



Pathways to Self-Discovery and Change: Criminal Conduct and Substance Abuse Treatment for Adolescents: The Participant's Workbook

Harvey B. Milkman, Kenneth W. (Wayne) Wanberg

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Adolescents are a particularly vulnerable patient population in the justice system. Mental health providers can get specific tools for improving evaluation and treatment of at-risk youth with this comprehensive and developmentally appropriate treatment program.

About the Participant's Workbook

- Presents a written and illustrated format designed to help adolescents better understand and reflect on each of the 32 treatment sessions
- Supplies adolescent clients with a visual and written record of all treatment objectives, content information, modeling and role plays, discussion points, interactive exercises,
- Encourages journaling with reflective assignments and space to record ideas, insights, short and long term goals, and progress
- Geared toward a range of reading and conceptual abilities
- Uses comic strip illustrations and first-person stories to engage adolescents
- Guides participants through three discrete phases of resiliency and success:
 1. Challenge to Change – WHAT?
 2. Commitment to Change – HOW?
 3. Ownership of Change – NOW!

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