Phoenix House
Rising Above Addiction

List of Evidence Based Practices used by Phoenix House:

- **Pathways to Change**
  - Addresses criminality (criminal thinking and criminal behavior)
    - Increases motivation to change
    - Connects criminal activity with substance use problems
    - CBT Based Curriculum
  - Empirical Evidence for Effectiveness:
    - Selekman, M. D. (1993). *Pathways to change: Brief therapy solutions with difficult adolescents*. Guilford Press.

- **Aggression Replacement Training (ART)**
  - ART addresses angry/aggressive behavior and the thought processes driving the behavior
  - ART has three components
    - Anger Control Training (affect regulation)
    - Moral Reasoning (new cognition patterns)
    - Skill Streaming (new behavior acquisition)
  - ART has been adopted by many Juvenile Justice programs as a major component of treatment
  - Evidence:
    - Goldstein, A.R., Glick, B., Reiner, S., Zimmerman, D., & Coultry, T. (1986). Aggression replacement training. Champaign, IL: Research Press.

- **Seeking Safety**

- Developed to deliver integrated treatment to co-occurring PTSD and substance abuse conditions.
- Trauma-focused, Based on CBT
- Focuses on developing coping skills and psychoeducation
- Evidence:
  - Najavitis LM, Weiss RD, Shaw SR, Muenz L. (1998). "Seeking Safety": Outcome of a new cognitive behavioral psychotherapy for women with posttraumatic stress disorder and substance dependence. Journal of Traumatic Stress, 11:437-456

- **Strengthening Families**
  - Parenting and family strengthening program for high risk families.
  - Found to significantly reduce problem behaviors and increase school performance
  - Goal: Increasing personal resilience
  - Three components (1 hour each)
    - Family Meal
    - Individual Skills training (parents/teens separated)
    - Joint Skills training (families together)

- **TCU Mapping**
  - Designed to help clients visualize problems and solutions more effectively
  - Enhances motivation and counselor/client collaboration
  - Addresses cognitive distortions and improves communication and relapse prevention skills
  - Evidence:

- Collier, C.R., Czuchry, M., Dansereau., D.F., & Pitre, U. (2001). The use of node-link mapping in the chemical dependency treatment of adolescents. Journal of Drug Education, 31(3), 305-317.

References:

Crime and Justice Institute and Wayne Scott (2008). Effective Clinical Practices in Treating Clients in the Criminal Justice System. Washington, DC: National Institute of Corrections.

Selekman, M. D. (1993). *Pathways to change: Brief therapy solutions with difficult adolescents*. Guilford Press.

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