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.