Advancing Decision–Making and Problem Solving for Teens: The ADAPT Program

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Levels of Prevention/Intervention

- Primary or Universal: ~80%
- Secondary or Targeted: ~15%
- Tertiary or Intensive: ~5%
Levels of Prevention/Intervention

- Primary or Universal (~80%)
- Secondary or Targeted (~15%)
- Tertiary or Intensive (~5%)

Stress & Problem Solving
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[Diagram of stress and problem-solving process]

[Diagram of brain functions: movement, sensation, judgment, reward, memory, pain, coordination, vision]
What is ADAPT?

› Group Intervention

› Cognitive Behavioral:
  - Foundational Skills:
    - Problem-Solving
    - Decision-Making
  - Specific Skill Sets:
    - Anger Management
    - Depressed Mood
    - Substance Use/Abuse
    - Communication Skills
    - Social Support

How is ADAPT Delivered?

› Format:
  - Small-Group
  - 6–10 Members
  - 1–2 Facilitators

› Frequency:
  - 1–2 Sessions Per Week

› Duration:
  - 45–60–90 Minutes

› Where:
  - Stable Location
Development and Research

- School Setting
- Community Setting
- Juvenile Justice Settings

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How Do I Solve Problems? (Session #2)

1) What is the problem?
   Describe it.

2) What are your options to solve it?
   Brainstorm.

3) What solution do you choose?
   Choose one and test.

4) What worked?
   Evaluate how it worked.
In-Session & Practice Sheets

Session 2 - For Presentation Use

The 4-Ws to Solve Problems

1. What is the problem? (How do you recognize a problem exists and how do you understand it more clearly?)

2. What are your options to solve it? (Generate potential solutions for the problem.)

3. What solution do you choose? (What is the #1 potential solution from the list above?)

4. What worked? (Describe how the solution you chose worked.)

Why Do Things Happen to Me?

Decision Making Chains (Session #3)
Why Do Things Happen to Me?  
*Decision Making Chains* (Session #3)

“It just happened”

Problem
Suspended
Why Do Things Happen to Me?
Decision Making Chains (Session #3)

“It just happened”

Problem

Argument

Suspended

In Hallway

Argument

Suspended
Why Do Things Happen to Me?  
**Decision Making Chains** *(Session #3)*

“It just happened”

1. Bored in Class
2. In Hallway
3. Argument
4. Suspended

Problem
Why Do Things Happen to Me?  
*Decision Making Chains* (Session #3)

"It just happened"

- Bored in Class → In Hallway → Argument → Suspended
- Went Back To Class

Why Do Things Happen to Me?  
*Decision Making Chains* (Session #3)

"It just happened"

- Bored in Class → In Hallway → Argument → Suspended
- Went Back To Class → Did Class Work
Why Do Things Happen to Me? 
Decision Making Chains (Session #3)

“It just happened”

Bored in Class → In Hallway → Argument → Suspended

Went Back To Class → Did Class Work → At School

Problem

Non-Problem

In-Session & Practice Sheets
Why Do I Do That? (Session #4)
Part I. Mapping Problem Behaviors

Triggers → Behavior → Good Consequences

Triggers → Behavior → Bad Consequences

Smoked Marijuana

Good Consequences

Bad Consequences
Why Do I Do That? (Session #4)
Part I. Mapping Problem Behaviors

Triggers

Outside:
- Friends
- After school
- Before mom gets home

Inside:
- Felt stressed
- Felt mad

Behavior

Smoked Marijuana

Good Consequences

Bad Consequences

Felt better
- Not stressed or mad anymore

Outside:
- Friends
- After school
- Before mom gets home

Inside:
- Felt stressed
- Felt mad

Behavior

Smoked Marijuana

Good Consequences

Bad Consequences

Felt better
- Not stressed or mad anymore
Why Do I Do That? (Session #4)
Part I. Mapping Problem Behaviors

**Triggers**

Outside:
- Friends
- After school
- Before mom gets home

Inside:
- Felt stressed
- Felt mad

**Behavior**

Smoked Marijuana

**Good Consequences**

- Felt better
- Not stressed or mad anymore

**Bad Consequences**

- Argument with mom
- Grounded
- Spent money
- Forgot to do homework
- Teacher upset with him

Outside:
- Friends
- After school
- Before mom gets home

Inside:
- Felt stressed
- Felt mad

Smoked Marijuana

**Good Consequences**

- Felt better
- Not stressed or mad anymore

**Bad Consequences**

- Argument with mom
- Grounded
- Spent money
- Forgot to do homework
- Teacher upset with him
Why Do I Do That? (Session #4)
Part I. Mapping Problem Behaviors

Triggers
Outside:
• Friends
• After school
• Before mom gets home

Inside:
• Felt stressed
• Felt mad

Behavior
Smoked Marijuana

Good Consequences
• Felt better
• Not stressed or mad anymore

Bad Consequences
• Argument with mom
• Grounded
• Spent money
• Forgot to do homework
• Teacher upset with him

Why Do I Do That? (Session #5)
Part II. Mapping Alternative Behaviors

Triggers

Behavior

Good Consequences

Bad Consequences
Why Do I Do That? (Session #5)
Part II. Mapping Alternative Behaviors

Outside:
- Friends
- After school
- Before mom gets home

Inside:
- Felt stressed
- Felt mad

Behavior: Skateboarding

Good Consequences
Bad Consequences
Why Do I Do That? (Session #5)
Part II. Mapping Alternative Behaviors

**Triggers**

Outside:
- Friends
- After school
- Before mom gets home

Inside:
- Felt stressed
- Felt mad

**Behavior**

Skateboarding

**Good Consequences**

- Felt better
- Not stressed or mad anymore
- Learned new trick
- Had good time with friends
- Finished homework
- Mom happy

**Bad Consequences**

- Tired afterward
- Skinned knee
Why Do I Do That? (Session #5)
Part II. Mapping Alternative Behaviors

Triggers

Outside:
- Friends
- After school
- Before mom gets home

Inside:
- Felt stressed
- Felt mad

Behavior

Skateboarding

Good Consequences

- Felt better
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- Mom happy

Bad Consequences

- Tired afterward
- Skinned knee

Outside:
- Friends
- After school
- Before mom gets home

Inside:
- Felt stressed
- Felt mad

Behavior

Skateboarding

Good Consequences

- Felt better
- Not stressed or mad anymore
- Learned new trick
- Had good time with friends
- Finished homework
- Mom happy

Bad Consequences

- Tired afterward
- Skinned knee
Practice Sheets (not Homework)

- **Purpose:**
  - Practice of Skills Outside of Sessions

- **Importance:**
  - Expectation of Skill Practice
  - Generalize Skills
  - Practice Leads to Better Outcomes
  - Assess Strengths and Weaknesses
  - Structure
    - Reoccurring activity
    - Links one session to the next

- **Rate of Return**

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Monitoring Progress and Outcome

- Attendance Data
- Practice Sheets
- Satisfaction Surveys
- Outcome Measures
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