



TEEN INTERVENE GROUP
UW HEALTH-PSYCHIATRY
6001 RESEARCH PARK BLVD
MADISON WI 53719

Group Leader:

Paula Witt, LCSW with Substance Abuse Specialty

Group Day/Time:

Mondays, 3:30-5:00pm

Group Description:

Teen Intervene is a tested, time-efficient, evidence-based program for teenagers (12-19 years old) experiencing a mild or moderate substance use disorder, covering all drugs but with a special focus on alcohol, marijuana, and tobacco use. The program is designed to include teens' parents or guardians. The program has been expanded to offer a full Screening, Brief Intervention, and Referral to Treatment (SBIRT) model. The group will run for 4 weeks and will be 90 minutes. Parents should plan on attending a pre and post session with their teen and this therapist (60 minutes each). In the pre-session we will evaluate the appropriateness of the teen for group and parenting interventions. In the post-group we will evaluate changes made, parenting practices,

and if referral to treatment is needed we will start that process. The group will be same-sex only, so group will alternate (girls group 4 weeks/boys group 4 weeks). The TI Group will run 3:30-5:00pm on Mondays in Room 1611. This is a closed group for the four weeks it is being run; however, I will continuously take referrals and fill future sessions of the group.

To summarize, *Teen Intervene* is designed to help the teen:

- Decide for themselves the pros and cons of use
- Identify the reasons why he or she uses
- Examine effects of substance use on their lives
- Learn new skills that promote healthier behaviors
- Take responsibility for self-change

The core components of *Teen Intervene* are based on the following research theories, techniques, and therapies:

- Stages of change model
- Cognitive-behavioral therapy
- Motivational interviewing

Inclusion Criteria:

- Ages 12-19
- Teenagers who display the early stages of drug use problems (mild or moderate problems associated with alcohol or other drug use)

Exclusion Criteria:

- Daily drug users

- Teenagers that have a severe substance diagnosis (significant tolerance, withdrawal symptoms, shows loss of control, etc.)
- Untreated severe affective disorder or psychosis

Instructor



Paula Witt, LCSW

Paula is a child/adolescent mental health clinician with the University of Wisconsin Psychiatry Department. Paula earned her Master's degree from the UW-Madison School of Social Work, with a focus on mental health. She specializes in evidence-based treatments for children, adolescents, and families. Her clinical interests include depression, anxiety, trauma, emotional/behavioral problems, family conflict, parenting practices and substance abuse.

For more information please contact:
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Providers: *To refer a teen to this group – please send a Re: Patient message via Epic*

