

# *Motivation 180°*

A Treatment Option  
for Adolescents and Their Families



## **MOTIVATION 180° EVIDENCE-BASED TREATMENT FOR SUBSTANCE ABUSE DISORDERS**

**Motivational Enhancement  
Cognitive Behavioral Therapy  
and  
The Family Support Network**

**CORNER HOUSE  
369 Witherspoon Street  
Princeton, NJ 08540  
609.924.8018**

**OVERVIEW OF MOTIVATION 180° PROGRAM –  
MOTIVATIONAL ENHANCEMENT AND COGNITIVE BEHAVIORAL THERAPY  
& FAMILY SUPPORT NETWORK**

<b>SESSION NUMBER</b>	<b>MODALITY</b>	<b>TIME PERIOD</b>	<b>PRIMARY APPROACH</b>	<b>MAIN TOPICS</b>
Session 1	Individual	60 min.	MET	Motivation Building
Session 2	Individual	60 min.	MET	Goal Setting
Session 3	Group	90 min.	CBT	Substance Use Refusal Skills
Session 4	Group	90 min.	CBT	Enhancing the Social Support Network & Increasing Pleasant Activities
Session 5	Group	90 min.	CBT	Planning for Emergencies & Coping with Relapse
Session 6	Group	90 min.	CBT	Problem Solving
Session 7	Group	90 min.	CBT	Anger Awareness
Session 8	Group	90 min.	CBT	Anger Management
Session 9	Group	90 min.	CBT	Effective Communication
Session 10	Group	90 min.	CBT	Coping with Cravings and Urges to Use Substances
Session 11	Group	90 min.	CBT	Depression Management
Session 12	Group	90 min.	CBT	Managing Thoughts About Substances
<b>FAMILY SUPPORT NETWORK</b>				
Session 1	Group	90 min.	Parent Education	Intro to Adolescent Development & Functional Families
Session 2	Group	90 min.	Parent Education	Drugs & Adolescents
Session 3	Group	90 min.	Parent Education	Relapse Signs & Recovery
Session 4	Group	90 min.	Parent Education	Boundaries, Limits, Authority, & Discipline
Session 5	Group	90 min.	Parent Education	Communication, Conflict Resolution, & Fighting Fair
Session 6	Group	90 min.	Parent Education	The Family Context
<b>PLUS: 4 HOME VISITS</b>		90 min.		To motivate the family to actively participate in the treatment and recovery of their adolescent.

## ***Motivation 180°\****

Motivation 180° serves adolescents, ages 12-18 years old, assessed in need of ASAM Level 1 outpatient substance abuse treatment. By tapping into the adolescent's own motivation to change their behavior, this *time-efficient, cost-effective* treatment option aims to develop the skills needed to cope with problems in ways that do not include turning to substance use.

Following a two-hour clinical assessment, Motivation 180° begins with 2 individual MET sessions implementing motivational interviewing—a client-centered counseling style to gauge one's openness to change and resolve ambivalence about substance use. The adolescent then participates in 10 consecutive weekly CBT group sessions. Cognitive Behavioral Therapy groups focus on refusal skills to alcohol and other drugs, establishing a social network for supporting one's recovery, planning positive activities to fill free time, coping with unanticipated high-risk situations, and relapse prevention techniques.

## ***Family Support Network***

A key element of Motivation 180° is the Family Support Network, an intensive, family-focused approach to improve communication and closeness within the home and increase parental support. FSN includes 6 Parent Education Groups and 4 Home Visits. At least one parent or caregiver is required to attend group meetings; however, all family members living at home are invited and are included in the Home Visits.

## ***Referrals/Admissions***

Likely referral sources for Motivation 180° clients are parents, the justice system, school personnel, and medical/mental health providers. Adolescents may also self-refer.

## ***Fees***

The cost of the Motivation 180° program is \$1800 (plus periodic drug screens and when necessary, psychiatric services). However, to assist our clients with expenses, all treatment services at Corner House are offered on a sliding scale basis, according to family income and size. No one is ever turned away because they cannot pay for services. We will gladly discuss all of your options with you. Commercial insurance may also cover or offset out of pocket expenses

## ***Schedule*** \*(Updated 1/09)

The CBT and FSN groups meet Monday, 7 – 8:30 PM\*. Assessments, MET sessions, and Home Visits are scheduled individually.

\*Based upon the Substance Abuse and Mental Health Services Administration's Center for Substance Abuse Treatment, Cannabis Youth Treatment Series, Volumes 1&2



**369 Witherspoon Street, Princeton, NJ 08540**

**[www.cornerhousenj.org](http://www.cornerhousenj.org)**

Gary J. De Blasio, MS, CEAP, Executive Director  
David A. Errickson, LCSW, LCADC, Clinical Director

Our treatment programs are delivered by  
Master's Level Clinicians, with support from our  
Psychiatric Nurse Practitioner and Consulting Psychiatrist.

Corner House is licensed by the New Jersey  
Department of Human Services, Division of Addiction Services.

**For more info, to make an appointment, or make a referral,  
call  
609.924.8018  
FAX 609.688.2045**

***Corner House Mission***

Through prevention, education, and treatment options, Corner House promotes the health and well-being of young people and their families as they confront substance abuse and other emotional issues.

**Connected to the community through prevention, education, treatment, counseling, peer leadership, and peer modeling.**