ADAPT: Advancing Decision Making and Problem Solving for Teens

For middle and high school students who are at risk for substance use, aggression, truancy, and poor school performance.

12 sessions will teach fundamental skills:

- Problem solving
- Decision making
- Refusing drugs
- Effective communication
- Anger management
- Mood management

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$45 plus shipping & handling

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Results

Field-testing showed reductions in depressive symptoms, increases in self-esteem, and good rates of abstinence from substance use.

Students Reported

“[I feel like I’m a part of the school now. I see other students in the group who say ‘hi’ when they see me in the halls.]”

“Since being in the program, I have been able to stand up to my friends more and also try to help them when they are having a hard time.”

Teachers Reported

“I believe [student] was influenced a great deal by ADAPT. She improved attendance, was less depressed, and felt better about herself.”

“I saw positive changes in [the student’s] behavior. There are fewer confrontations. A ‘kinder, gentler’ [student].”