

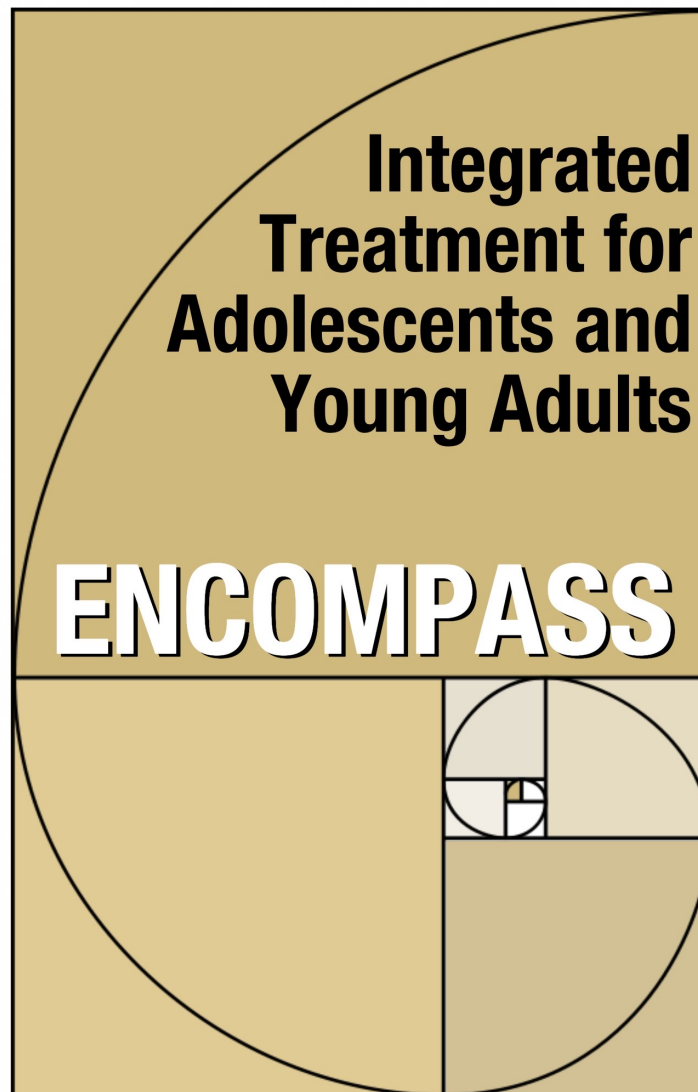
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Encompass Program, contact
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Encompass

Integrated Treatment for
Adolescents and Young Adults



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 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)



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

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

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 (SAMHSA) (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.