

First-ever guide to alcohol and drug treatment programs for teens

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Drug Strategies, a non-profit research institute in Washington, D.C., released today the first-ever guide to alcohol and drug treatment programs for teens.

Developed by a team of nationally recognized experts, *Treating Teens: A Guide to Adolescent Drug Programs* identifies nine key elements of effective treatment and notes the important role of addiction counselors.

"The strength of the therapeutic alliance - the relationship between the teen and his or her counselor - greatly influences the extent to which the program will be able to motivate change," according to the guide's section on treatment program staffing.

*Treating Teens* provides current information on 144 adolescent treatment programs across the country and describes in detail seven promising adolescent programs that offer a range of treatment approaches. The guide also has practical resources, such as hot-line help telephone numbers for each state and questions every parent should ask when considering a program.

"This is a wonderful resource," NAADAC President Elect Mary Woods said. "Evaluating and selecting treatment programs for adolescents is a difficult task. I encourage parents to utilize this guide and seek out programs that are staffed with qualified and well-trained counselors. Counselors are the specialized health care providers that guide individuals with substance use disorders to recovery."

The guide is available from Drug Strategies for \$16.95. It can be ordered online at [www.drugstrategies.org](http://www.drugstrategies.org) or by sending a check to 1150 Connecticut Avenue, NW, Suite 800, Washington, DC 20036.