

The Court Appointed Teen Intervene (CATI) program is part of the Underage Drinking/Marijuana Diversion Program (UDDP). The program is for youth ages 16-20 that have been arrested. The program is an adaptation of the evidence-based *Teen Intervene Program*[™]. Thus, it is implemented by integrating the Teen Intervene curriculum. Teen Intervene curriculum focuses on reducing resistance to change and as well, increasing engagement in behavior change goals that involve stopping alcohol and/or other drug use. Also, it incorporates strategies such as the stages of change model, motivational interviewing, and cognitive behavioral therapy; in addition to worksheets to help engage participants and as well help measure progress. This curriculum provides two to three individually-based sessions with teens, including one last session with their parents for 60-75 minutes weekly.

The Court Appointed Teen Intervene (CATI) adaptation curriculum is an *eight hour group-based educational series that meets once weekly for two hours each week, for a total of four sessions*. The program curriculum also offers an optional individual booster session for parents/guardians and youths together; anytime within six months upon completion of the program.

The Court Appointed Teen Intervene (CATI) program has the same focus as the *Teen Intervene Program*[™], and as well centers on the following goals:

- Educate participants about the effects of alcohol and other drugs on the brain and behaviors, by integrating a variety of techniques to engage participants in verbalizing pros and cons of alcohol and drug use
- Meet participants where they are to help develop their individualized behavior change goals.
- Provide participants with self-guided strategies to help motivate their behavior change, using harm reduction logic.
- Teach participants new skills and how to take responsibly for self-change using cognitive behavioral therapy logic.
- Help participants to move from low problem recognition and little willingness to change; to the “action” stage.

For more information regarding fees and registration, please Contact Geraldine Chery, Prevention Program Coordinator (845) 215-9788 ext. 28. Email gchery@rcadd.org