



Adolescent Substance Abuse Intervention Workbook: Taking a First Step (5 Pack)

Steven L. Jaffe

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This workbook is intended for teenagers who use drugs and alcohol but for whom the amounts, frequency, and negative consequences are unrecognized. This workbook is an initial approach for helping teenagers become aware, both cognitively and emotionally, of the negative consequences of their drug and/or alcohol use. It is hoped that by seeing for themselves how not using can make their life better, teenagers will become motivated toward beginning treatment. This intervention workbook corresponds to the First Step of a 12-Step Program. It helps teenagers move from precontemplation to contemplation to determination according to the stages of change framework. The workbook should be used as part of a therapeutic relationship or program, with sensitivity to issues of confidentiality. Background about the workbook and suggestions for its use are provided in the accompanying Staff Manual. This is a package of 5.

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