



The Seven Challenges® Program

Description:

The Seven Challenges® Program focuses on trust and relationship building as primary motivators for change. Cognitive and emotional aspects of decision making are used to help adolescents think through their decisions about alcohol and drugs. Young people also are encouraged to use a Health-Decision Model, which involves evaluating their choices with regard to health consequences.

The Seven Challenges are as follows:

1. We decided to open up and talk honestly about ourselves and about alcohol and other drugs.
2. We looked at what we liked about alcohol and other drugs, and why we were using them.
3. We looked at our use of alcohol or other drugs to see if it has caused harm or could cause harm.
4. We looked at our responsibility and the responsibility of others for our problems.
5. We thought about where we seemed to be headed, where we wanted to go, and what we wanted to accomplish.
6. We made thoughtful decisions about our lives and about our use of alcohol and other drugs.
7. We followed through on our decisions about our lives and drug use. If we saw problems, we went back to earlier challenges and mastered them.

Treatment Logistics:

Appropriate Age Range: 12-24

Participants: Adolescent and possibly family

of Sessions: Variable, no set schedule or agenda

Strategies for sessions and individual work include:

- Reading and journaling
- Educational/counseling sessions in one-to-one and/or group settings - these deal directly with the seven challenges; and
- Family or multi-family sessions, when feasible and appropriate.

Evidence-Base:

Refer to Appendix B for a matrix that lists the organizations that have approved Seven Challenges as an EBP or go to <http://www.uncg.edu/csr/asatp/ebpmatrix.pdf> to view it online. Seven Challenges has been implemented and evaluated in many different treatment settings. It has been shown to decrease substance use and also work well with co-occurring disorders and adolescents who have experienced trauma.

Participants also show the following:

- Reductions in aggressive behavior;
- Improvements in mental health;
- Decreases in criminal behavior;
- Increases in HIV/AIDS knowledge;
- Improved relationships and communication with family and adults; and
- Higher levels of honesty.

Reference to Treatment Manual: (Only agencies who have been authorized to use the Program can get these materials) Schwebel, R. (2004). *The Seven Challenges® Manual*. Tucson, AZ: Viva Press.

A book of readings for the program and accompanying journals for each challenge also are available.

Additional References:

<http://www.sevenchallenges.com/> - The website for the program, with information on trainings, materials, etc.



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