

Anyone Can Treat! Building Confidence in Treating Youth Cannabis Use Disorder

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Submission Type Workshop

Topic Addiction- Substance Use Disorders: Identifying, Diagnosing, Treating, and/or Managing

Status Submitted

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SUBMISSION DETAILS

Workshop Summary Anyone Can Treat! Building Confidence in Youth Cannabis Use Disorder Treatment addresses the growing need for practical, evidence-based approaches to treating adolescent cannabis use disorder (CUD) in contemporary psychiatric practice. Rising THC potency, increasing normalization of cannabis use, and evolving methods of consumption have contributed to increasing clinical complexity, while many psychiatrists and mental health clinicians continue to report limited confidence in treating youth CUD.

This interactive workshop introduces participants to the Cannabis Youth Treatment (CYT) Manual, a comprehensive, highly practical, and freely available evidence-based treatment resource developed through the Center for Substance Abuse Treatment (CSAT) within SAMHSA specifically for adolescents and young adults with cannabis use disorder. The CYT model combines motivational enhancement therapy (MET) and cognitive behavioral therapy (CBT) into a structured five-session framework that is user-friendly and readily adaptable across a variety of clinical settings. The manual includes detailed session guides, worksheets, assignments, and implementation tools that provide psychiatrists with a practical framework to confidently approach youth with cannabis use disorder.

Using the “Anyone Can Treat!” concept, this session is designed to reduce clinician apprehension and increase confidence in addressing youth cannabis use regardless of prior addiction psychiatry training. Through contemporary clinical cases, participants will explore practical approaches to addressing ambivalence, co-occurring psychiatric disorders, family engagement, and implementation challenges in outpatient, integrated care, school-based, and emergency psychiatry settings.

This workshop emphasizes practical application, skill development, and dissemination of accessible interventions that can help expand the clinical workforce capable of addressing youth cannabis use disorder.

Workshop Interaction and Engagement Methods Skill-Building Exercises – incorporating tools

such as hands-on training, quizzes, toolkits, worksheets, facilitated small group discussions or breakouts., Digital Interactivity and Audience Response Systems - We encourage engagement using polling and audience response systems. Please inform AAP staff prior to your workshop if you wish to use one of these methods for learner engagement., Practical training and problem solving (Role play/Real play) - Presenters or prepared audience members take on various roles to practice techniques/skills., Case Discussion - Use of cases to engage the audience in brainstorming about diagnosis, treatment planning, clinical issues., Other

Interactive Plan Description This workshop is intentionally designed as a highly interactive, skills-based learning experience, with approximately 40 minutes devoted to didactic presentation and approximately 50 minutes devoted to interactive exercises, discussion, and participant engagement.

The workshop will begin with brief didactic content introducing the current youth cannabis landscape, contemporary clinical challenges, and the structure of the Cannabis Youth Treatment (CYT) Manual. Audience response polling will be used early in the session to assess participants' baseline comfort and experience treating youth cannabis use disorder (CUD), helping tailor discussion to learner needs.

Interactive learning activities will occur throughout the workshop rather than being confined to a single segment. Faculty will conduct live demonstrations and role-play exercises illustrating motivational enhancement therapy (MET), motivational interviewing strategies, and cognitive behavioral therapy (CBT) techniques used in the CYT Manual. Participants will engage in case-based discussions involving adolescents with cannabis use disorder and co-occurring psychiatric conditions, allowing attendees to collaboratively develop treatment approaches and problem-solving strategies.

A "CYT Resource Bingo" activity will familiarize participants with the manual's worksheets, handouts, assignments, and clinical tools through guided exploration and facilitated discussion. Small-group breakout discussions will focus on implementation challenges, including treatment ambivalence, family engagement, varying clinical settings, and barriers to integrating evidence-based youth substance use treatment into practice.

The workshop will conclude with a practical implementation planning exercise in which participants identify strategies for applying CYT interventions within their own clinical environments. These interactive components are designed to promote active participation, increase clinician confidence, reinforce practical skill acquisition, and facilitate peer discussion and collaborative learning.

Writing Educational Learning Objectives

Please list at least three (3) brief learning objectives below.

Learning Objective 1 Demonstrate familiarity with the Cannabis Youth Treatment (CYT) Manual and its use as a practical, user-friendly framework for addressing youth cannabis use disorder in clinical practice.

Learning Objective 2 Describe practical strategies within the Cannabis Youth Treatment (CYT) Manual for addressing treatment ambivalence, co-occurring psychiatric conditions, and family engagement in adolescents with cannabis use disorder.

Learning Objective 3 Develop an individualized strategy for incorporating the Cannabis Youth Treatment (CYT) Manual into routine psychiatric practice to improve access to structured youth cannabis use disorder treatment.