

# Cognitive-Behavioral Intervention for Substance Use

Mandatory for Youth Treatment Providers

**MARCH 29-APRIL 2, 2021**

**8:00-12:00 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](mailto:Fatima.MatalSol@cchealth.org) or phone at (925) 335-3307.

