

King County's Adolescent Treatment Enhancement Project

Executive Summary

The Adolescent Treatment Enhancement Project (ATEP) was a three-year targeted capacity expansion grant awarded to King County Mental Health Chemical Abuse and Dependency Services Division (MHCADSD) by the Center for Substance Abuse Treatment (CSAT). ATEP was a collaborative effort between MHCADSD and five substance abuse treatment agencies providing services to adolescent minority groups collectively known as the Special Populations Alliance

The primary objective of ATEP was to improve treatment engagement and retention in 200 youth. ATEP was designed to be a one-year program. During this program youth received enhanced case management services as well as a more active treatment format (e.g., more recreational activities) than the more traditional “talk therapies”. ATEP also provided youth increased opportunities to learn and practice new skills with peers in supervised and recovery-oriented environments. ATEP exceeded its goal of treating 200 youth, serving 219 youth during the grant period.

Data on the Government Performance and Results Act (GPRA) questions were provided to CSAT each quarter of the program. GPRA data for all clients served by ATEP (N= 219) was successfully provided to CSAT. A total of 202 youth consented to be re-contacted for a 6- and 12-month follow up. Follow up GPRA data was sent to CSAT on over 84% of the cases that were due for a 6- or 12-month interview.

Additional outcome data for 157 youth at the 6-month interview and 124 youth at the 12-month assessment was obtained in the local evaluation. Results from the local evaluation and GPRA data indicated ATEP successfully accomplished its goals in that participants in ATEP, over time, experienced:

- ❖ Significantly fewer drug related problems
- ❖ Consistently lower use of all substances over time
- ❖ Increased interest in school, fewer truancies, and suspensions
- ❖ More positive choices in use of free time
- ❖ Improved family relationships
- ❖ No new criminal convictions
- ❖ Greater value on their own culture as well as increased comfort being around, and understanding of, people from different cultures