

### *Adolescent Substance Abuse: Research and Clinical Advances*

Editors: Howard A. Liddle and Cynthia L. Rowe. Cambridge; Cambridge University Press, 2006, 528 pages, \$120.00 (hardback).

Reflecting back on my own medical school and residency training experience about 2 decades ago, I was struck by the fact that although it was "grilled" into me to take a substance use history for every patient, the scientific understanding and the framework for clinical treatment was woefully and inadequately understood or addressed. Although substance abuse in general is a serious global societal problem, the authors and editors of this book focus on an increasingly vulnerable and often neglected population. The authors and editors accurately point out that the major research and methodologic advances in adolescent substance abuse research need to be disseminated and accepted to motivate organizational change at the level of service delivery, clinical practice, and financing systems. They successfully set out to make their case that scientific advances and treatment research advances, combined with public policy development, will offer the best opportunity to transform clinical practice. They recognize and describe how the burgeoning and complex problem of adolescent substance abuse interfaces with the mental health care system, juvenile justice system, child welfare, and school systems. Furthermore and more importantly, that successful treatment requires scientifically rigorous underpinnings and developmentally tailored treatment models that are outcomes driven to be accepted in both the scientific and, ultimately, public spheres. This well-edited, informative, scientifically driven, and practical guide successfully integrates the most current review of scientific evidence in the area of adolescent substance abuse with clinically relevant and applicable treatment strategies in one volume. Foremost, those with an interest or background in research, statistical metho-

dology, and developing research/outcomes driven treatment programs for addicted youth, will find this book very useful. Additionally, this book would have strong appeal both nationally and internationally to physicians, psychiatrists, psychologists, social workers, chemical dependency, mental health and youth counselors, forensic and juvenile justice workers, and practitioners with an outcomes driven interest in delivering clinical services. Program heads and public policy makers that are treating, planning, or implementing interventions for addicted youth would also find this book particularly useful.

The book is divided into 6 parts. Part I focuses on the theoretical, empirical, and methodologic foundations for research in adolescent substance abuse treatment. Chapter 2 formulates and highlights the developmental framework for substance abuse intervention by identifying risk and protective factors, mitigating vulnerability for substance use and enhancing preventive and protective factors. Chapter 3 focuses on statistical methodology and provides an analytical and statistical framework to predict and measure change during and after the treatment at both the group and individual level in a heterogeneous population reflective of adolescent substance abusers. Those readers with a background in statistics, data analysis, and treatment research will find this chapter to be the most useful. Chapter 4 describes in detail the implementation and the key findings of the first multi-site study of adolescent substance abuse treatment. Part II of this book addresses practice and policy trends in treatment for adolescent substance abuse. In a broad way both nationally and internationally, the major focus of this section is to examine, identify, and change clinical practice vis-a-vis the use of an evidence-based practice model that diminishes fragmentation of clinical services on a systems level. In this regard, Chapters 6 and 7 review current trends in the area of youth addiction both in Europe and in the United States. Chapters

*Matorin*

8 and 9 thoughtfully examine the challenges and specific barriers in implementing care to these troubled youth. Chapter 10 looks toward the future of substance abuse treatment delivery research in a "real world" framework where practice models are driven via outcome measure that are patient centered, deliver quality and effective care in a cost-effective, accessible, and efficient manner. Chapters 11 to 14 comprise Part III of this volume and delineate the most important factors involved in the comprehensive assessment (Chapter 11) and treatment (Chapters 12 and 13) of adolescent substance abusers. In particular, Chapter 13 discusses comorbidity factors in this complex and difficult subpopulation while Chapter 12 addresses and reviews the current status regarding use of pharmacology in adolescents via a diagnosis driven model. Recognizing the modern day consequences related to high-risk sexual activity in this population, Chapter 14 is dedicated to HIV/AIDS education and prevention strategies within an integrated assessment and treatment program. Part IV of this book provides practical strategies for empirically based treatment interventions, including adolescent therapeutic communities (Chapter 15) and school-based group treatment (Chapter 16). Chapters 17 and 18 describe behavioral approaches and family interven-

tions to facilitate change, whereas Chapter 19 focuses on the use of cognitive-behavioral therapies in this population. Notably, Part IV is dedicated to the management of minority substance abusing adolescents, a population that is disproportionately affected by this issue and historically underserved and understudied. Family-centered treatment models and strategies for American Indian (Chapter 20) and Hispanic (Chapter 21) adolescents and families are addressed and highlighted within the current treatment research framework for this subpopulation. Although, the final chapter looks toward the future in this developing field of adolescent substance abuse, this book encapsulates and summarizes how far adolescent drug abuse treatment research has advanced and matured at the present time. It has broadened awareness and understanding of the use of science in developing treatment strategies and undercut the frustration and the gulf between science and clinical practice. Change occurs in small steps and this book offers a rigorous scientifically driven argument for change in treatment practice for adolescent substance abuse programs.

**Anu A. Matorin, MD**  
University of Texas  
Medical School at Houston  
Houston, TX