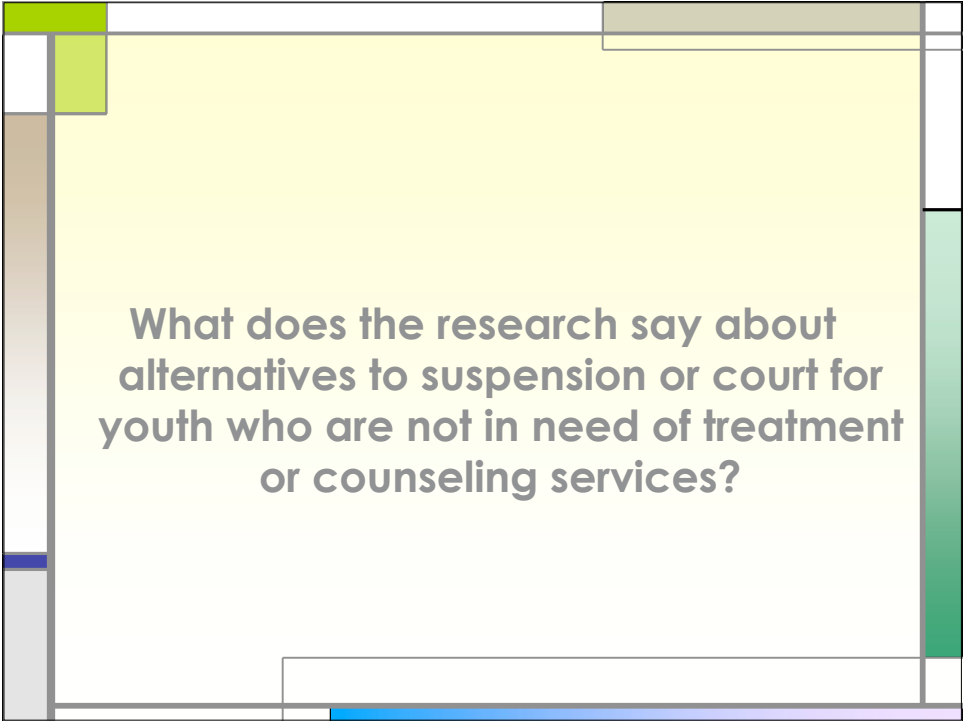




## Diversion Programs: What Does the Research Say?

Maryann Gotreau, MPPM  
Office of Substance Abuse



**What does the research say about  
alternatives to suspension or court for  
youth who are not in need of treatment  
or counseling services?**

Substance abuse assessments are essential to determine the appropriate level of intervention needed

Maine resource schools can use:

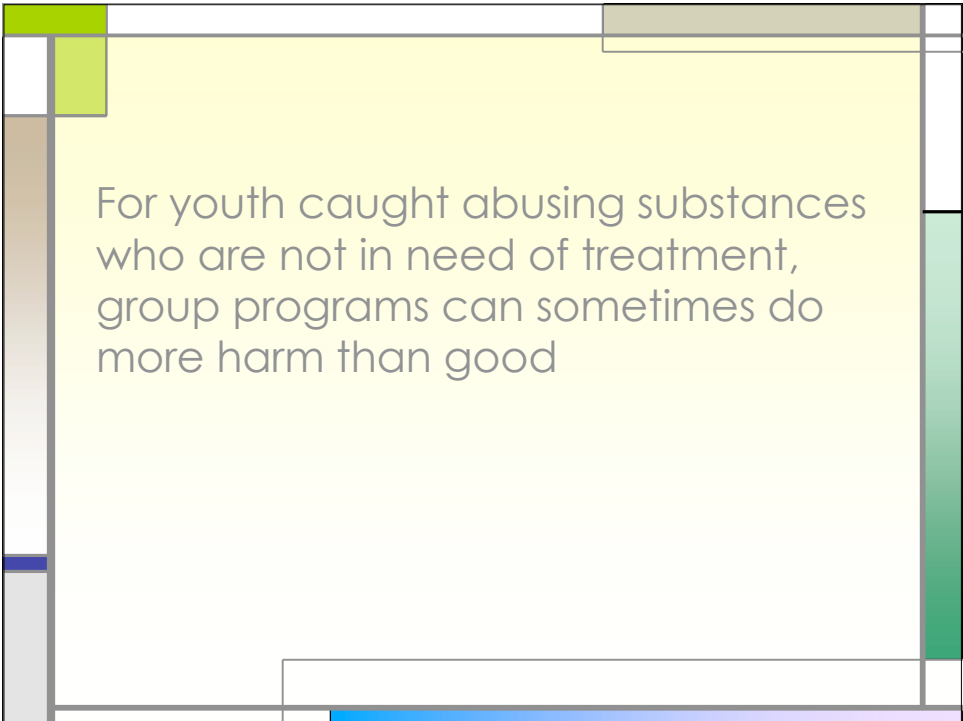
[www.juveniletreatmentnetwork.org](http://www.juveniletreatmentnetwork.org)

Screening and assessment finds that many youth who are caught do NOT have a diagnosable substance abuse problem



What kind of interventions can we offer youth?

**Research suggests that for these youth, a “less is more” approach is most effective for reducing the problem behavior.**



For youth caught abusing substances who are not in need of treatment, group programs can sometimes do more harm than good

## Recommendations

- Consider providing one-on-one interventions for youth whenever possible
- Consider using brief intervention and motivational interviewing during the one-on-one intervention

## Does education work?

- Carefully consider any educational programs that are being offered to juveniles caught using alcohol or tobacco
- Examine the evaluation data or evidence behind the strategies or content used in the program

## Does education work?

- To date, there are **no published studies** that have found educational programs alone to be effective for juvenile offenders in reducing substance abuse or recidivism rates compared to control groups
- There are some curriculum-based programs with their own positive evaluation results (not published in scholarly journals)

Questions?

This PowerPoint is based on research  
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## Panelists

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