified. Possibilities for a connection between adult crime involvement and youth ADM problems are examined.

Keys: adolescent development, delinquency, mental health, research, substance use

Flavin, D.K., and Francis, R.J. **Risk-taking behavior, substance abuse disorders, and the Acquired Immune Deficiency Syndrome.** *Advances in Alcohol and Substance Abuse* 6(3):23-32, 1987.

This article addresses the relationships among various addictive and suicidal behaviors, immune suppression (as a result of substance abuse), behavioral disinhibition, coexistent psychiatric problems, HIV/AIDS, risk-taking, and lack of self-care. Sexual identity as an issue for substance abusers is also discussed. The clinical and therapeutic needs of patients, their families, and staff are examined, and intervention strategies are described.

Keys: HIV/AIDS, problem behaviors, sexuality, substance abuse, suicide



Hersch, P. **Coming of age on city streets.** *Psychology Today* 22(1):28-37, January 1988 (reprints available from the National Clearinghouse for Alcohol and Drug Information).

Through describing her experience on the New York City Covenant House outreach van, the author sensitively discusses the health risks of runaway and homeless youth. Her article focuses on the threat of HIV/AIDS through sexual activity and substance use, and adolescent development.

Keys: adolescent development, at-risk youth, HIV/AIDS, runaway/homeless youth, sexuality, substance use and abuse



Hindman, M.H., ed. **The Multidisabled: Emerging Responses** [special issue]. *Alcohol Health and Research World* 5(2), Winter 1980-81.

This special issue of the National Institute on Alcohol Abuse and Alcoholism's journal views alcoholism and substance abuse as disabilities in themselves, and discusses the effects of these disabilities on persons with physical and mental challenges. The special needs of this population are described. Issues such as counseling the multidisabled; networking substance abuse treatment programs with services for persons with disabilities; and special concerns for persons who are blind, deaf, epileptic, developmentally disabled, mentally retarded, mentally ill, or have spinal cord injuries are examined.

Keys: alcoholism, counseling approaches, mental health, physical health, substance abuse, treatment

Nunnaly, E. et al., eds. *Mental Illness, Delinquency, Addictions, and Neglect*. Families in Trouble Series, Volume 4. Newbury Park, CA: Sage Publications, 1988.

Surveying a wide array of factors associated with substance abuse, the authors present varied approaches, theories, and suggestions for human service professionals faced with cases of mental illness, alcohol and other drug use, delinquency, and neglect. Public policy surrounding these issues also is explored.

Keys: delinquency, family influence, mental health, substance use and abuse



Oyemade, U.J., and Brandon-Monye, D., eds. *Ecology of Alcohol and Other Drug Use: Helping Black High-Risk Youth*. Rockville, MD: Office for Substance Abuse Prevention, 1990 (available from the National Clearinghouse for Alcohol and Drug Information).

This book is an effort to formulate an integrative, ecological model that describes a comprehensive primary prevention approach to the growing problem of alcohol and drug use among high-risk black youth. The chapters examine family, cultural, and environmental risk factors; health and nutrition; the role of the pharmaceutical industry; government and industry intervention; the role of health care and civic organizations; and varied prevention models.

Keys: at-risk youth, ethnicity/race/culture, substance use and abuse



Pollard, J., and Austin, G. *Substance Abuse Among Juvenile Delinquents and Gang Members*. Prevention Research Update No. 6. Los Alamitos, CA: Western Center for Drug-Free Schools and Communities, Spring 1990 (available from the Northwestern Regional Educational Laboratory).

This monograph addresses some of the questions surrounding the relationships among delinquency, gang membership, and alcohol and other drug (AOD) use. Section 1 summarizes current knowledge about AOD use among youth who have broken the law. Section 2 explores the question of gang member involvement in delinquency, drug use, and drug trafficking. Section 3 reviews methods of reducing the prevalence of delinquency and AOD use through prevention and intervention programs and presents alternatives for policymakers and program managers developing social services for adolescents.

Keys: delinquency, intervention, prevention, substance use

Prendergast, M. et al. *Substance Abuse Among Youth With Disabilities*. Prevention Research Update No. 7. Los Alamitos, CA: Western Center for Drug-Free Schools and Communities, Summer 1990 (available from the Northwestern Regional Educational Laboratory).

Very little literature exists on substance abuse among the disabled. This short review addresses this issue in four ways, examining (1) the limits of the research currently available, (2) the evidence regarding the nature and prevalence of disabilities within the U.S. population and of alcohol and other drug use within disabled populations, (3) the correlates of drug use and risk factors, and (4) the prevention and intervention needs of this population and related issues. Abstracts of related literature are provided.

Keys: intervention, physical health, prevention, research, substance abuse



Schinke, S.P. et al. **Preventing substance abuse among American-Indian adolescents: A bicultural competence skills approach.** *Journal of Counseling Psychology* 35(1):87-90, 1988.

The authors review the problems and risk factors for substance abuse among American-Indians as well as explanations for these problems and factors. A study of a bicultural competence skills approach for preventing substance abuse among American-Indian adolescents is presented. This approach was found, at posttest and at six-month followup, to improve measures of substance use knowledge; improve attitudes and interactive skills; and lower self-reported rates of tobacco, alcohol, and drug use.

Keys: alcohol use, ethnicity/race/culture, intervention, prevention, research, substance abuse, tobacco use



Sommer, B. **The troubled teen: Suicide, drug use, and running away.** *Women and Health* 9(2-3):117-41, 1984.

The incidence and predisposing factors of suicide, drug use, and running away in adolescence are described with particular attention to teenage females. The author describes predisposing factors including problems at home and other long-term problems. She states that primary prevention efforts are needed, including improving parenting and family communication. Attention to an adolescent's desire for independence and competence may help counteract feelings of low self-esteem, helplessness and lack of control. A description of common underlying themes and of steps for prevention and treatment is included.

Keys: adolescent development, gender, runaway/homeless youth, substance use and abuse, suicide

Stiffman, A. Rubin, and Davis, L.E. *Ethnic Issues in Adolescent Mental Health*. Santa Monica, CA: Sage Publications, 1990.

The aim of this book is to clarify the effects of ethnicity on adolescent mental health. A variety of interrelated issues are examined, including substance use, delinquency, suicide, and adolescent sexuality and pregnancy. These issues are discussed in sections on African American, Mexican American, Asian American, and Hispanic youth. This book provides a multicultural perspective on many of the issues correlating with substance use.

Keys: delinquency, ethnicity/race/culture, mental health, sexuality, substance use and abuse, suicide



Timmerman, C., ed. *Alcohol and the Physically Impaired* [special issue]. *Alcohol Health and Research World* 13(2), 1989.

This special issue of the National Institute on Alcohol Abuse and Alcoholism's journal explores the causes and treatment of substance abuse among the physically impaired. The need to address alcohol abuse while treating the physically impaired is crucial to patient recovery, especially in light of findings that a large percentage of persons who are not born with physical impairments acquire them as a result of alcohol and other drug abuse. Other more subtle connections between substance abuse and physical impairment, specifically arthritis and epilepsy, also are discussed. Articles on children of visually impaired persons addicted to alcohol and advocacy for the disabled also are included.

Keys: alcoholism, children of alcoholics, mental health, physical health, substance abuse, treatment

U.S. Department of Justice. *Twelfth Analysis and Evaluation: Federal Juvenile Delinquency Programs—1988*. Washington, DC: U.S. Department of Justice, 1988.

This report evaluates Federal juvenile delinquency programs for Fiscal Year 1988. Chapter One describes the Office of Juvenile Justice and Delinquency Prevention, and Chapter Two details the organization, mission, and activities of the Coordinating Council on Juvenile Justice and Delinquency Prevention and the Advisory Board on Missing Children. The remaining chapters focus on the Council's 1988 priority areas: reducing the demand for illegal drugs; helping missing, exploited, and abused children; educating children and youth about preventing HIV/AIDS; combating school crime and violence; improving statistics on youth; improving youth employment; and reducing gang violence. The final chapter includes descriptions of other programs addressing at-risk youth.

Keys: delinquency, evaluation, HIV/AIDS, physical and sexual abuse, problem behaviors, runaway/homeless youth, substance use and abuse



Watts, T.D., and Wright, R. *Black Alcohol Abuse and Alcoholism: An Annotated Bibliography*. New York, NY: Praeger Publishers, 1986.

This bibliography covers the period from 1943 to 1985. It contains information on family dysfunction, juvenile delinquency, child abuse, prevention, and education. All resources have special relevance to the black American population.

Keys: alcohol abuse, bibliography, ethnicity/race/culture

Western Center for Drug-Free Schools and Communities. *Prevention Research Updates*. Portland, OR: Northwest Regional Educational Laboratory.

Substance abuse among minority youth: Native Americans. *Prevention Research Update* No. 2, Winter 1988.

Substance abuse among Latino youth. *Prevention Research Update* No. 3, Spring 1989.

Substance abuse among black youth. *Prevention Research Update* No. 4, Fall 1989.

Substance abuse among Asian American youth. *Prevention Research Update* No. 5, Winter 1989.

These quarterlies abstract and review recent research on minority youth at high risk for substance abuse. Issue No. 2 is an introduction to the other issues and provides an overview of the problem in addition to specifically addressing Native American youth. The underlying argument behind the Prevention Research Update Series is that prevention efforts will be more successful if they target high-risk youth. The authors address this argument by identifying some of the factors that place ethnic and racial minority youth at risk and exploring methods for intervening in the lives of these members of the largest and fastest growing population at risk.

Keys: ethnicity/race/culture, intervention, prevention, research, substance abuse, treatment



Wright, R., and Watts, T.D., eds. **Alcohol Problems and Minority Youth** [special issue]. *Journal of Drug Issues* 18(1), 1988.

This special journal issue explores the multiple dimensions of being an alcohol user, a minority, and a youth. Articles give an overview of the problem and focus on the prevention and treatment of alcohol use among black American, Hispanic, and Native American youth and their communities. A final article examines how the strategies of several alcohol education protocols within schools present unique problems to prevention programs for minority youth. Alternative approaches are described.

Keys: alcohol use, ethnicity/race/culture, prevention, treatment

APPENDIX A CLIENT LITERATURE

Resources for Youth

Black, C. *Repeat After Me*. Denver, CO: MAC Publishing, 1985.

This publication presents a workbook approach to examining issues on growing up in a family in which substance use and abuse and/or physical/sexual abuse are present. A number of exercises are designed to help the reader face a variety of emotions; examine family issues; and explore special topics such as holidays, eating habits, and money management. Counselors also may find these exercises to be helpful starters when running treatment groups with clients.



Leite, E., and Espeland, P. *Different Like Me: A Book for Teens Who Worry about Their Parents' Use of Alcohol/Drugs*. Minneapolis, MN: Johnson Institute, 1987.

This book teaches youth about what chemical dependence is, how it affects people, and what their parents' chemical dependence may be doing to them. The authors let the readers know that they are not alone and that their parents' disease is not their fault. This book also teaches them ways to take care of their own needs.



Ryerson, E. *When Your Parent Drinks Too Much*. *Seventeen* magazine, Vol. 17. Triangle Communications, Inc., November 1985 (reprints available from the National Clearinghouse for Alcohol and Drug Information).

This article is written by a man who grew up with a parent who was addicted to alcohol. He describes the feelings involved, what alcoholism is, ways to cope, and where to get help.

Sassatelli, J. *Breaking Away: Saying Good-bye to Alcohol/Drugs—A Guide to Help Teenagers Stop Using Chemicals*. Minneapolis, MN: Johnson Institute, 1989.

This booklet helps teenagers work through their feelings about giving up alcohol and other drugs and is designed to help youth see how their use of chemicals has hurt their relationships with their families, their friends, and themselves. The authors recommend this guide for use in Fourth Step preparation work or as a help in preparing teenagers to reenter the home, school, or work environment after treatment. It also can be used by professionals in a variety of group formats (from publisher's abstract).



U.S. Department of Health and Human Services (DHHS). *Taking Care of Your Baby Before Birth: A Message for Pregnant Women*. Rockville, MD: DHHS, 1987 (available from the National Clearinghouse for Alcohol and Drug Information).

This leaflet discusses what substances to avoid and ways for women to help their babies while pregnant. Included is a list of suggested people to talk to for more information.



Zarek, D., and Sipe, J. *Can I Handle Alcohol/Drugs? A Self-Assessment Guide for Youth*. Minneapolis, MN: Johnson Institute, 1987.

Quizzes, questionnaires, and other exercises are intertwined with information to explain patterns of chemical use, abuse, and dependence. This guide helps youth to realistically assess their alcohol and other drug use and determine the severity of the problem, obstacles to recovery, and options for referral and treatment (from publisher's abstract).

Resources for Parents

Jesse, R.C. *Healing the Hurt: Rebuilding Relationships With Your Children—A Self-Help Guide for Parents in Recovery*. Minneapolis, MN: Johnson Institute, 1990.

This guide shows parents how to share their recovery process with their children, and empowers them to acknowledge and heal the hurt their children have experienced because of chemical dependency. The author discusses how children cope with a parent's chemical dependence and how dependency affects development from birth through adolescence.

National Institute on Alcohol Abuse and Alcoholism. *Ten Steps to Help Your Child Say "No": A Parent's Guide*. Rockville, MD: Office for Substance Abuse Prevention, 1989 (available from the National Clearinghouse for Alcohol and Drug Information).

This guide contains short sections on how to speak to your child about substances, develop listening skills to enhance communication, help build esteem, and establish family values. In addition, the influence of parental attitudes toward alcohol, tobacco, and other drugs is discussed. The author also addresses teaching peer pressure resistance skills and other prevention and intervention strategies.



Perkins, N., and Perkins, W. *When Your Teen Is In Treatment: A Guide for Parents*. Center City, MN: Hazelden Foundation, 1990. [For purchasing information, call (800) 328-9000.]

This pamphlet is a guide for parents who have taken the difficult step of admitting their adolescent child to a treatment program. The authors address some of the feelings and reactions many parents experience, including guilt and doubts about their decision. Recommendations are made to help families get the most out of the treatment process and participate appropriately in their child's care.



U.S. Department of Education (ED). *Growing Up Drug Free: A Parent's Guide to Prevention*. Washington, DC: ED, 1990 (available from the National Clearinghouse for Alcohol and Drug Information).

This handbook is designed to help parents help their children avoid drugs. It outlines what children at the four key stages of development should know about drugs and suggests family activities to reinforce children's motivation to avoid alcohol and other drugs. This booklet also contains useful factual information and guidelines to help parents talk with their children.

Resources for Families

Bradshaw, J. *The Family: A Revolutionary Way of Self-Discovery*. Deerfield Beach, FL: Heath Communications, Inc., 1988.

This book examines the family as a rule-bound system. The author argues that emotional illness is a social crisis that involves everyone in this system, and that all members are responsible. The author helps families move beyond blame by providing a series of checklists with which family members may assess themselves and their patterns of behavior. Understanding how those patterns may have developed is the first step toward changing them. Special focus is placed on compulsive/addictive and abusing families.



Johnson, V. *Everything You Need to Know about Chemical Dependence: Vernon Johnson's Complete Guide for Families*. Minneapolis, MN: Johnson Institute, 1990.

This guide teaches families what they need to know before, during, and after trouble begins. The author discusses ways to recognize chemical dependence; how chemical dependence differs for women, teenagers, children, and other specific groups; and how to prevent one's child from using drugs. This guide also examines ways in which treatment, family therapy, and self-help groups promote recovery (from publisher's abstract).



Johnson Institute. *Chemical Dependence and Recovery: A Family Affair*. Minneapolis, MN: Johnson Institute, 1990.

This booklet focuses on family involvement in chemical dependence, explaining phases of dependence, feelings of family members, enabling, codependence, intervention, treatment, and recovery (from publisher's abstract).



Johnson Institute. *Recovery of Chemically Dependent Families*. Minneapolis, MN: Johnson Institute, 1990.

This booklet examines the expectations of the recovering family and members' fears of relapse. It discusses ways family members can learn to communicate and recover together (from publisher's abstract).

Office for Substance Abuse Prevention (OSAP). *The Fact Is. . . There Are Specialized Mutual-Help Groups for Those With Alcohol and Drug Problems*. Rockville, MD: OSAP, September 1989 (available from the National Clearinghouse for Alcohol and Drug Information).

This handout lists more than 30 mutual support groups for families and youth.

APPENDIX B PAMPHLETS, BROCHURES, AND HANDOUTS

Blume, S.B. *Drinking and Pregnancy: Preventing Fetal Alcohol Syndrome*. Minneapolis, MN: Johnson Institute, 1984.

This booklet explores Fetal Alcohol Syndrome in depth. The author explains the symptoms, makes recommendations for addressing the personal and public health dimensions of the problem, and offers guidelines for using available publication materials (from publisher's abstract).



Day-Garcia, S. et al. *Drink the Winds, Let the Waters Flow Free: American Indians and Recovery from Alcoholism*. Minneapolis, MN: Johnson Institute, 1983.

Through the use of reflections, poems, prayers, and drawings, this booklet addresses American Indians who are recovering from alcoholism (from publisher's abstract).



Johnson Institute. *Women, Alcohol and Dependency: I Am Responsible*. Minneapolis, MN: Johnson Institute, 1983.

This booklet focuses on problem warning signs and symptoms, health concerns, intervention, treatment, and recovery—all from a woman's point of view (from publisher's abstract).



Krames Communications and Erwin, C. *Making Decisions About Sex, Drugs, and Your Health*. San Francisco, CA: University of California, Division of Adolescent Medicine, 1988.

This pamphlet outlines the physical and emotional changes of adolescence and discusses sex, drugs, tobacco, and general injury prevention. Responsible and informed decisionmaking is emphasized.

Leite, E. *How It Feels To Be Chemically Dependent*. Minneapolis, MN: Johnson Institute, 1990.

The goals of this booklet are to help those who are chemically dependent to break through their denial and to help family members and professionals understand and gain new insights into the emotional effects of chemical dependence (from publisher's abstract).



Mann, G.A. *The Dynamics of Addiction*. Minneapolis, MN: Johnson Institute, 1990.

This booklet describes the physical and psychological aspects of addiction, including how it develops and continues. A section on children of alcoholics stresses the role of family history and stress in the cycle of chemical dependence (from publisher's abstract).



National Institute on Drug Abuse (NIDA). *NIDA Capsules*. Rockville, MD: NIDA, various dates (available from the National Clearinghouse for Alcohol and Drug Information).

This is a collection of factsheets on a variety of topics, including the following: cocaine and crack, designer drugs (analogs), heroin, marijuana, PCP, methamphetamine, drug abuse treatment, drug use and pregnancy, and HIV/AIDS.



National Institute on Drug Abuse. *Cocaine/Crack: The Big Lie*. Rockville, MD: Office for Substance Abuse Prevention, 1989 (available from the National Clearinghouse for Alcohol and Drug Information).

A thorough overview of the effects of cocaine and crack on a person's body and life is presented. The pamphlet includes quotes from former users and addicts.



Office for Substance Abuse Prevention (OSAP). *Alcohol Topics: Fact Sheet—Alcohol and Youth*. Rockville, MD: OSAP, 1987 (available from the National Clearinghouse for Alcohol and Drug Information).

This fact sheet answers some of the most frequently asked questions about alcohol use by youth.

Office for Substance Abuse Prevention (OSAP). *The Fact Is. . .Alcohol and Other Drug Problems Are a Major Concern in Native American Communities.* Rockville, MD: OSAP, September 1989 (available from the National Clearinghouse for Alcohol and Drug Information).

This handout answers many common questions about Native American youth and substance use and abuse in the Native American community. It includes a useful bibliography and lists resources for additional information and program materials.



Office for Substance Abuse Prevention (OSAP). *The Fact Is. . .The Use of Steroids in Sports Can Be Dangerous.* Rockville, MD: OSAP, September 1989 (available from the National Clearinghouse for Alcohol and Drug Information).

This pamphlet discusses why people use steroids, steroid's effects on the body, and special concerns for women and adolescents.



Office for Substance Abuse Prevention (OSAP). *The Fact Is. . .Alcohol and Other Drug Use Is a Special Concern for African American Families and Communities.* Rockville, MD: OSAP, August 1990 (available from the National Clearinghouse for Alcohol and Drug Information).

This handout answers questions about substance use among African American youth and characteristics specific to this population. Resources for African American programs are listed.



Office for Substance Abuse Prevention (OSAP). *The Fact Is. . ."Ice" Poses New Threat to Public Health.* Rockville, MD: OSAP, August 1990 (available from the National Clearinghouse for Alcohol and Drug Information).

This handout answers questions about the effects of "ice" and lists resources for those seeking further assistance.

APPENDIX C

SOURCES FOR FURTHER INFORMATION

Federal Agencies

ACTION Drug Prevention Program, 1100 Vermont Avenue, N.W., Suite 8200, Washington, DC 20525, (202) 634-9380.

ACTION is the national volunteer agency. It has developed prevention projects and provided staff via Volunteers in Service to America, Foster Grandparents, and Retired Senior Volunteers Program.



Alcohol, Drug Abuse, and Mental Health Administration (ADAMHA), 5600 Fishers Lane, Room 12-105, Rockville, MD 20857, (301) 443-4797.

ADAMHA is a subagency within the Public Health Service of the U.S. Department of Health and Human Services. The Office for Substance Abuse Prevention is a subagency of ADAMHA.



Centers for Disease Control, Division of Adolescent and School Health (DASH), 1600 Clifton Road, Atlanta, GA 30333, (404) 639-3824.

DASH fulfills the following needs: (1) identifies priority adolescent health risks that result in mortality, morbidity, and disability; (2) develops and supports National, State, and local monitoring systems of priority adolescent health risks; (3) conducts research to identify the causes of priority adolescent health risks; (4) develops, evaluates, and disseminates intervention methods to reduce priority adolescent health risks; and (5) helps State and local education and health departments to implement and assess school- and community-based interventions to reduce priority adolescent health risks.

SOURCES FOR FURTHER INFORMATION
Federal Agencies

Department of Education (ED), 400 Maryland Avenue, S.W., Washington, DC 20202, (202) 401-3030.

ED's Office of Elementary and Secondary Education administers the Department's largest anti-alcohol and other drug (AOD) use program, the Drug-Free Schools and Communities Act formula grant program. This program awards funds to State education agencies and Governor's offices to improve AOD education, early intervention, prevention, and referral efforts. The Drug-Free Schools and Communities Regional Centers (in New York, Georgia, Illinois, Oklahoma, and Oregon) (1) provide technical training to school/community teams on school policies, causes and symptoms of AOD use, legal aspects of AOD use, and effective prevention programs and data collection; (2) assist State education agencies in coordinating and improving AOD education and prevention programs; (3) assist local education agencies and institutions of higher learning to develop and maintain training programs for educational personnel; and (4) evaluate and disseminate effective AOD prevention programs.



Indian Health Service (IHS), Alcoholism and Substance Abuse Program Branch, Room 6A-38, 5600 Fishers Lane, Rockville, MD 20857, (301) 443-4297. (IHS has regional offices in Anchorage, AK; Phoenix, AZ; Tucson, AZ; Window Rock, AZ; Sacramento, CA; Bemidji, MN; Billings, MT; Albuquerque, NM; Oklahoma City, OK; Portland, OR; Aberdeen, SD; and Nashville, TN.)

IHS has identified alcohol and other drug (AOD) use as the most significant health problem affecting American Indian and Alaska Native communities. To accomplish IHS's goal of eliminating AOD problems in this population, IHS has steadily increased the number of prevention programs offered. Most AOD education activities are designed to cultivate self-esteem, coping and decisionmaking skills, family bonding, and effecting parenting. School-based curricula endorsed by the Department of Education for use in American Indian and Alaskan Native classrooms include "Here's Looking at You," "Project Charlie," and "BABES."

National Institute on Alcohol Abuse and Alcoholism (NIAAA), Prevention Research Branch, Division of Clinical and Prevention Research, 5600 Fishers Lane, Room 13C-23, Rockville, MD 20857. [For information on alcoholism prevention, call (301) 443-1677; for information on alcohol dependency treatment, call (301) 443-0796; for information on alcohol dependency and homelessness, call (301) 443-0786; for information on NIAAA publications, call the National Clearinghouse for Alcohol and Drug Information.]

Among its many responsibilities, NIAAA (1) conducts and supports research on alcohol-related disorders; (2) supports studies and surveys that assess the risk for alcohol abuse among various population groups; (3) plans, directs, supports, and evaluates research to identify new and improved alcoholism prevention, intervention, and treatment methods; (4) supports, documents, and evaluates (in consultation with the National Institute on Drug Abuse) successful and replicable approaches to community-based alcohol and other drug (AOD) abuse treatment and rehabilitation services for individuals with AOD-related problems who are homeless or at imminent risk of becoming homeless; and (5) supports public education activities to inform the public of the risks and consequences associated with alcohol abuse and alcoholism.



National Institute on Drug Abuse (NIDA), 5600 Fishers Lane, Room 10-14, Rockville, MD 20857, (301) 443-4577.

NIDA is the lead Federal agency for drug abuse research. The Institute provides a national focus for the Federal effort to increase knowledge and promote effective strategies to deal with health problems and issues associated with drug abuse. In carrying out these responsibilities, NIDA sponsors and conducts research on the incidence and prevalence of drug abuse, its causes and consequences, and improved approaches to prevention and treatment. NIDA disseminates its research findings to the public through various means: the press, community education programs, NIDA's information and referral hotline, and publications distributed by the National Clearinghouse for Alcohol and Drug Information (NCADI) (listed under *Clearinghouses* in this section). NIDA also publishes a quarterly newsletter, *NIDA Notes*, distributed free by NCADI.

SOURCES FOR FURTHER INFORMATION
Federal Agencies

Office for Substance Abuse Prevention (OSAP), 5515 Security Lane, Ninth Floor, Rockville, MD 20852, (301) 443-0365.

OSAP places special emphasis on programs and resources for groups of youths considered to be at high risk for alcohol and other drug (AOD) problems. Among its various roles, OSAP operates the National Clearinghouse for Alcohol and Drug Information, operates a prevention demonstration grant program, supports the development of model programs, conducts prevention workshops, trains health care providers, and supports knowledge transfer. OSAP provides technical assistance and training workshops for ethnic minorities, offering onsite assistance, conducting training workshops, and furnishing speakers and panelists to minority groups and organizations concerned about preventing AOD problems among minority youth. OSAP also conducts and supports technical assistance conferences for parents, teachers, youth, and community leaders. Through these conferences, the office is actively building partnerships with elementary, secondary, and college students and their parents. A data base, maintained and updated by OSAP's National Training System, will make available a listing of all AOD problem prevention and early intervention courses offered across the country.



Office of Indian Education Programs, Bureau of Indian Affairs (BIA), Department of the Interior, Mail Code 3530-MIB, 1951 Constitution Avenue, N.W., Washington, DC 20245, (202) 208-6175.

The Office of Indian Education Programs offers substance use prevention education in BIA-sponsored schools and educational activities. BIA also collects monthly statistics nationally on tribal alcohol and other drug problems, employment, and education.



Office of Juvenile Justice and Delinquency Prevention (OJJDP), Department of Justice, 633 Indiana Avenue, N.W., Suite 700, Washington, DC 20531, (202) 307-0751.

The mission of OJJDP is to provide national leadership and resources to help States and local jurisdictions improve their juvenile justice systems. To accomplish this, OJJDP (1) conducts and supports research on juvenile delinquency and child victimization, (2) develops and demonstrates effective juvenile justice programs, (3) provides training and technical assistance for programs, (4) coordinates Federal programs dealing with juvenile delinquency and missing and exploited children, and (5) awards grants to help States achieve compliance with the Juvenile Justice and Delinquency Prevention Act and improve their juvenile justice systems.

Office of National Drug Control Policy, Executive Office of the President, Washington, DC 20500, (202) 467-9800



U.S. Department of Health and Human Services, 200 Independence Avenue, S.W., Washington, DC 20201, (202) 245-6296

National And Local Resources

Al-Anon Family Groups, Inc., World Service Office, P.O. Box 862, Midtown Station, New York, NY 10018, (800) 356-9996.

Al-Anon, which includes Alateen, is a fellowship of men, women, and children whose lives have been affected by the compulsive drinking of a family member or friend. It is a free, nonprofessional, and anonymous organization. As a community resource, Al-Anon cooperates with professionals, agencies, and organizations locally, nationally, and internationally.



American Association for Counseling and Development (AACD), 5999 Stevenson Avenue, Alexandria, VA 22304, (703) 823-9800.

Some of AACD's missions are to promote mental health, remove barriers to human development, support informed legislation and social policy, and encourage research. AACD's leadership frequently is involved in projects, contracts, consultations, and discussion groups concerning the abuse of alcohol and other drugs. Each of the AACD's 16 divisions is focused in some way on psychological education, intervention, or rehabilitation, and all have worked at some level with addictive personalities.



American Association for Marriage and Family Therapy (AAMFT), 1100 17th Street, N.W., Tenth Floor, Washington, DC 20036, (202) 452-0109.

Provides prevention and education services through its national annual conference as well as through regional conferences. The organization also advocates legislation supporting the prevention of alcohol and other drug use. More than 14,500 qualified marriage and family therapists are represented by AAMFT.

SOURCES FOR FURTHER INFORMATION
National and Local Resources

Beginning Alcohol and Addiction Basic Education Studies (BABES), 17330 Northland Park Court, Southfield, MI 48075, (800) 542-2237.

Prevention for children aged 3 through 11 is the primary goal of the BABES program. BABES provides prevention information through training for agencies and individuals who serve children. The BABES kit includes puppets, stories, cassette tapes, and teaching guides, among other products.



Chemical People, The, 4802 Fifth Avenue, Pittsburgh, PA 15213, (412) 622-1491.

This organization produces a free monthly newsletter which reports on topics such as current drug policy, adolescent drug use, physiological consequences of drug usage, etc. Strong anti-drug theme.



Children of Alcoholics Foundation, Inc., P.O. Box 4185, Grand Central Station, New York, NY 10163, (212) 351-2680.

This foundation's major focus is the prevention of alcoholism and other physical, mental, and emotional problems among children of alcoholic parents. Referrals are provided to therapists, counselors, and mutual support groups. Publications, audiovisual materials, conferences, research studies, legislative advocacy, and art exhibits are provided to the public. A free informational packet is provided on request.



Childswork/Childsplay, Center for Applied Psychology, Third Floor, 441 N. Fifth Street, Philadelphia, PA 19123, (215) 592-1141.

Therapeutic games, books, and other materials available for purchase, including games and books for drug abuse prevention curricula.



Center for Population Options (CPO), 1025 Vermont Avenue, N.W., Suite 210, Washington, DC 20005, (202) 347-5700.

CPO is a national education organization dedicated to improving the quality of life for adolescents by preventing teen pregnancy. CPO publishes a wide range of resources for adolescents and a periodic review of new HIV/AIDS prevention resources for educators.

Behavioral Health Services, Congress on Chemical Dependency and Disability, Inc.
(formerly Disability Substance Abuse Task Force, Inc.), 15519 Crenshaw Boulevard, Suite
209, Gardena, CA 90249, (213) 679-9126.

This organization offers community education and consultation, referrals, training courses on linking the disabled community to chemical dependency treatment providers, training programs developed for persons who work with recovering disabled substance abusers, and outreach to identify and locate disabled substance abusers.



Hazelden Services, Inc., 1400 Park Avenue, Minneapolis, MN 55404, (800) 257-7800.

Staff members of the Community and Professional Education division have worked in the past at the international, national, State/Provincial, and local levels with educational institutions; health care providers; employers; and other community, governmental, religious, and service organizations. Some of the services provided include need and situation assessments based on surveys and information gathering; planning and implementation assistance including consultation and training for comprehensive Student Assistance Programs; workshops and training for athletic and activity administrators, coaches, and student leaders on promoting health and avoidance of alcohol and other drugs (AOD); tobacco use presentation, policy development, curricula, and training; AOD prevention curricula; and student leadership training. Hundreds of AOD publications and audiotapes are available for purchase.



Johnson Institute, 7151 Metro Boulevard, Suite 250, Minneapolis, MN 55435, (800) 231-5165.

The Johnson Institute is an international provider of information to the field of alcohol and other drug use intervention, treatment, and recovery. The Johnson Institute provides curricula, publications, films and videos, and educational seminars which focus on prevention.



June Burnett Institute for Children, Youth and Families, 6310 Alvarado Court, San Diego, CA 92120, (619) 594-5200.

The June Burnett Institute of the San Diego State University Foundation is a nonprofit organization serving children, youth, and families through innovation, training, and research. The Institute also produces publications of interest to youth-serving organizations.

SOURCES FOR FURTHER INFORMATION
National and Local Resources

Lyon-Martin Women's Health Services, The Lyfe Program, 1748 Market Street, Suite 201, San Francisco, CA 94102, (415) 565-7681. Attn: Donna Ozawa.

This OSAP-funded program's aim is to prevent substance abuse among gay and lesbian teens and young adults and their families. Peer education groups, support groups, and parent education groups are all organized through this program.



National Assembly of National Voluntary Health and Social Welfare Organizations, Inc., 1319 F Street N.W., Suite 601, Washington, DC 20004, (202) 347-2080.

This organization researches and produces publications of interest to persons involved in alcohol and other drug use prevention.



National Association for Native American Children of Alcoholics (NANACOA), P.O. Box 18736, Seattle, WA 98118, (206) 322-5601.

The main focus of NANACOA is prevention. Education and training are provided on the effects of intergenerational alcoholism and cultural oppression. Available products include brochures, a newsletter, and a training manual for Native American children of alcoholics.



National Association of Black Substance Abuse Workers, Hamilton Grange Station, P.O. Box 201, New York, NY 10031, (212) 234-1660.

This not-for-profit corporation was established to provide a forum through which black alcohol and other drug (AOD) abuse workers and workers in related fields can influence policy and procedures relative to the AOD abuse field at the local, State, and national levels.



National Association of Prevention Professionals and Advocates, Inc. (NAPPA), 1228 East Breckinridge Street, Louisville, KY 40204, (502) 583-6820.

NAPPA is committed to alcohol and other drug use prevention through the development of national policy statements and the support and enrichment of its members. Among other services, NAPPA holds an annual national conference and regional conferences; produces publications; provides professional review of programs, papers, articles, books, and films; and provides national consultation and training services.

National Association of Social Workers (NASW), 7981 Eastern Avenue, Silver Spring, MD 20910, (301) 565-0333.

NASW is a nonprofit organization of 121,000 professional social workers. NASW members provide services to high-risk populations—including children of alcoholics, pregnant women, inner-city youth, and the homeless—that are subject to early and repeated alcohol and other drug abuse.



National Association of State Alcohol and Drug Abuse Directors (NASADAD), National Prevention Network (NPN), 444 North Capitol Street, N.W., Suite 642, Washington, DC 20001, (202) 783-6868.

NPN, a subsidiary of NASADAD, is an organization of State alcohol and other drug (AOD) abuse prevention representatives. These individuals work within the State alcohol and drug agencies and provide leadership, coordination, funding, and other support for prevention initiatives and services throughout the States. NPN's purpose is to assist and enhance national, State, and local AOD abuse prevention efforts that will reduce the incidence and prevalence of AOD abuse.



National Association of Teen Institutes (NATI), 8790 Manchester Road, St. Louis, MO 63144, (314) 962-3456. Attn: John King.

NATI is an affiliation of State and local Teen Institute (TI) programs, as well as other interested persons and groups who support the teen institute concept. Teen Institutes are comprehensive training programs that teach teens to prevent AOD use and other self-destructive behaviors among themselves and their peers. Provides "how-to" literature on TI's, a directory of TI's, and a quarterly newsletter.



National Black Alcoholism Council (NBAC), 1629 K Street, N.W., Suite 802, Washington, DC 20006, (202) 296-2696.

Through NBAC, blacks concerned with or involved in the field of alcoholism can exchange ideas, offer services, and coordinate alcoholism programs that operate in the interests of black Americans. Educational conferences, service provider training, culturally relevant resources, and a kit for working with addicted parents are among the services provided.

SOURCES FOR FURTHER INFORMATION
National and Local Resources

National Center for Missing and Exploited Children, 2101 Wilson Boulevard, Suite 550, Arlington, VA 22201, (703) 235-3900.

The National Center for Missing and Exploited Children serves as a clearinghouse of information on missing or exploited children, provides technical assistance to citizens and law-enforcement agencies, offers training programs to schools and law-enforcement, distributes photos and descriptions of missing children nationwide, coordinates a Speakers Bureau, and provides information and advice on effective State legislation to ensure the safety and protection of children.



National Coalition of Hispanic Health and Human Services Organizations (COSSMHO), 1030 15th Street, N.W., Suite 1053, Washington, DC 20005, (202) 371-2100.

Through community outreach and collaboration with other health care professionals, COSSMHO addresses those alcohol and other drug problems it sees as having a particularly detrimental impact on Hispanics. COSSMHO develops and distributes public service advertisements, posters, and other materials. Training and technical assistance at targeted project sites also are provided.



National Collaboration for Youth (NCY), 1319 F Street N.W., Suite 601, Washington, DC 20004, (202) 347-2080.

NCY encourages linkages among youth-serving organizations, families, and schools; shares reports, new materials, and other information about successful program models and advances in research and treatment of alcohol and other drug (AOD) use among member agencies; and advocates Federal leadership in the development of AOD use prevention policies, programs, and funding.



National Council on Alcoholism and Drug Dependence, Inc. (NCADD), 12 West 21st Street, Seventh Floor, New York, NY 10010, (800) 622-2255. [For the phone number of your local affiliate for information or personal counseling, call (800) 475-HOPE.]

NCADD provides prevention and education services through its national office and affiliates, and advocates public policies and legislation supportive of alcohol and other drug (AOD) abuse prevention. NCADD also produces publications, provides assistance to other organizations working on AOD-related problems, holds an annual national alcoholism forum, and sponsors Alcohol Awareness Month.

National Drug Information Center of Families in Action, 2296 Henderson Mill Road, Suite 204, Atlanta, GA 30345, (404) 934-6364.

The Families in Action center houses a library of approximately 400,000 documents, which it shares with the public. Staff members answer questions from concerned parents, friends of addicts, students, educators, the business community, law-enforcement officials, policymakers, and others. The staff provides requested information in the form of written materials, telephone consultation, and referrals for treatment.



National Federation of Parents for Drug-Free Youth (NFP), 9551 Big Bend, St. Louis, MO 63122, (314) 968-1322.

NFP works on both the national and local levels, through affiliates, for the common goal of alcohol and other drug use prevention. The national organization unites the affiliates into a single voice before Government, corporations, and society; performs national awareness activities through the Red Ribbon Campaign; advocates for legislation; and creates educational programs for Government, parents, communities, corporations, and youth. Resource books, pamphlets, and a newsletter are available from NFP.



National Network of Runaway and Youth Services (NNRYS), 1400 Eye Street, N.W., Suite 330, Washington, DC 20005, (202) 682-4114. [For Regional Networks, see following section.]

NNRYS provides public education about homeless, runaway, and other at-risk youth to inform decisionmakers and the general public about new programs, policies, and viewpoints that enable communities to provide more cost-effective, carefully crafted health care; emergency shelter; child protection; family preservation; and educational, vocational, and juvenile justice services. NNRYS produces the Safe Choices AIDS prevention curriculum. YOUTHNETSM, NNRYS's nationwide telecommunications system, gives subscribers access via computer to many kinds of information on youth services, including access to poems, stories, and essays written by youth and access to other computers in the network to share effective program strategies. NNRYS also produces monthly and quarterly newsletters.

SOURCES FOR FURTHER INFORMATION
National and Local Resources

National Organization of Student Assistance Programs and Professionals (NOSAPP), 250 Arapahoe, Suite 301, Boulder, CO 80302, (800) 972-4636.

NOSAPP has developed both a K-12 and a higher education Student Assistance Program (SAP) demonstration model. Some of the goals of NOSAPP include demonstrating the value and effectiveness of the SAP model in preventing and reducing problems such as alcohol and other drug use and abuse, teen pregnancy, and suicide; stimulating interest in SAP's, supporting the adoption of new programs, and strengthening existing programs; and creating opportunities for the development of public/private sector partnerships to enhance the implementation of SAP's.



National Resource Center for Youth Services, University of Oklahoma, 202 West Eighth Street, Tulsa, OK 74119-1419, (918) 585-2986.

This organization sells publications on HIV/AIDS, independent and transitional living, and adolescent suicide; provides nationwide training of youth-serving professionals and conference planning assistance on these topics; and acts as an information clearinghouse and referral service for information on youth services.



Northwestern Regional Educational Laboratory, 101 S.W. Main Street, Suite 500, Portland, OR 97204, (503) 275-9500.

The Northwestern Regional Educational Laboratory provides publications at cost on adolescents and drug use prevention, including such topics as Native American, rural, at-risk, and general education; dropout prevention; parental skills and involvement; and ethnic issues.



Parent Resource Institute for Drug Education (PRIDE), The Hurt Building, 50 Hurt Plaza, Suite 210, Atlanta, GA 30303, (404) 577-4500.

PRIDE works to prevent alcohol and other drug (AOD) problems through education. Some of PRIDE's services and activities include: PRIDE World Drug Conference and World Prevention Exchange; prevalence of use questionnaire for grades 4-6 and 7-12; America's PRIDE Youth Teams train-the-trainer programs; toll-free drug information and referral line; drug information clearinghouse; technical assistance for the formation of parent, youth, and community groups; the PRIDE Family of Nations, which includes many countries subscribing to the PRIDE philosophy to prevent AOD abuse in their country; and Parent-to-Parent, a program that trains community leaders to train local parents in parenting skills.

Psychiatric Institutes of America (PIA), 1010 Wisconsin Avenue, Suite 900, Washington, DC 20007 (Corporate Headquarters), (800) 435-4426.

PIA operates a national cocaine hotline and provides detoxification and counseling and therapy in its member hospitals (the Recovery Centers of America).



Telesis Corporation, 3180 University Avenue, Suite 640, San Diego, CA 92104, (800) 542-2966.

The Telesis Corporation is an educational consulting and publishing firm offering curricula for drug use prevention.

Regional Networks

REGION I: Ms. Nancy Jackson, Director of Adolescent Services, Massachusetts Committee for Children and Youth, 14 Beacon Street, Boston, MA 02108, (617) 742-8555.



REGION II: Ms. Margo Hirsch, Executive Director, Empire State Coalition, 121 Sixth Avenue, Room 507, New York, NY 10013, (212) 966-6477.



REGION III: Ms. Nancy Johnson, Executive Director, Mid-Atlantic Network of Youth and Family Services, 9400 McKnight Road, Suite 106, Pittsburgh, PA 15237, (412) 366-6562.



REGION IV: Ms. Gail L. Kurtz, Executive Director, Southeastern Network of Youth and Family Services, 337 South Milledge Avenue, Athens, GA 30605, (404) 354-4568.



REGION V: Mr. Bruce Haas, Michigan Network of Youth and Family Services, 115 West Allegan, Suite 310, Lansing, MI 48933, (517) 484-5262.

SOURCES FOR FURTHER INFORMATION
Clearinghouses

REGION VI: Ms. Theresa Andreas-Tod, Grant Manager, Southwest Network of Youth Services, Inc., 406 West 40th Street, Austin, TX 78751, (512) 459-1455.



REGION VII: Mr. Jim Swain, Chairperson, MINK, A Network for Runaway and Homeless Youth, P.O. Box 12181, Parkville, MO 64152, (816) 741-8700.



REGION VIII: Mr. Doug Herzog, Executive Director, Mountain Plains Youth Network, 311 North Washington, Bismarck, ND 58501, (701) 255-7229.



REGION IX: Ms. Nancy Fastenau, Executive Director, Western States Youth Services Network, 1309 Ross Street, Suite B, Petaluma, CA 94954, (707) 763-2213.



REGION X: Ms. Ginger Baggett, Executive Director, Northwest Network of Runaway and Youth Services, 94 Third Street, Ashland, OR 97502, (503) 482-8890.

Clearinghouses

Child Welfare League of America, Publications, 440 First Street, N.W., Suite 310, Washington, DC 20001, (202) 638-2952.



National AIDS Information Clearinghouse, P.O. Box 6003, 1600 Research Boulevard, Rockville, MD 20849-6003, (800) 458-5231.

National Center for Education in Maternal and Child Health (NCEMCH), 38th and R Streets, N.W. Washington, DC 20057, (202) 625-8410.

NCEMCH provides resources on child and adolescent health.



National Clearinghouse for Alcohol and Drug Information (NCADI), P.O. Box 2345, Rockville, MD 20852, (800) 729-6686.

NCADI prepares and distributes publications, provides reference and referral services, conducts literature searches, and lend films and videotapes to the general public on all types of drug and medicine use and abuse. NCADI is especially designed to serve community leaders, youth workers, parents, health care providers, and concerned citizens. NCADI distributes publications of the National Institute on Drug Abuse, the Office for Substance Abuse Prevention, and other Federal agencies producing material on drug and alcohol use. NCADI also supports and assists a network of more than 110 national- and State-level Regional Alcohol and Drug Awareness Resource Centers (the RADAR network).



Office of Minority Health Resource Center (OMH-RC), P.O. Box 37337, Washington, DC 20013, (800) 444-6472.

OMH-RC maintains a computerized data base of minority health-related publications, organizations, and programs that includes sources of free or low-cost services and materials relating to minority health issues. Some of the main areas of activity include chemical dependency, homicide/suicide/unintentional injury, infant mortality, and low birth weight.

Other Toll-Free Services

Cocaine Helpline (PIA): (800) COC-AINE

Covenant House Nineline: (800) 999-9999

National AIDS Hotline: (800) 342-AIDS [for Spanish speakers, call (800) 344-SIDA]

National Center for Missing and Exploited Children (hotline): (800) 843-5678

National Runaway Switchboard: (800) 621-4000

NIDA Drug Abuse Information and Referral Line: (800) 662-HELP

U.S. Department of Education/Schools Without Drugs: (800) 624-0100

APPENDIX D GLOSSARY

AA:	Alcoholics Anonymous
AACD:	American Association for Counseling and Development
AAMFT:	American Association for Marriage and Family Therapy
ADAMHA:	Alcohol, Drug Abuse, and Mental Health Administration
ADM:	Alcohol, drugs, and mental health
AIDS:	Acquired Immune Deficiency Syndrome
AOD:	Alcohol and other drugs
BABES:	Beginning Alcohol and Addiction Basic Education Studies
BIA:	Bureau of Indian Affairs
COA:	Children of alcoholics
COSSMHO:	National Coalition of Hispanic Health and Human Services Organizations
CPO:	Center for Population Options
CWLA:	Child Welfare League of America
DAPP:	Drug abuse prevention program
DHHS:	Department of Health and Human Services
ED:	Department of Education
FAS/ARBD:	Fetal Alcohol Syndrome/Alcohol-related birth defects
FYSB:	Family and Youth Services Bureau
HIV:	Human immunodeficiency virus

GLOSSARY

IHS:	Indian Health Services
MDGT:	Modified Dynamic Group Therapy
NA:	Narcotics Anonymous
NAB-SAW:	National Association of Black Substance Abuse Workers
NAIC:	National AIDS Information Clearinghouse
NANACOA:	National Association for Native American Children of Alcoholics
NAPPA:	National Association of Prevention Professionals and Advocates, Inc.
NASADAD:	National Association of State Alcohol and Drug Abuse Directors
NASW:	National Association of Social Workers
NATI:	National Association of Teen Institutes
NBAC:	National Black Alcoholism Council
NCADD:	National Council on Alcoholism and Drug Dependence
NCADI:	National Clearinghouse for Alcohol and Drug Information
NCEMCH:	National Center for Education in Maternal and Child Health
NCY:	National Collaboration for Youth
NFP:	National Federation of Parents for Drug-Free Youth
NIAAA:	National Institute on Alcohol Abuse and Alcoholism
NIMH:	National Institute of Mental Health
NNRYS:	National Network of Runaway and Youth Services
NOSAPP:	National Organization of Student Assistance Programs and Professionals
OJJDP:	Office of Juvenile Justice and Delinquency Prevention
OMH-RC:	Office of Minority Health Resource Center
OSAP:	Office for Substance Abuse Prevention

PATH:	Partners in Action for Teen Health
PIA:	Psychiatric Institutes of America
PRIDE:	Parent Resource Institute for Drug Education
RADAR:	Regional Alcohol and Drug Awareness Resource
RET:	Rational-Emotive Therapy
RHY:	Runaway and homeless youth
SAP:	Student assistance program
VISTA:	Volunteers in Service to America

WE WANT TO HEAR FROM YOU

If You Have Comments or Suggestions,
Please Feel Free To Share Them With Us.

Send To:

Carol J. Behrer, Associate Commissioner
Family and Youth Services Bureau
Administration on Children, Youth and Families
P.O. Box 1182
Washington, D.C. 20013

COMMENTS: _____

SUGGESTIONS: _____

RECOMMENDED MATERIALS FOR INCLUSION: _____



COMMENTS: _____

SUGGESTIONS: _____

RECOMMENDED MATERIALS FOR INCLUSION: _____

