The Adolescent Community Reinforcement Approach (A-CRA) is a behavioral intervention that seeks to replace environmental contingencies that have supported alcohol or drug use. This outpatient program uses pro-social activities and behaviors that support recovery and has guidelines for three types of sessions: adolescents alone, parents/caregivers alone, and adolescents and parents/caregivers together. There are 17 different A-CRA procedures that address, for example, problem-solving skills to cope with day-to-day stressors, communication skills, and active participation in pro-social activities with the goal of improving life satisfaction and eliminating alcohol and substance use problems. Role-playing/behavioral rehearsal is a critical component of the skills training used in A-CRA, particularly for the acquisition of better communication and relapse prevention skills. Homework between sessions consists of practicing skills learned during sessions and participating in prosocial leisure activities.

A-CRA has been adapted for use with Assertive Continuing Care (ACC), which provides home visits to youth following residential treatment for alcohol and/or other substance dependence. It also has been adapted for use in a drop-in center for street-living, homeless youth to reduce substance use, increase social stability, and improve physical and mental health.

Who is it for? What presenting problems does it address?
Youth and young adults 12-22 years old with DSM-IV cannabis, alcohol, and/or other substance use disorders.

What outcomes are addressed in the research?
1. Abstinence from substance use
2. Recovery from substance use
3. Cost effectiveness
4. Linkage to and participation in continuing care services
5. Substance use
6. Social stability
7. Depression symptoms
8. Internalized behavior problems

How much does it cost?*
*The following information may have been updated by the developer and may not reflect the current costs or availability of items. Please check with the implementation point of contact for current cost information and implementation requirements.

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www.nrcpfc.org
1. Treatment manual: Free
2. 3.5-day training: $600 per person
3. Training materials, including digital audio recorder, therapy forms, CD, supporting documentation, and A-CRA Procedures Checklist: $250 per person
4. Coaching calls: $125 per site
5. Clinical supervisor ratings reliability computation: $50 per rating
6. Clinical supervisor supervision session reviews: $110 per review
7. Clinical digital session ratings and feedback: $110 per review/clinician
8. Technical assistance from EBT coordinator: $1,200 up to 6 staff
9. CRA/A-CRA Rating Manual: $149 each
10. Website used to upload digital session recordings for review: $600 per site/year
11. Implementation Performance Indicator Reports (monthly) and implementation calls: Free
12. Post-certification digital session fidelity reviews: $110 per review

For additional information and resources on Adolescent Community Reinforcement Approach, visit:

- SAMHSA’s National Registry of Evidence-based Programs and Practices: Adolescent Community Reinforcement Approach (A-CRA)

- The California Evidence-Based Clearinghouse for Child Welfare: Adolescent Community Reinforcement Approach (A-CRA)
  http://www.cebc4cw.org/program/adolescent-community-reinforcement-approach/detailed
  This webpage provides detailed information about A-CRA, including its scientific rating on the CEBC’s Scientific Rating Scale.

- Chestnut Health Systems, ACRA-ACC Home Page

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