



Family Support Network (FSN)

Part of the Cannabis Youth Treatment (CYT) Series

Description:

The Family Support Network (FSN) for Adolescent Substance Abuse is based on the belief that adolescents who do not have sufficient family support and structure will have a harder time during recovery. Dimensions of authority, roles, rules, boundaries, communication, and routines are all important.

The goals of FSN are to:

- Include the family in the process of recovery
- Use communication and relationship building to increase family functioning
- Improve parental effectiveness in responding to substance abuse and accompanying behaviors
- Assess the family's commitment to recovery and suggest changes in the family's problem solving approaches

FSN consists of case management, parent education, and in-home family therapy. Specifics of each component include:

Parent Education

- Create healthy families by building competence
- Discuss methods for coping with parenting pressure
- Encourage appropriate authority, roles, rules, boundaries, communication, and routines

In-Home Therapy

- Assess family environment
- Individualize the treatment process
- Increase family commitment to recovery
- Create an alliance between adolescent, family, & program

Case Management

- Assist families in overcoming barriers to participation
- Identify service and treatment needs
- Monitor progress & attendance - act to prevent drop-out
- Provide motivational enhancement
- Make referrals & connect families with services
- Engage participants in a community support group

Treatment Logistics:

Appropriate Age Range: 12 and up

Participants: Parents primarily, adolescent should be present during home visits

of Sessions:

- 6 90-minute parent education sessions, scheduled concurrently with adolescent Cognitive-Behavioral Therapy sessions
- 3-4 90-minute home visits
- Case management as needed

FSN is designed for use in combination with any evidence-based adolescent treatment; however, the recommendation is that it be used in conjunction with MET/CBT because this is the combination that was used in the Cannabis Youth Treatment clinical trials. It was manualized in 2001 as part of the Cannabis Youth Treatment Series (CYT).

Home visits and parent education sessions were designed to be conducted in a specific order which is detailed in the manual. Parent education topics include an introduction, drugs and adolescents, relapse signs and recovery, family dimensions, conflict resolution, and the family context.

Evidence-Base:

Refer to Appendix B for a matrix that lists the organizations that have approved FSN as an EBP or go to <http://www.uncg.edu/csr/asatp/ebpmatrix.pdf> to view it online. Research supports the utility of family therapy for the treatment of substance abuse. Studies have shown that treatment retention increases when families are involved.

Reference to Treatment Manual:

Hamilton, N.L., Brantley, L.B., Times, F.M., Angelovich, N., & McDougall, B. (2001). *Family support network for adolescent cannabis users, CYT series, volume 3*. (BKD386). Rockville, MD: CSAT, SAMHSA. <http://kap.samhsa.gov/products/manuals/cyt/index.htm>



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