



# Youth & Drugs and Mental Health: A Resource for Professionals

[http://www.camh.net/Publications/Resources\\_for\\_Professionals/YDMH/index.html](http://www.camh.net/Publications/Resources_for_Professionals/YDMH/index.html)

This is a resource for people who work with youth, but is intended primarily for service providers who work in settings dealing with youth substance use and mental health treatment.

The resource provides up-to-date information about addressing substance use among young people - including doing so in the context of other mental health problems that they may be experiencing.

Our knowledge of treatment for young people with substance use and other mental health problems is at an early stage of development. Despite the need for comprehensive approaches, there currently is relatively little consensus about what works and does not work. Consequently, this resource draws upon available published information and integrates it with the advice of experts who work in addiction and mental health programs for youth:

- youth substance use and mental health
- screening and assessment
- integrated treatment and support
- cultural competency
- motivational interviewing
- stages of change
- family involvement
- pharmacotherapy

Part two of this resource is the treatment manual [\*\*First Contact: A brief treatment for young substance users with mental health problems.\*\*](#)

Excerpts from **Youth & Drugs and Mental Health: A Resource for Professionals**