



Tools for Women's Treatment Newsletter

California Women Children and Families TA Project

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Resources for Adolescent Females

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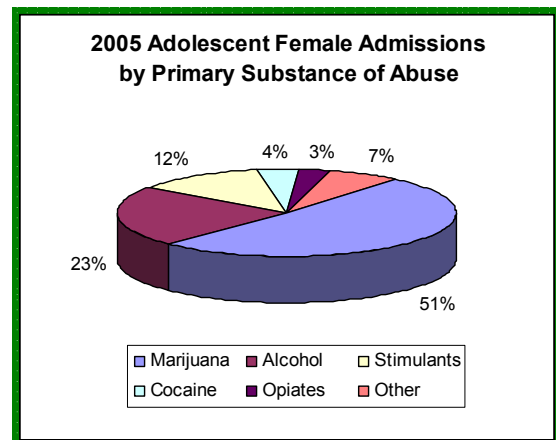
California's AOD system was designed to assist adults with treatment issues and needs. Studies however, are showing that there are critical differences in the treatment demands of youth. Risk and protective factors vary significantly for youth, underscoring the importance of understanding and responding to these differences. A growing body of research shows that risk and protective factors are vastly different for female adolescents. These differences may include environmental factors, trauma or victimization issues, communication, familial conflict and instability, social, emotional and physical health risks, early sexual activity and teenage pregnancy.



Although research and evidence document these differences, gaps still exist for agencies around resources and tools to meet the needs of the female adolescent population appropriately. Another area of concern is the increasing number of female juvenile delinquency arrests which is growing at greater rates than all other populations. In fact, in the development of this newsletter, a majority of the research and services identified are offered through the juvenile justice system. This highlights the significant gaps in services, as treatment programs for female adolescents is primarily received at the intervention level with very little offered through prevention services.

How prevalent is substance abuse among our Adolescent Population?*

- Ninety-five percent of the 14 million adults aged 21 or older who were classified as having past year alcohol dependence or abuse, started drinking alcohol before age 21.
- Of the 142,600 adolescent admissions aged 12 to 17 in 2005, about 31% (44,600) were female.
- Adolescent females were more likely than adolescent males to have a co-occurring psychiatric and substance abuse disorder (23% vs. 18%) at the time of admission for substance abuse treatment.
- In the past year 36.5% (4.5 million) girls aged 12-17 reported alcohol use and 21.9% (2.7 million) reported illicit drug use.



The Dasis Report: Adolescent Treatment Admissions by Gender

*Source: SAMHSA Office of Applied Studies



Research and Reports*

Blake, S. M., Amaro, H., Schwartz, P. M., & Flinchbaugh, L. J. (2001). **A review of substance abuse prevention interventions for young adolescent girls.** *Journal of Early Adolescence*, 21(3), 294.

The primary goal of this report was to review the effectiveness of AOD prevention among adolescents, as well as the available evidence from gender-specific interventions that focus specifically on adolescent girls. Abstract available at: <http://jea.sagepub.com/cgi/content/abstract/21/3/294>

Bloom, Barbara, Owen, Barbara, Rosenbaum, Jill, Dechenes, Elizabeth Piper (2003). **Focusing on girls and young women: A gendered perspective on female delinquency.** *Women and Criminal Justice*, 14(2/3), 117-136.

Focus groups with girls involved in the juvenile justice system were conducted in ten California Counties. This article provides a detailed picture of their perspective on family problems, abuse and substance abuse issues, gang involvement, school problems, and sexual behavior. Available for purchase at: <http://haworthpress.com/>

Bloom, B., Owen, B., Deschenes, E. P., & Rosenbaum, J. (2002). **Moving toward justice for female juvenile offenders in the new millennium: Modeling gender-specific policies and programs.** *Journal of Contemporary Criminal Justice*, 18(1), 37.

This article presents an overview of national and state efforts to address gender-specific programming and summarizes findings from a statewide assessment in California in 1997 and 1998. Abstract available at: <http://ccj.sagepub.com/cgi/content/abstract/18/1/37>

Guthrie, B. J., & Flinchbaugh, L. J. (2001). **Gender-specific substance prevention programming: Going beyond just focusing on girls.** *Journal of Early Adolescence*, 21(3), 354.

This article provides a brief overview and history of the Female Adolescent Initiative, a program funded by the Center for Substance Abuse Prevention.

Abstract available at: <http://jea.sagepub.com/cgi/content/abstract/21/3/354>

Guthrie, B. J., Rotheram, M. J., & Genero, N. (2001). **A guide to understanding female adolescents' substance use: Gender and ethnic considerations for prevention and treatment policy.** Washington, DC: Center for Substance Abuse Prevention.

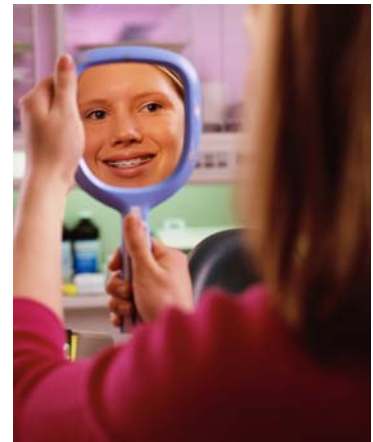
The findings in these studies underscore the importance of addressing how the issues of gender, culture, class, and ethnicity influence the lives of adolescent females. Answering those questions will provide opportunities to develop more comprehensive substance abuse prevention and treatment strategies. This report confirms the validity of considering various perspectives in order to combat the growing problem of drug abuse in our diverse adolescent female population. Available at: <http://www.girlpower.gov/press/research/FemaleAdolescentsGuideBacker110201.pdf>

QEV Analytics, LTD. (August, 2006). **National survey of American attitudes on substance abuse XII: Teens and parents.** The National Center on Addiction and Substance Abuse (CASA) at Columbia University.

This 12th annual "back-to-school survey" continues the unique effort of The National Center on Addiction and Substance Abuse (CASA) at Columbia University to track the attitudes of teens and people who influence them. The CASA back to school survey probes substance abuse risk. You can download a free copy at: <http://www.casacolumbia.org>, click Publications and then Reports.

Sherman, F.T. (2005). **Detention reform and girls: Challenges and solutions.** Baltimore, MD: The Annie E. Casey Foundation.

The goal of this report is to offer gender-appropriate detention reform strategies. Some programs are highlighted including female probation units, residential programs for girls who are mothers, services for girls in foster care. It also recommends strategies for advocates to pursue to reduce gender bias. Order a free copy by visiting <http://www.aecf.org>





Substance Abuse and Mental Health Services Administration, Office of Applied Studies. (November 5, 2004).
The NSDUH report: Female youth and delinquent behaviors. Rockville, MD.

The 2003 National Survey on Drug Use and Health (NSDUH) asked youths aged 12 to 17 to report how often they engaged in delinquent behaviors in the past year. In 2002, juvenile females continued to make up a notable proportion of the arrests for index crimes nationally.

Available at: <http://oas.samhsa.gov/2k4/girlDelinquents/girlDelinquents.htm>

**Visit CalWCF's website for Research Summaries including research studies on gender responsive services across racial/ethnic subgroups and cultural competency.*

<http://www.cffutures.com/calwcf/documents/>

*P*resentations and Trainings

**Presentations available for downloading on the listed websites*

Adolescent Treatment: http://www.midattc.org/accessed/adol_series.htm

Offered through the Mid-Atlantic Addiction Technology Transfer Center, this series of trainings offers 5 courses around working with adolescents who may have a substance use disorder. Each course costs \$50 and all courses are approved by the National Association of Alcoholism and Drug Abuse Counselors (NAADAC) for educational credits.

Stephanie Covington, Presentations*: <http://womenandchildren.treatment.org/women06.htm>

In addition to her publications, Stephanie Covington conducts training and presentations on the gender-responsive needs of girls. Presentations address girl's mental health, delinquency, and the development of gender responsive treatment. Two of her presentations can be accessed at the links below:

http://www.cffutures.com/conference_information/documents/SSCVoicesPresentationFebruary12007.pdf

The Unique Treatment Needs of Adolescent Girls: As Seen through the Lens of the Juvenile Justice System*: <http://womenandchildren.treatment.org/media/presentations/d-4/Riehman.ppt>

This presentation addresses recent advances and future challenges in assessment, early intervention, gender-specific programming and cross-system collaboration.

Gender-Specific Screening and Assessment Techniques Training Curriculum:

<http://womenandchildren.treatment.org/media/presentations/d-4/Riehman.ppt>

This presentation provides a brief overview of screening and assessment techniques.

*W*bsites and Clearinghouses

The following is a selected list and is not meant to be exhaustive.

National Institute on Drug Abuse (NIDA): <http://www.drugabuse.gov/>

NIDA supports substance abuse and addiction related research including an extensive amount of information related youth.

Facts about Teens:

<http://ncadistore.samhsa.gov/catalog/facts.aspx?topic=10>

Sponsored by the US Department of Health and Human Services and SAMHSA's National Clearinghouse for Alcohol and Drug Information, this website provides useful information on teens and substance use/abuse.

Girl Power: <http://www.girlpower.gov/>

Sponsored by the US Department of Health and Human Services, Girl Power! addresses the unique needs and challenges of girls by offering research and news related specifically to girls, quick stats on adolescent girls are also available.





Prevention Pathways: <http://preventionpathways.samhsa.gov>

This Center for Substance Abuse Prevention (CSAP) website offers tools and information for the prevention and intervention of adolescent substance abuse.

California Department of Drug and Alcohol Programs-Youth Treatment Services:

http://www.adp.cahwnet.gov/youth/yts_home.shtml

This site focuses on strategies that are unique to our youth by providing treatment guidelines, pilot programs and technical assistance.

Program Models & Resources

Voices: A Program of Self-Discovery and Empowerment for Girls:

http://www.stephaniecovington.com/b_voices.asp

Created by Stephanie Covington, PhD, LCSW, Voices addresses the exceptional needs of adolescent girls and young women. The program is strength-based and addresses key elements of socialization, identity, social class identification, sexual issues, risk factors, violence and a significant increase of female initiated fighting.

National Registry of Evidence-based Programs and Practices (NREPP): <http://nrepp.samhsa.gov>

NREPP is a searchable online registry of substance abuse and mental health interventions that have proven to be effective. The registry can be searched by demographic or program characteristics including gender and age groups.

Office of Juvenile Justice and Delinquency Prevention (OJJDP) Model Prevention Guide:

http://www.dsgonline.com/mpg2.5/mpg_index.htm

A free, searchable database that provides evidenced based programs and services that range from the prevention level of services through reentry. A wide range of issues can be addressed including, gender specific populations, substance abuse, behavioral and educational issues as well as mental health.

Helping America's Youth: <http://guide.helpingamericasyouth.gov>

The intention of this site is to offer communities several different resources and evidence based programs that assist with prevention and intervention needs while considering gender, protective and risk factors, age and cultural competencies. The following are two programs used throughout this country and in the state of California that address gender related issues.

Girls Circle: <http://www.girlscircle.com>

Girls Circle is a leading provider of gender specific, research based programs that assist girls in all areas of life. Recent research has shown that girls who have used the Girls Circle curriculum have significantly decreased risk factors while increasing protective factors.

Girls Inc. Friendly PEERsuasion®: <http://www.girlsinc.org/ic/>

Friendly PEERsuasion® is a prevention program that assists middle-school aged girls with building support groups, making positive decisions and avoiding a positive attitude regarding early use of alcohol and other drugs. It teaches girls to respond critically to social pressures with the help of peer mentors and adult supervision.



PACE Institute: <http://www.pacecenter.org/Institute.htm>

PACE Institute is the division of PACE Center for Girls that advocates for girls nationwide, providing training, technical assistance, specialized tools, and consulting for girl-serving organizations throughout the United States. PACE Institute clients include local, state and federal governments, not-for-profit organizations, for profit corporations, and communities.

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