

use. It also involves establishing a feeling of self-worth and a commitment to self-help in the teen.

Rehabilitation begins when adolescents decide they can and are willing to change. **Rehabilitation** involves fostering healthy interdependent relationships with caring and supportive adults and exploring alternate mechanisms for problem solving, while simultaneously reducing or eliminating drug use. Persons working with troubled youth must be prepared for **recidivism**, or the tendency to relapse, and maintain a plan for reentry into the treatment process.

### **Family support.**

Most treatment programs for substance abusers are based on adult 12-step models, such as Alcoholics Anonymous. Research is needed to determine whether these adult models are effective for adolescents. Tough Love\* is one program that is based on the conviction that parents have the right and responsibility to be the policymakers in the family, to set limits on the behavior of their children, and to take control of the household from out-of-control adolescents. The premise is that allowing teenagers to experience the negative consequences of their behavior will bring them closer to accepting help or changing their behavior. Another group that provides support and counseling for families experiencing substance abuse and seeking strategies to cope with their children is Parents Anonymous.<sup>†</sup> Another source of information is the Substance Abuse and Mental Health Services Administration's National Clearinghouse for Alcohol and Drug Information.<sup>‡</sup>

### **Prevention.**

Nurses play an important role in education efforts, as well as in individual observation, assessment, and therapy related to substance abuse. In recent years, a variety of educational programs have been applied with promising results. The most effective prevention strategies are those that are part of a broader, more general effort to promote overall health and success. Health-compromising behaviors are often interconnected and have common antecedents. Prevention efforts that focus on changing only one behavior (e.g., alcohol, other drug use) are less likely to be successful. Successful programs are those that have promoted