

## **Substance Monitoring Procedure**

### **Why is urine monitoring an important part of this program?**

- It helps decrease many forms of substance use
- It keeps the focus of treatment on the primary problem (substance use)
- It gives us and your parents a chance to catch you not using drugs or alcohol
- It gives us and your parents a chance to give you incentives, praise, or other kinds of positive support for substance abstinence
- It can help you and your therapist detect and work on relapse triggers
- It can help you overcome trying to hide substance use because of embarrassment, pride, or not wanting to get into trouble
- It can help you regain credibility with friends, relatives, employers, etc.
- It can reassure everyone that the you continue to do well

### **How do we collect urine samples?**

1. You will remove outerwear (coat, sweater, backpack) prior to entering bathroom.
2. You will be observed washing your hands.
3. You will be provided with a cup.
4. You will go into the bathroom and provide a sample.
5. You will hand the sample to staff.
6. Staff will immediately test the temperature of the sample and then test the sample. In addition, if your urine sample is substantially diluted, that is, it looks clear or does not meet the “concentration criteria” set by our urinalysis equipment, that sample will not be accepted and you will be asked to give another sample within 24 hours.

### **Your First Sample**

The first sample may be positive for one or more drugs for many youth in this program. We will use the sample as a starting point to develop an intervention plan and to compare other samples to in future weeks. If your first sample is negative and you and your parents report no recent drug or alcohol use, we will focus on ways to help you keep up the good work!

## Home Alcohol Testing Guidelines

Our urine drug tests cannot detect all alcohol use. Parents participating in this program will be given 7 breathalyzers at the Week 1 session to use at home to tell if their teen has used alcohol recently. We will show you how to use them.

We want you to ask your teen to take the breath test everyday and especially when you think they might have used alcohol.

You should follow these steps:

**Ask your teen** if they have used alcohol that day.

**If they say yes**, they used alcohol, you do not need to do the test.

**If they say no**, they didn't use alcohol, ask them to take the test.

**If they refuse to take the test**, you should assume they used alcohol and follow the steps below.

**If they take the test, and it is negative** [indicates no alcohol use], thank them for taking the test and praise them for not using alcohol.

**If they take the test and it is positive** [indicates alcohol use], follow the steps below.

**If your teen has used alcohol** [breath test is positive, teen refuses to take test, or teen admits use], you should:

Remain calm, don't yell or lecture

Don't help your teen [e.g., make excuses for them, protect them from the consequences of using]

Express disappointment once

Do what you need to do to ensure your teen's safety, **such as taking the keys to the car(s) so the teen cannot drive**

Call your therapist the next day

At the Week 3 session, you will establish a contract with your teen regarding alcohol and other drug use.



## COMMON QUESTIONS ABOUT URINE TESTING

- **Remember - the primary reason for testing is an optimistic one. We want to catch you being clean!**

- **WHAT DOES IT MEAN TO TEST “NEGATIVE”?**

Testing NEGATIVE does not always mean that there is no trace of a substance(s) in your system. It means that you have a low level as a result of not using in the past few days. Testing equipment has different “cut off” levels. Our equipment is set at a sensitivity level that will allow a “negative” reading as early as possible during your abstinence!

- **WHEN I STOP USING DRUGS, HOW SOON WILL I TEST NEGATIVE?**

An average regular marijuana smoker will test negative after 2 weeks of no use. Other drugs and alcohol clear the body more quickly.

- **AFTER I START TO TEST NEGATIVE FOR MARIJUANA, WILL ALL MY TESTS BE NEGATIVE?**

The “washout period” is when your body is gradually ridding itself of marijuana. Because this “detoxification” can be influenced by your level of physical activity and certain bodily processes, it is possible that you may have a test that reads positive in this period, even though you report not using marijuana, and have had a negative test before. Continue avoiding marijuana and you will see another negative reading at your next visit!

- **WHAT HAPPENS IF I SMOKE MARIJUANA OR USE OTHER DRUGS AFTER TESTING NEGATIVE?**

If you smoke any marijuana or use other drugs, it is likely that you will test positive on your next drug test.

- **PEOPLE SAY THAT THERE ARE METHODS AND PRODUCTS THAT CAN RID MY BODY OF MARIJUANA AND OTHER SUBSTANCES AND MAKE ME HAVE A NEGATIVE DRUG TEST. IS THIS TRUE?**

They don't work and they can be very expensive. Not using drugs is the way to guarantee a negative reading, and it will not empty your wallet.

- **PEOPLE SAY TO DRINK LOTS OF WATER TO GET A NEGATIVE READING, IS THIS TRUE?**

If you drink lots of water, the urine testing equipment may indicate that your sample is "invalid." At that point we will ask that you wait at least 4 hours and provide another urine sample within 24 hours. Even if you are not trying to "flush," drinking too much fluid can cause your urine to be "invalid." Providing a sample first thing in the morning should assure a valid sample. If you have an invalid sample on 2 consecutive days, your sample will be considered "positive."

- **IS THERE FOOD I SHOULD AVOID EATING?**

While you are receiving urine testing you should avoid eating poppy seeds. Foods that can contain poppy seeds include bagels, muffins, and other baked goods. Eating poppy seeds may give you an opiate-positive reading. It is your job to take the steps necessary to avoid any substance-positive readings!

- **WHAT DO I DO IF I THINK MY DRUG TEST IS WRONG?**

Please discuss this with your therapist.

# Adolescent Alcohol Treatment Program UA DAILY REVIEW

Sample #: \_\_\_\_\_

SEX: M F

Participant ID: \_\_\_\_\_

Sample Collection Date: \_\_\_\_\_

Tested By: \_\_\_\_\_

**❖ If parent or teen reports drug use in past 7 days, DO NOT READ TEST FOR THAT DRUG.**

**VALID:**    YES    NO

IF NO – what is invalid:

- Creatinine
- Glutaradehyde
- SG
- TEMP: \_\_\_\_\_

- Nitrite
- pH
- Oxidant/PCC

(range between 90-100° Fahrenheit (32-38°C))

Drug Tested	RX?		Self Report		Parent Report		UA Rapid Results	
THC	Y	N	Y	N	Y	N	+	-
Cocaine	Y	N	Y	N	Y	N	+	-
Opiate	Y	N	Y	N	Y	N	+	-
Amph	Y	N	Y	N	Y	N	+	-
Benzo	Y	N	Y	N	Y	N	+	-
Alcohol/ EtG report	Y	N	Y	N	Y	N	+	-

Breathalyzer Strip:   +   -

- Sample prepared for Dominion for EtG testing. If Alcohol reported in last 7 days (parent or teen), do not send test**
- Remaining sample stored in vial, labeled with ID, date, and sample #, put in freezer

### Substance Monitoring Contract

If \_\_\_\_\_'s urine drug screen is negative [no drugs or alcohol detected or reported], they have not reported any substance use, and there were no positive or refused alcohol breath tests since the last drug screen, I will:

1. Praise their progress!
2. Ask how I can help them keep up the good work.
3. Celebrate their progress by:

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If \_\_\_\_\_'s urine drug screen is positive [drugs or alcohol detected or reported] and/or they reported substance use and/or there were positive or refused alcohol breath tests since the last drug screen, and/or urine screen is refused, I will:

1. Remain calm!
2. Not give a lecture
3. Ask how I can help them
4. Express confidence that they can do better next time
5. Use the following consequence:

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If I suspect my teen has been using drugs in between sessions, I will wait until the urine drug test results to use this consequence.

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Parent Signature

Date

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Teen Signature

Date

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Therapist Signature

Date

## Developing a good reward list

In trying to come up with a list of rewards it is important that you choose rewards you know your parents are capable of giving you. For instance, you might want your parents to buy you a new skateboard if you are clean. While a new skateboard might not be realistic to expect after one week of no use or one urine test, perhaps it can be a realistic goal for you to work towards. In other words, perhaps you and your parents can agree on a certain amount of money you earn with each week of abstinence that goes towards paying for a new skateboard.

Here are some questions which might help you come up with a list of rewards:

- What would you like to see happen if your tests are negative?
- What kinds of things does your mom/dad do for you now? Rides, dinners out? Would you see these activities as motivators?
- Are there other things you would like to see your mom/dad do for you that they do not currently do? (e.g. let you have friends over)
- What kinds of things do you like to do with your family?

### Ideas for rewards:

<u>Parent time</u>	<u>Privileges</u>	<u>Home Resources</u>
Going to the movies	Permission to go to event	Use of phone
Going out to dinner	Staying out later	Use of television
Renting a movie together	Going out with friends	Use of computer
Going hiking	Having friends over	
Going skiing/snowboarding	Use of car	
	Purchase of material item	

List of possible rewards:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

Remember to bring this completed sheet to your next session. The Substance Monitoring Contract will be implemented at that time.

## How to motivate your teenager:

### I. Using rewards that work!

Next week, we are going to ask you to begin reward your teen if their urine drug test is negative [no drugs or alcohol detected] and no substance use is reported. Using rewards will help teach your teenager they can earn things they want [e.g., your attention, the car, money] by not using drugs or alcohol.

Here are some rewards you might try. It will work best if you pick both social and tangible rewards:

#### **Social rewards**

praising   smiling   kissing   listening   head nodding  
attention   touching   hugging   brag about them [in front of them]  
spend time together   do things together

#### **Tangible rewards**

money   food   tv   use car   have friends over  
internet access   telephone   transportation  
unsupervised time with friends

When you pick the rewards, ask yourself these questions:

Can I give my teen this reward right away if the urine test says they **didn't** use drugs?

Can I make sure my teen won't be able to get the reward if the urine test says they **did** use drugs?

## How to motivate your teenager: II. Using consequences that work!

Next week, we are also going to ask you to use consequences with your teen if their urine drug test is positive [substance use detected] or they use alcohol or drugs. Using consequences will help teach your teenager not to use drugs or alcohol.

Here are some consequences you might try:

**Work chores** [length should vary with severity of the problem behavior]

### Privilege removal

Telephone usage [1 day at a time]	TV
Use of car/rides	Bike/skateboard
Friends over	Stereo/radio use
Earlier curfew	Grounding [1 day at a time]

### Fines

Your therapist will help you decide exactly how big the consequence should be, but the general rule is that it should last no longer than the time until your teen's next urine test. Be 100% sure you can enforce the consequence you choose right away!

Also, please keep in mind these important facts about consequences:

- ✓ **Even when consequences are used, behavior still changes SLOWLY!**
  - It takes several weeks of consistent consequences for behavior to change
  - It might get worse before it gets better [teenagers like to test the system - over and over!]
- ✓ **BE CONSISTENT**—Use the consequence every time the problem happens
  - If you only use the consequence sometimes, you will make the problem worse not better
  - Parents need to agree about the consequence
- ✓ **Lectures don't change behavior**
- ✓ **Calmer is better**
  - Use consequences ONLY when you have control over your feelings
- ✓ **Consequences only work in a positive parent-teen relationship**
- ✓ **Punishments don't have to be severe to be effective**
  - Research shows that small and consistent consequences work better than large ones

## Reward and Consequences List

Please list several rewards you can give your teen if their urine screen is negative. You should list some smaller rewards that you could give every day or two and some larger rewards that you could give every week or two.

Smaller Rewards:

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

4. \_\_\_\_\_

Bigger Rewards:

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

4. \_\_\_\_\_

Please list several consequences you can give your teen if their urine screen is positive or alcohol use is detected.

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

4. \_\_\_\_\_

5. \_\_\_\_\_

6. \_\_\_\_\_

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