

Supporting Youth & Families

Substance Use Disorder & Mental Health Resources

These resources were identified and shared through the presenters and panelist as part of the ECHO series All in This Together ECHO: Practical Strategies for Teen Substance Use (April 30 through June 4, 2025). To continue the spread of knowledge, we record all of our ECHO sessions. Below are the recordings of the didactic from past ECHO sessions as well as other relevant materials developed during each course.* To receive information and help inform future ECHOs, please email echo@hitchcock.org with your name, email address, and topics of interest.

[Enduring ECHO Materials](#) | [Project ECHO](#) | [DHMC and Clinics](#)



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Youth SUD Statistics

YOUTH SUBSTANCE USE DISORDER NATIONAL SURVEY DATA & STATISTICS

Substance Misuse - National Youth Risk Behavior Survey (2023)

Most Common



NICOTINE



22%

of high school students
drank alcohol in past 30 days



CANNABIS



17%

of high school students **used**
marijuana in past 30 days



ALCOHOL

Less Common

OPIOIDS



12%

of high school students had ever
misused prescription opioids

COCAINE



10%

of high school students had
ever **used illicit drugs**

BATH SALTS

Full Data Set - National Youth Risk Behavior Survey (2023)

[CLICK HERE](#)

Teen Substance Use



Of the 16-22% of teens age 12-17 in NH & VT
who report substance use in the last month...

80-83% reported using marijuana

VT Department of Health



Youth with SUD are

7X more likely of dying by suicide

compared to those who do not have a
substance use disorder

(Conner et al., 2019).

Adolescents are more likely to
become addicted to **marijuana**
than alcohol (65.5% vs. 42.9%)

(Green et al., 2019).



Top Recommendation

Drugs, Brains, and Behavior: The Science of Addiction

[CLICK HERE](#)

Realistic actions to reinforce resilience, hope, responsibility, compassion, and stress hardiness in ourselves and others in the face of mental health and addiction.

Resources

- 1 **Drugs, Brains, and Behavior: The Science of Addiction**
Articles | NIDA

[CLICK HERE](#)

- 2 **Child & Adult Resilience, Motivation, Family Relationships, Positive School & Work Environments**
Articles | Dr. Robert Brooks (2015)

[CLICK HERE](#)

- 3 **Evidence-Based Interventions for Preventing Substance Use Disorders in Adolescents**
Interventions | PMC

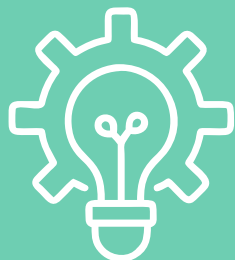
[CLICK HERE](#)

- 4 **The Vaping Epidemic in Adolescents**
Articles | PMC

[CLICK HERE](#)

- 5 **A Call to End the Epidemic of Adolescent E-cigarette Use**
Articles | PMC

[CLICK HERE](#)



Top Recommendation

Encompass: Integrated Mental Health/Substance Treatment

[CLICK HERE](#)

“Encompass is a unique evidence-based, integrated treatment for adolescents and young adults with substance use disorders and co-occurring mental health problems.” (Riggs, 2025)

Resources

- | | | |
|---|--|----------------------------|
| 1 | Encompass: Integrated Mental Health/Substance Treatment
CU Anschutz Psychiatry (SOM) | CLICK HERE |
| 2 | Tobacco Prevention Toolkit
Stanford REACH Lab | CLICK HERE |
| 3 | Use Prevention Too Good K-12 Programs
Mendez Foundation | CLICK HERE |
| 4 | Stronger Than You Think Campaign
The Partnership at Drug Free NH | CLICK HERE |
| 5 | Comprehensive Vaping Prevention Programs For Schools
CATCH my breath | CLICK HERE |
| 6 | NAMI Ending the Silence Evidence-Based Mental Health Education for Students
National Alliance on Mental Illness (NAMI) | CLICK HERE |
| 7 | Evidence Based Prevention Programs for Schools, Families, and Communities
Botvin LifeSkills Training | CLICK HERE |

Prevention & Recovery



RESOURCES & STRATEGIES FOR PREVENTION & RECOVERY SUPPORT

Resources

- 1


AskPETRA
North Country Health Consortium

[CLICK HERE](#)

AskPetra.org is a program of the North Country Health Consortium, helping individuals, communities, and professionals in Northern NH understand, prevent, and treat substance use disorder (SUD) through assistance, connection, education, and recovery support.
- 2

The Doorway
State of New Hampshire

[CLICK HERE](#)

 **211** Call 211 24/7 to be connected to a NH Doorway Clinician
- 3

Project Success
The Seven Challenges

[CLICK HERE](#)
- 4

Healthy Futures Alternative-to-Suspension Program
Cannabis and Nicotine Versions | Stanford Medicine

[CLICK HERE](#)
- 5

INDEPTH: An Alternative to Teen Nicotine Suspension or Citation | American Lung Association

[CLICK HERE](#)
- 6

Teen Intervene | Substance Use Intervention Curriculum
Hazelden Betty Ford Foundation

[CLICK HERE](#)
- 7

Parenting Through Trauma (Podcast)
Treehouse Audio Productions | Dartmouth Health

[CLICK HERE](#)
- 8

A Talk with Jessica Lahey: The Myths Surrounding Parenting & Alcohol (Podcast) | Fluster Clux

[CLICK HERE](#)

SUD MENTAL HEALTH SUPPORT, PROGRAMMING, AND RESOURCES

Therapies & Interventions



Most Accessible First Line of Intervention:

Outpatient individual therapy with a family system component

(either family therapy and/or family engagement) is often the most accessible first line of intervention. Inpatient and IOP level of care for adolescents is limited in many areas. Individual and family therapy with a focus on CBT, DBT and MI is often appropriate for mild-moderate SUD.

Motivational Interviewing

Interactions to Motivate Positive Change

The RULES, PACE, and OARS | Pearls Current Psychiatry

[CLICK HERE](#)**R**

Resist telling them what to do

Avoid telling, directing, or convincing them about the right path to good health.

U

Understand their motivation

Seek to understand their values, needs, abilities, motivations, and potential barriers to changing behaviors.

L

Listen with empathy

Seek to understand their values, needs, abilities, motivations, and potential barriers to changing behaviors.

E

Empower them

Work with them to set achievable goals and to identify techniques to overcome barriers.



Top Recommendation

MST Services | Multisystemic Therapy for Juveniles

[CLICK HERE](#)

MST is the ONLY intervention for high-risk youth where results have been repeatedly replicated by independent research teams

What is Multisystemic Therapy?



MST is an **intensive, family and community-based program** addressing the various aspects of a young person's **environment** and the **impact on mental health and substance use**.



MST can and should be **delivered in multiple settings** including school, community centers, and home



MST recognizes the importance of peer relationships and works with families to help youth **establish positive peer connections**

Resources

1

Multisystemic Therapy for Juveniles
MST Services

[CLICK HERE](#)

2

MST - Building Stronger Families (MST-BSF) Fact Sheet
MST Services

[CLICK HERE](#)

FFT & MDF Interventions



Functional Family Therapy (FFT)

Evidence-Based Interventions for Youth and Family Counseling

[CLICK HERE](#)

Strength-focused family counseling model designed primarily for at-risk youth who have been referred by the juvenile justice, mental health, school, or child welfare systems. (FFT LLC, 2025)

What is Functional Family Therapy?



FFT works to **change how families interact in order to impact behavior change**. Families change their interactions to address youth and young adult behavioral or emotional issues.



FFT is **focused on the system rather than the individual**. It focuses on family functioning and strengths and targets treatment to meet needs.



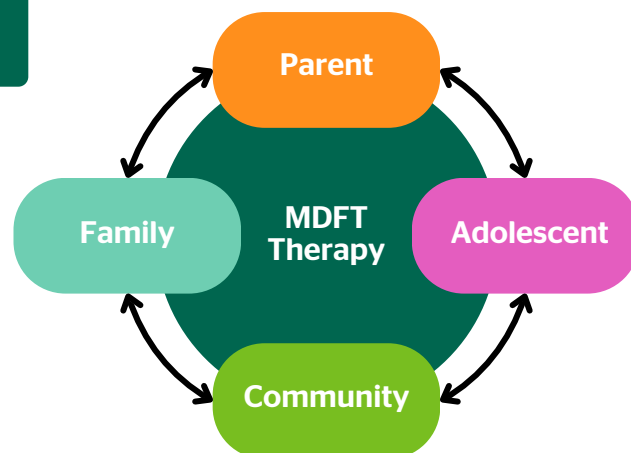
FFT **improves family communication & support, while decreasing negativity & dysfunctional behaviors**. This program works to improve parenting skills, youth compliance, and behaviors.

Multi-dimensional Family Therapy (MDFT)

MDFT: Four Domains of Change

With MDFT, interventions are integrated and coordinated within and across these four domains.

[CLICK HERE](#)



Protective Factors

PROTECTIVE FACTORS & CREATING ENGAGED FAMILY ENVIRONMENTS

Recognizing Protective Factors

Internal



Internal protective factors are individual traits and attitudes, such as:

- Resilience
- Positivity
- Self-esteem
- Confidence
- Determination

External



External protective factors are safeguards created by families and communities, including:

- Nurturing environments
- Positive social connections
- Safety
- Parental involvement
- Reliable & trusting relationships

Tips for Creating Engaged Family Environments



- 1 Implement evidence-based school programs
- 2 Foster a recovery-oriented system of care
- 3 Encourage early interventions
- 4 Utilize restorative practices
- 5 Provide access to resources
- 6 Utilize appropriate & effective language

Additional Resources

Promoting Hope, Healing & Connection
Essential Life Skills Program | Choose Love Movement

[CLICK HERE](#)

Screening Tools

AN INTRODUCTION TO SCREENING TOOL TYPES AND BEST PRACTICES



Top Recommendation

Adolescent Substance Use Screening Tools

National Institute on Drug Abuse (NIDA)

[CLICK HERE](#)

Screening tools provide information about a teen's current behaviors & use, they may help identify areas of risk, opportunity for intervention and treatment.

What are Screening Tools?



Screening tools provide information about a teen's current behaviors and use. They may help identify areas of risk, opportunity for intervention, and treatment.



There are a variety of different screening tools designed to screen for substance use and other higher risk behaviors in adolescence.



It is important that screening tools are used as part of a comprehensive assessment of a teen's wellbeing. They can give us useful information but often not the whole picture.

Types of Screening Tools



Self-Administered

(completed by the teen)



Administered by a Provider

(Pediatrician, SUD clinician)

ADOLESCENT SUBSTANCE USE SCREENING TOOLS

Resources

1 **Adolescent Substance Use Screening Tools** National Institute on Drug Abuse (NIDA)

[CLICK HERE](#)

2 **Screening to Brief Intervention (S2BI):** National Institutes of Health

This screening tool consists of frequency of use questions to categorize substance use by adolescent patients into different risk categories. This screening tool is meant to be used under a medical provider's supervision and is NOT intended to guide self-assessment or take the place of a healthcare provider's clinical judgment.

[CLICK HERE](#)

3 **CRAFTT:** Boston Children's Hospital

The CRAFTT is an efficient and effective health screening tool designed to identify substance use, substance-related riding/driving risk, and substance use disorder among youth ages 12-21. CRAFTT 2.1, includes evidence-based revisions to increase the sensitivity and specificity of the tool and includes vaping as a method of administration for marijuana use. The CRAFTT 2.1+N contains additional questions about tobacco and nicotine use. There is a self-administered questionnaire and a version that can be provider administered.

[CLICK HERE](#)

3 **Brief Screener for Tobacco, Alcohol, and other Drugs (BSTAD):** National Institutes of Health

This tool consists of frequency of use questions to identify risky substance use by adolescent patients. It can be self-administered or administered by a provider.

[CLICK HERE](#)