

# ASSERT TREATMENT MODEL (ATM)

ATM provides treatment for youth up to 21 years old with opioid use problems. ATM combines three services: Multidimensional Family Therapy (MDFT), Medication Assisted Treatment (MAT), and Recovery Management Checkups and Support (RMCS) to reduce opioid use and commonly associated substance use problems, and offers up to 12 months of support after treatment ends.

**MDFT** is an intensive, family-centered treatment for youth with substance use and co-occurring mental health problems. **MAT** for opioid use problems is available within the ATM program for those youth who need and want it. (MAT is not required.) **Recovery Management Checkups & Support (RMCS)** starts after MDFT treatment ends. RMCS provides monitoring and re-connection to services and supports through linkages to community and peer programs.

## Target Population

ATM is for adolescents and young adults up to 21 years old who meet the following criteria:

- Living in the community<sup>^</sup> with or connected to a family\*
- Current opioid use disorder
- Other comorbid psychiatric issues can be present

<sup>^</sup>Youth who are incarcerated can be referred to ATM 30 days prior to anticipated community release.

\*ATM defines family to include significant adults who provide the youth with care, basic needs, and/or social and emotional support.

## Referral and Service Initiation

- **Anyone can make a referral to ATM.** Referrals are accepted Monday-Friday, 9:00 a.m. to 4:00 p.m.
- The ATM provider will conduct an initial intake interview with the youth and family within 48 hours of the referral. The youth must meet the current ATM inclusionary and exclusionary criteria, as set by the program model.
- Priority access to ATM will be determined primarily by presence of an opioid use problem and clinical need.

## Length of Service

The average length of ATM is up to 18 months: MDFT averages 6 months, and RMCS is up to 12 months after MDFT. MAT services may begin at any time, and continue after discharge from ATM as appropriate.

ATM provides:

- 2 - 3 sessions per week. Sessions are with the caregivers alone, youth alone, and the family together.
- Weekly recovery check-ups starting 1 month before the MDFT discharge, tapering to monthly and then quarterly based on youth and family needs. Check-ups may be completed in-person or by phone.
- Medication Assisted Treatment, like Buprenorphine or Methadone, as needed and desired by the youth and family.

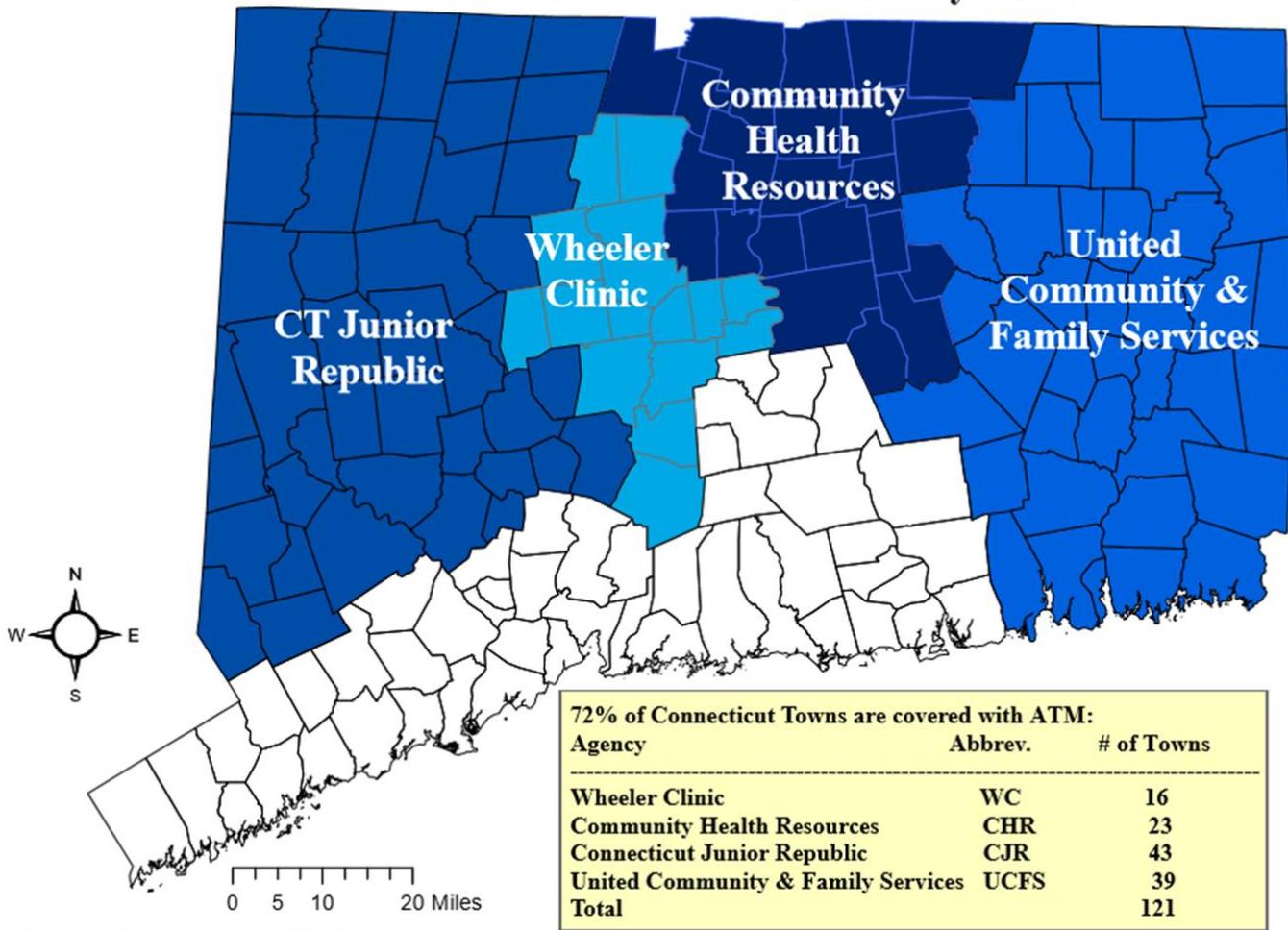
## Services and Interventions

- ATM addresses four areas: youth, parent, family, and systems such as school, work, and criminal justice.
- Interventions include weekly sessions of individual therapy with youth, therapy with parent(s), and family therapy to address youth and family issues. Interventions also promote family communication and relationship-building.
- On-site MAT is available from all ATM providers.
- RMCS provides ongoing periodic substance use assessment, linkage to community supports, and re-engagement and retention in treatment as needed, during the first 12-months after treatment ends.

## Crisis Response

MDFT on-call clinicians will be available 24 hours per day, seven days a week including weekends and holidays.

## Connecticut Towns Covered by ATM



Developed by UConn Health For ASSERT Project

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Coverage Area	Provider Agency & Contact Info
Hartford Manchester	<b>Community Health Resources (CHR)</b> Katie Fontaine 860-730-8641
New London Norwich Willimantic	<b>United Community and Family Services (UCFS)</b> Cyndi Palma 860-822-4292
Danbury Torrington Waterbury	<b>CT Junior Republic</b> Erin Byrne 203-757-9939 x210
Meriden New Britain	<b>Wheeler Clinic</b> Merideth Talbot 860-810-0857