

The Seven Challenges® – Brief "Brief Challenges"

Brief Challenges is designed for adolescents and young adults who have a known or suspected drug problem and is used in four individual sessions lasting approximately one hour each. Brief Challenges is designed to serve three functions: assessment of drug and co-occurring problems, brief therapy intervention for drug problems, and support in responding to external pressures for abstinence.

(<http://www.sevenchallenges.com/brief-challenges/>)

Program Components	Intervention Strategies	Targets	Short-Term Outcomes	Long-Term Outcomes
<ul style="list-style-type: none"> • Adolescents and young adults who have a known/suspected drug problem. • Six hourly sessions including guardian and client orientation, four individual one-on-one sessions, and final session with guardian, client, and Probation Officer for summary and recommendations. • Utilizes The Brief Challenges: My Story book/ journal and activities • Staff trained via Model Support Calls quarterly with clinician. • Counselors must be master's level trained in the model • On-site EBP QA visit • Courtesy Relapse Prevention is introduced to a young person who has an impulse to quit using. • Comprehensive Assessment of drug and co-occurring mental health diagnoses and situational problems. • Sessions can be delivered in multiple settings including residential, outpatient, in-home, schools, etc. 	<ul style="list-style-type: none"> • Brief therapy, primarily motivational approach for drug and co-occurring problems. • Holistic Counseling • Structured Interview • Parent Orientation and follow-up • Developing youth decision making process • Pressure monitoring and support • Preventative and stop-gap problem solving • The Seven Challenges are: <ul style="list-style-type: none"> • Decide to open up and talk honestly • Look at what we like about alcohol/drugs and why we use them • Look at our use and if it has caused harm or could • Look at our responsibility • Think about where we were headed/want to go • Make thoughtful decisions about our lives • Follow through on our decisions 	<ul style="list-style-type: none"> • Increase protective factors & decrease risk factors in the following YASI domains: <ul style="list-style-type: none"> • Substance Use/Abuse • Attitudes/Beliefs/Consequences • Family • Community/Peer Association • Accepting responsibility for delinquent/criminal behavior and understanding the impact of his or her behavior on others • Willingness to make amends • Optimism/hope for future • Respect for authority figures • Readiness for change • Problem-solving skills • Impulse-control skills to avoid loss of control over delinquent/criminal behavior • Interpersonal skills • Goal-setting skills • Targeted Outcome Development Plan completed • Knowledge of community resources • Positive improvements shown in surveys in target areas 	<ul style="list-style-type: none"> • Increase in youth and parental "buy-in" • Informed decision making by youth • Understanding of drug use logic (i.e. needs met) as well as associated costs • Building of Relapse Prevention Skills and behavior alternatives • Improved mental health • Understanding of psychological, emotional, and situational problems the youth faces • Designed to tap any existing motivation to change and increased upon this strength 	<ul style="list-style-type: none"> • Increase motivation to change • Development of effective responses to pressure • Alternatives and avoidance of substance abuse • Reinforcement of positive youth – adult interactions and relationships • Increased awareness by youth of their individual needs and means for support • Efficient allocation of funds/resources to address treatment needs of youth • Recommendations are made based on the need of the client via the completion of a Targeted Outcome Development Plan developed in collaboration with the counselor, Probation Officer, parent, and client