**The Seven Challenges – Brief "Brief Challenges"**

Brief Challenges is designed for adolescents and young adults who have a known or suspected drug problem and is used in four individual sessions lasting approximately one hour each. Brief Challenges is designed to serve three functions: assessment of drug and co-occurring problems, brief therapy intervention for drug problems, and support in responding to external pressures for abstinence. ([http://www.sevenchallenges.com/brief-challenges/](http://www.sevenchallenges.com/brief-challenges/))

### Program Components
- Adolescents and young adults who have a known/suspected drug problem.
- Six hourly sessions including guardian and client orientation, four individual one-on-one sessions, and final session with guardian, client, and Probation Officer for summary and recommendations.
- Utilizes The Brief Challenges: My Story book/journal and activities
- Staff trained via Model Support Calls quarterly with clinician.
- Counselors must be master's level trained in the model
- On-site EBP QA visit
- Courtesy Relapse Prevention is introduced to a young person who has an impulse to quit using.
- Comprehensive Assessment of drug and co-occurring mental health diagnoses and situational problems.
- Sessions can be delivered in multiple settings including residential, outpatient, in-home, schools, etc.

### Intervention Strategies
- Brief therapy, primarily motivational approach for drug and co-occurring problems.
- Holistic Counseling
- Structured Interview
- Parent Orientation and follow-up
- Developing youth decision making process.
- Pressure monitoring and support
- Preventative and stop-gap problem solving
- The Seven Challenges are:
- Decide to open up and talk honestly
- Look at what we like about alcohol/drugs and why we use them
- Look at our use and if it has caused harm or could
- Look at our responsibility
- Think about where we were headed/want to go
- Make thoughtful decisions about our lives
- Follow through on our decisions

### Targets
- Increase protective factors & decrease risk factors in the following YASI domains:
  - Substance Use/Abuse
  - Attitudes/Beliefs/Consequences
  - Family
  - Community/Peer Association
- Accepting responsibility for delinquent/criminal behavior and understanding the impact of his or her behavior on others
- Willingness to make amends
- Optimism/hope for future
- Respect for authority figures
- Readiness for change
- Problem-solving skills
- Impulse-control skills to avoid loss of control over delinquent/criminal behavior
- Interpersonal skills
- Goal-setting skills
- Targeted Outcome Development Plan completed
- Knowledge of community resources
- Positive improvements shown in surveys in target areas

### Short-Term Outcomes
- Increase in youth and parental "buy-in"
- Informed decision making by youth
- Understanding of drug use logic (i.e. needs met) as well as associated costs
- Building of Relapse Prevention Skills and behavior alternatives
- Improved mental health
- Understanding of psychological, emotional, and situational problems the youth faces
- Designed to tap any existing motivation to change and increased upon this strength

### Long-Term Outcomes
- Increase motivation to change
- Development of effective responses to pressure
- Alternatives and avoidance of substance abuse
- Reinforcement of positive youth – adult interactions and relationships
- Increased awareness by youth of their individual needs and means for support
- Efficient allocation of funds/resources to address treatment needs of youth
- Recommendations are made based on the need of the client via the completion of a Targeted Outcome Development Plan developed in collaboration with the counselor, Probation Officer, parent, and client