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## Research Proposal: The Effects of Therapeutic Interventions on Illicit Drug Abuse Among Homeless Adolescents

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# Research Proposal: The Effects of Therapeutic Interventions on Illicit Drug Abuse Among Homeless Adolescents



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## Abstract

**Aim:** To compare case management versus community-based therapy on illicit drug abuse among homeless adolescents

**Background:** Homeless adolescents are at high risk for illicit drug abuse

### Methods:

- A quasi-experimental, multiple baseline time series design
- 52 sessions over a 12-month period
- Baseline assessment and survey on demographics
- Follow-up: closed-ended questionnaire (every four months)

**Analysis:** Repeated ANOVA test and dependent t-test

**Limitations:** Lack of recent evidence-based research, a small sample size, self-report data, and length of the study



## Introduction

Contributing factors:

- Poverty
  - Exposure to crime and violence
  - Lack of support system
  - Mental health problems
- Lack of resources to effectively manage addictions.
  - Community-based therapy and case management services
  - **Purpose of study:** To compare the 2 interventions and identify which is most effective
  - **Hypothesis:** If the homeless youth participate in health promotion programs then they are less likely to partake in illicit drug abuse.

*It is important to highlight the limited current data for this specific topic thus emphasizing the need for further research on not only programs that benefit homeless adolescents, but also recent statistics on the homeless population at large.*

## Methods

### Design

- A quasi-experimental, multiple baseline time series

### Sample

- Target population 80 homeless youth with substance abuse problems who reside in Norfolk, Virginia.

- N=30, purposive sampling

### Participants

- Homeless youth, 10–18 years old
  - Low income; reside in Norfolk, Virginia; and misuse illicit drug(s)

### Procedure

- Randomly assigned into 2 groups
- 52 sessions in total
  - Once a week for an hour
- A demographic survey and a baseline assessment
- Three follow-up sessions

### Instruments

- At the 4th, 8th, and 12th month mark of the program
  - Self-evaluation
- A closed-ended questionnaire
  - Multiple-choice questions

### Data Collection:

- **Inferential statistics:** surveys, questionnaires, and dependent t-test
- **Descriptive statistics:** demographics



## Interprofessional Roles & Responsibilities

### Counselors:

- Facilitate the 52 sessions
  - Identify potential participants, administer and interpret study surveys
- Case Management (individual counseling)– Brief Interventions using talk therapy
- Community-Based Therapy (group counseling) - Peer support group using motivational interviewing
  - Helpful:
    - During recovery (eg., 12 Step Programs)
    - Additional support on a community level
    - Maintain healthy lifestyles (build better relationships)
- Provide psycho-education on adverse effects
  - Cope with problems and stress
  - Family engagement
- Collaborate, advocate and referral with medical, social workers, pharmacists, school professionals to provide needed care and support for participants (funding, housing, jobs and extra-curricular activities)



## Conclusion/ Discussion

This study will ultimately evaluate the effectiveness of both interventions on illicit drug abuse within the adolescent homeless population.



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