



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**



Phoenix House
Rising Above Addiction

- 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
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- **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)
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- **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:



Phoenix House
Rising Above Addiction

- 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:

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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.