Levels of Use & Care



Youth who are engaging in high-risk behavior, initially need to undergo a professional assessment from a qualified mental health clinician to determine what level of use the child or adolescents falls within, as shown below the blue line in the graphic. The level of use will help determine the appropriate level of care or treatment. Treatment options are shown above the line. If the youth refuses to attend, parents should seek coaching from a qualified clinician to create an intervention plan and find support via a parent support group, family counseling, or community support meeting such as Alanon.

Levels of Use

- Prevention
- Family Code
- Family dinners
- Risky behavior discussions
- Regular drug/alcohol testing
- Counseling
- B-Mod contract
- Formal education on substance or behavior misused

Misuse

Sporadic

engagement

behavior with

consequences

or without

negative

use or

in risky

- Consistent individual and family counseling
- B-Modification contract
- Outpatient program
- Regular drug/ alcohol testing
- Alternative Peer Group
- Wilderness program

- Consistent individual and family counseling
- Detoxification (if needed)
- · Intensive outpatient or inpatient treatment program
- Partial hospitalization
- Alternative Peer Group (APG)
- Wilderness program
- · Recovery high school
- Collegiate recovery program
- Therapeutic boarding school

Abuse

Consistent or continued engagement in risky behavior despite having already faced negative consequences

Dependence

Structural changes have been created in the brain resulting in:

- 1. Cravings
- 2. Tolerance
- 3. Withdrawal symptoms
- 4. Loss of control
- 5. Unsuccessful attempts to stop or cut down
- 6. Using more or engaging for longer than intended
- 7. Interference with school, work, or family
- 8. Spending more time using or engaging in behavior
- 9. Giving up other things to use or engage in behavior
- 10. Hazardous use or engagement
- 11. Mood problems caused by use or engagement in behavior

Choice



Illness

Experimentation

Prevention

Family Code

Based risky

discussions

drug/alcohol

behavior

Random

testing

age 12

Praise

starting at

Brain-Based

Parenting &

Family

Brain-

dinners

Trying something one, two, maybe three times