Evidence Based Practices for Treating Substance Use Disorders

Practice		Population																				Drug Problem										
Click on intervention title for a detailed description. *Manual availability:* *D = Download free from web* *F = Free print copy (order)* *$ = Cost to purchase print copy* *N = No specific manual*	*Manual: see note at left*	*Adolescents*	*Adults*	*African American*	*Am Indian/Alask Native*	*Asian/Pacific Islander*	*Children/Youth*	*College Student*	*Co-Occurring Patients*	*GLBT*	*Hispanic/Latino*	*HIV+/Hep C/STD*	*Homeless*	*IV Drug User*	*Low-income/Unemployed*	*Men*	*Offenders*	*Opiate Subst Clients*	*Polydrug Users*	*Pregnant Women*	*Women*	*Not Specific to One Drug*	*Alcohol Dependence*	*Alcohol Problem Drinking*	*Amphetamines*	*Cocaine / Crack*	*Heroin / Opiates*	*Marijuana*	*Methamphetamine*	*Polydrug Use*	*Prescription Meds*	*Tobacco*
Cognitive and/or Behavioral Interventions																																
12-Step Facilitation Therapy	$6		X																				X			X						
Anger Management for Substance Abuse and Mental Health Clients: Cognitive Behavioral Therapy	F/D		X						X							X					X	X									
Behavioral Couples (Marital) Therapy	F		X													X		X	X		X	X	X			X	X					
Behavioral Self-Control Training	N		X													X					X			X								
Behavioral Therapy for Adolescents	N	X																				X										
Brief Alcohol Screening and Intervention for College Students (BASICS): A Harm Reduction Approach	$30							X																X								
Brief Cognitive Behavioral Intervention for Amphetamine Users	D		X																X						X							
Brief Intervention	D	X	X					X																X								X
Brief Marijuana Dependence Counseling (BMDC)	F/D		X	X							X																	X				
Brief Strategic Family Therapy (BSFT)	D	X	X								X											X										
Cannabis Youth Treatment	F/D	X																										X				
Cognitive Behavioral Coping Skills Therapy	$6		X																				X									
Combined Behavioral & Nicotine Replacement Therapy	F/D		X																													X

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Combined Scheduled Reduced Smoking & Cognitive Behavioral Therapy	N	X	X																													X
Community Reinforcement Approach (CRA) with Vouchers	D		X											X									X			X	X					
Contingency Management (Without CRA)	N		X	X										X	X			X								X	X					
Day Treatment with Abstinence Contingencies and Vouchers	N		X										X													X						
Dialectical Behavior Therapy	N		X						X												X	X										
Downward Spiral	$20		X					X									X					X										
Family Support Network (FSN) for Adolescent Cannabis Users	F/D	X																										X				
Group Drug Counseling for Cocaine Addiction: The Collaborative Cocaine Treatment Study Model	D		X													X					X					X						
Holistic Harm Reduction Program (HHRP+)	D		X	X								X		X				X								X	X					
Individual Cognitive-Behavioral Therapy	D		X																			X				X						
Individual Drug Counseling to Treat Cocaine Addiction	D		X													X					X	X				X						
Lower-Cost Contingency Management	N		X															X					X			X	X					
Matrix Intensive Outpatient Program for the Treatment of Stimulant Abuse	$25-$60	X	X																										X			
Motivational Enhancement Therapy and Cognitive Behavioral Therapy for Adolescent Cannabis Users	F/D	X																										X				

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Motivational Enhancement Therapy (MET) for Problem Drinkers	$6		X																				X	X								
Multidimensional Family Therapy (MDFT)	F/D	X		X																								X		X		
Multisystemic Therapy (MST)	$40	X															X					X										
Node-Link Mapping: Mapping New Roads to Recovery: Cognitive Enhancements to Counseling	D/$15	X	X																			X										
Relapse Prevention Therapy	D	X	X																			X	X			X						
Seeking Safety: A Psychotherapy for Trauma/PTSD and Substance Abuse	D/$20	X	X						X						X	X	X				X	X										
Supportive-Expressive Psychotherapy	$27		X						X									X								X	X					
Time Out! for Me: An Assertiveness and Sexuality Workshop Specially Designed for Women	D/$19		X																		X	X										
Time Out! for Men: A Communications Skills and Sexuality Workshop for Men	D/$19		X													X						X										
Treating Tobacco Use and Dependence. Clinical Practice Guideline	D/F	X	X				X		X							X				X	X											X
Pharmacological Therapies*																																
Acamprosate (Campral)	$6		X																				X									
Buprenorphine (Suboxone and Subutex)	F/D		X																								X					
Combined Behavioral & Nicotine Replacement Therapy	F/D		X																													X

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Methadone Maintenance Treatment	N		X													X					X						X					
Naltrexone (for Alcohol)	$6		X																				X									
Naltrexone (for Opiates)	N		X														X										X					

*Washington State law requires that a behavioral therapy component is provided to patients receiving pharmacological therapies for substance use disorders.

CITATION: University of Washington Alcohol and Drug Abuse Institute. Evidence-Based Practices for Treating Substance Use Disorders: Matrix of Interventions, August 2006.
URL: http://adai.washington.edu/ebp/matrix.pdf