

Cognitive-Behavioral Intervention for Substance Use

Mandatory for Youth Treatment Providers

MARCH 29-APRIL 2, 2021

1:00-5:00 PM

ZOOM LINK TO FOLLOW

This intervention relies on a cognitive-behavioral approach to teach participants strategies for avoiding substance abuse. The program places heavy emphasis on skill building activities to assist with cognitive, social, emotional, and coping skill development.

Modules

- 1: Motivational Engagement
- 2: Cognitive Restructuring
- 3: Emotion Regulation
- 4: Social Skills
- 5: Problem Solving
- 6: Success Planning

This training is brought to you through a partnership between Contra Costa County's Probation Department and Alcohol and Other Drugs Services.

For more information, contact Fatima Matal Sol via email at Fatima.MatalSol@cchealth.org or phone at (925) 335-3307.

