



Table 1: Common Treatment Models in Youth Residential Treatment

Treatment model	Description
Minnesota Model	The Minnesota Model is based on the 12-steps of Alcoholics Anonymous and focuses on treatment goals related to recognizing addiction, admitting the need for help, identification of what needs to change, making changes, and adjusting one’s lifestyle to sustain changes. 12-step programs such as this one have been adapted from adult models and have shown some effectiveness. The Minnesota Model has demonstrated reductions in youth substance use post-treatment ¹ .
Multidisciplinary Professional Model	This treatment model employs a team of professionals, often led by a physician. The team provides a range of treatment modalities across several primary domains: substance use/abuse, education/vocation, social/leisure, medical, family, and legal. There is little research supporting the effectiveness of this treatment model ¹ .
Seven Challenges	Seven Challenges is a relationship-based approach that incorporates aspects of motivational enhancement therapy, cognitive behavioral approaches, and health decision making focusing on the adolescent’s particular need for autonomy, self-determination, and choice (adolescent development) ¹ . This model has been found to be effective in outpatient and residential treatment settings. It is considered to be one of a new generation of treatments involving greater application of developmental science ³ .
Therapeutic Community (TC)	The TC treatment model is a well-established model of residential treatment for adults that has been adapted for youth. TC views addiction holistically, as the external behavioral expression of a complex combination of personal and developmental problems. For adolescent populations there is increased emphasis on recreation, a less confrontational stance than is found in adult programs, more supervision and evaluation by staff members, assessment of psychological disorders, a greater role for family members in treatment, and more frequent use of psychotropic medication for emotional disorders ¹ .