Treating adolescents with addictive behavior, from research to practice.

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The Incant study

CHU Brugmann, Brussels

Parnassia
Den Haag

Fondation Phenix
Genève

Therapieladen
Berlin
Describing the French CJC TAUe

Pascal Hachet, Creil en Picardie
Maryvonne Coat-Rivry, Angers
Daniel Basso-Fin, La Rochelle
Véronique Garguil, Bordeaux
Jean Harbonnier, Lille
Paulo Antonelli, Paris
Jean-Marc Campuitti, Paris
Audrey Tessier, Nangis
Véronique Garguil, Bordeaux
Adolescent engagement
Enter his world
Create motivation to change

Selfexamination enhancement
Express and react on consumption and interaction with environment
Enhance motivation

Work on consumption
Coping strategies
Cognitive Behavioral therapy

Work on adolescent’s Problems and worries
Family, school, justice
Past and present

Problems are multidimensional

Multidimensional problems require multidimensional conceptualizations

Multidimensional conceptualizations yield multi-systems interventions

MDFT assesses and intervenes into multiple systems of development and influence

European youth care sites serve different populations of adolescents with cannabis use disorder. Basel
Effectiveness of MDFT on Cannabis dependence: European Data (n : 461)

Cannabis dependence $p<0.01$

# Satisfaction MDFT versus IP

## Adolescents

<table>
<thead>
<tr>
<th></th>
<th>MDFT</th>
<th>IP</th>
</tr>
</thead>
<tbody>
<tr>
<td>N</td>
<td>212</td>
<td>238</td>
</tr>
<tr>
<td>Satisfied*</td>
<td>135 (75.0)</td>
<td>128 (69.6)</td>
</tr>
<tr>
<td>Not-satisfied **</td>
<td>45 (25.0)</td>
<td>56 (30.4)</td>
</tr>
<tr>
<td>p-value (1)</td>
<td>0.248</td>
<td></td>
</tr>
</tbody>
</table>

## Parents

<table>
<thead>
<tr>
<th></th>
<th>MDFT</th>
<th>IP</th>
</tr>
</thead>
<tbody>
<tr>
<td>N</td>
<td>179</td>
<td>181</td>
</tr>
<tr>
<td>Satisfied *</td>
<td>133 (74.3)</td>
<td>115 (63.5)</td>
</tr>
<tr>
<td>Not-satisfied **</td>
<td>46 (25.7)</td>
<td>66 (36.5)</td>
</tr>
<tr>
<td>p-value(1)</td>
<td>0.028</td>
<td></td>
</tr>
</tbody>
</table>

### Evaluation of the Adolescents

**TLFB 6 month**  
- **Odd Ratio**: 0.987  
- **Intervalle de confiance à 95%**: [0.979 ; 0.994]  
- **p-value**: 0.0007

### Evaluation of the Parents

**TLFB 6 month**  
- **Odd Ratio**: 0.985  
- **Intervalle de confiance à 95%**: [0.977 ; 0.992]  
- **p-value**: <0.0001
Satisfaction among adolescents and among parents

- At M6, 72.3% of the adolescents were satisfied by the treatment, 68.9% of the parents were also satisfied. A bivariable analysis (Chi² test) shows a significant link (p<0.0001) between the satisfaction rate among children and the satisfaction rate among parents.

- Among the adolescents treated by MDFT, the link was stronger (Odd Ratios = 5.4 in the MDFT group / 1.7 in the IP one, p-value =0.025).
French TAUe outcomes

(T6 = 4853 F (1, 58) p=0,032 p<0,05) (T12 = 6194 F (1, 59) p=0,06 p<0,05).

Effectiveness of formalized therapy for adolescents with cannabis dependence: a randomized trial" Education, Prevention & Policy, Lascaux M, Phan O. 2015
Four levels of interventions

- Early intervention
- Motivationnal interviews
- Individual psychotherapy (CBT oriented), paact
- Family intervention MDFT

Implementation programs at the Protection Judiciare de la Jeunesse

- Centre éducatif fermé de Beauvais.
  - Programme de consultation avancée
  - Formation du personnel

- Milieu ouvert : Paris rue Boulanger.
  - Formation du personnel.
Processus d’Accompagnement et d’Alliance pour le Changement Thérapeutique

PAACT

Lascaux M., Couteron JP., Phan O. La petite presse pour la fédération addiction 100p, juin 2014,
Prevention Is the Key psycho-social Skills based approaches

» Interventions focusing on skills development and learning
  • Developing parenting skills and competences (early intervention) enhance family bonding and relationships and include parenting skills; practice in developing, discussing, and enforcing family policies on substance abuse; and training in drug education and information
  • Developing adolescent skills and competences Prevention programs should enhance protective factors and reverse or reduce risk factors

» Other types of interventions
  Help through internet, meet, media campaign, interventions législatives et réglementaires
Kusa a program about cannabis and emotions

Started 2009, still in progress
Thanks for your attention
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