

What is Encompass?

Encompass is an evidence-based treatment for adolescents and young adults with substance use and mental health difficulties. Encompass' integrated treatment approach is based on the results of two controlled clinical trials.¹⁻³

Encompass is a good fit for adolescents or young adults who have:

- Co-occurring substance use disorder and mental health issues
- The ability to participate in weekly talk therapy
- No acute safety risk, psychosis or mania

Encompass treatment components include:

- comprehensive clinical and diagnostic evaluation
- Cognitive Behavioral Therapy (CBT) using Motivational Enhancement Therapy (MET) - 17 individual weekly sessions; may include some family sessions
- Contingency Management (CM) - Motivational incentives to reinforce abstinence and engagement in non-drug pro-social activities
- medication management if clinically indicated
- valid repeated measures to track clinical progress and treatment response (i.e. reductions in substance use and psychiatric symptom severity)

Treatment response and outcomes are tracked throughout the Encompass program.

Youth who complete the Encompass treatment program consistently show significant reductions in:

- substance use
- severity of psychiatric symptoms

For more information about the Encompass Program or to make a referral, please email us at:

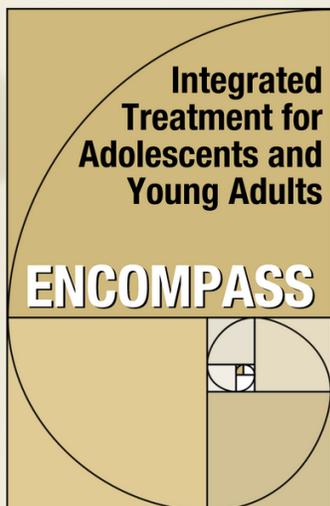
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1. Riggs P.D. et al (2007). A randomized controlled trial of fluoxetine and cognitive behavioral therapy in adolescents with major depression, behavior problems, and substance use disorders. *Arch Pediatr Adolesc Med*, 161(11):1026-1034.
2. Riggs P.D. et al. (2011). Randomized controlled trial of osmotic-release methylphenidate with cognitive-behavioral therapy in adolescents with attention deficit/hyperactivity disorder and substance use disorders. *J Am Acad Child Adolesc Psychiatry*, 50(9):903-914.
3. Substance Abuse and Mental Health Services Administration (2021). Treatment considerations for Youth and Young Adults with Serious Emotional Disturbances/Serious Mental Illnesses and Co-occurring Substance Use, Publication No. PEP20-060001. Rockville, MD: National Mental Health and Substance Use Policy Laboratory, SAMHSA.