

# EVIDENCE-BASED CLINICAL WORKSHOP



## **Adolescent Substance Abuse and Delinquency: 4 Keys to Improved Outcomes**

*Learn How to Incorporate Evidence-Based Clinical Skills  
into Everyday Practice*

Presented by Multidimensional Family Therapy (MDFT) Developer

Dr. Howard Liddle

**TUESDAY, AUGUST 23, 2016**

**Registration 8-9am**

**9am – 5pm**

**Rustin Conference Room 1051**

**2085 Rustin Ave.**

**Riverside, CA 92507**

Who should attend:

- *Administrators* - learn about an effective mental health and substance abuse treatment program that has been integrated into diverse standard care settings
- *Substance Abuse Counselors* - learn research-proven strategies to engage adolescent substance users and their families
- *Court and Probation Professionals* – learn the specific methods used with juvenile justice involved youth and how the approach collaborates with criminal justice professionals
- *Treatment Providers* – see video illustrations of key MDFT interventions with adolescents, parents, and families

**Registration Required-Limited Seating Available. 6 CE credits are available.**

**Please complete and return registration form.**

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## **Adolescent Substance Abuse and Delinquency: 4 Keys to Improved Outcomes**

Presenter: MDFT Developer Dr. Howard Liddle

Treating adolescents is known to be challenging work. When clinically-referred teenagers are active drug users, therapists can become intimidated, disorganized, and unable to do their best work. These same adolescents are also frequently involved in the juvenile justice system as a consequence of antisocial or criminal activities. Government and state funders, community agencies, and clinicians themselves realize the advantages of offering evidence based treatments, and a new wave of drug abuse and delinquency research provides proven treatment options than can be delivered in regular clinical care settings.

But few clinicians have access or opportunity to learn these treatments. This workshop offers in-depth exposure to one of the world's leading evidence-based therapeutic models for youth substance abuse and related problem behaviors. [Multidimensional Family Therapy](#) is a well-established and internationally known treatment that is provided in substance abuse, mental health, child welfare and juvenile justice settings throughout the U.S. and Europe (website <http://www.mdft.org/>).

The training summarizes the most clinically important scientific knowledge on youth drug taking and antisocial behavior, and shows how to use this knowledge within a family-based treatment approach. Participants will learn how to create practical case formulations, and specify individualized treatment goals. Using a practical theory-of-change model, participants will learn how to design interventions that target individual youth, parent(s), family and community domains. Videos illustrate the approach in action, showing individual sessions with the adolescent, parent(s), community collaborators, and families.

### **Objectives**

Participants will be able to:

1. Apply the multidimensional framework for understanding how, why, and when substance abuse and conduct disorders develop in adolescents;
2. Specify interventions that can modify risk and protective processes in youth and parents;
3. Explain the treatment components, clinical targets, therapist skills, and multi-person logic model of change;
4. Identify effective strategies to address treatment barriers and multiple sources of potential resistance; and
5. Explain how to enhance skills and improve clinical outcomes.

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**The four presentation keys run through all of the content in the four parts of the workshop:**

1. Scientifically-based knowledge about youth substance abuse and conduct disorder;
2. Engagement and retention of youth and parent(s);
3. Coordinated, multifaceted motivation and change strategies targeting youth, parent(s), family relationships, and youth-parent-community interactions; and
4. Clinician motivation and skill.

## Summary of Content and Schedule

<b>8:00 am - 9:00 am</b>	Registration and continental breakfast
<b>9:00 am - 10:30 am</b>	I. Knowledge base: Nature and causes of adolescent substance abuse and conduct disorder
<b>10:30 am - 10:45 am</b>	Break
<b>10:45 am - 12:15 pm</b>	II. Case conceptualization and developing outcome-oriented treatment plans
<b>12:15 pm - 1:45 pm</b>	Lunch
<b>1:45 pm - 3:15 pm</b>	III. Treatment Implementation and 3 Treatment Stages
<b>3:15 pm - 3:30 pm</b>	Break
<b>3:30 pm - 5:00 pm</b>	IV. Therapist competencies

## About the Presenter

Dr. Howard Liddle is the developer of Multidimensional Family Therapy (MDFT). Identified in independent evidence-based practice treatment registries, scientific reviews, and government and private foundation, MDFT is known as a top tier treatment for youth substance abuse and delinquency. The approach has been transported into mental health, substance abuse, juvenile justice, and child welfare community settings throughout the United States and Europe. Dr. Liddle is Professor in the Departments of Public Health Sciences and Psychology, and Director of the Center for Treatment Research on Adolescent Drug Abuse at the University of Miami Miller School of Medicine. A board-certified psychologist, Dr. Liddle is a Diplomat in Family Psychology in the American Board of Professional Psychology (ABPP). His published work and clinical DVDs are used in family therapy, addiction treatment, social work and psychology programs around the world.