

Q. What is Seven Challenges?

A. The Seven Challenges program is designed specifically for youth with substance use problems, to motivate change, and to support success in implementing changes. The program also helps with co-occurring life skill deficits, situational problems, and psychological problems. Skill building for trauma recovery on such issues as safety, trust, boundaries, and excessive self-blame are incorporated in this program.

A. Seven Challenges youth sessions can be conducted in individual or group sessions. Family/multi-family sessions are integrated in a comprehensive Seven Challenges program.

A. The Seven Challenges for which the program is based include:

1. We decided to open up and talk honestly about ourselves and about alcohol and other drugs.
2. We looked at what we liked about alcohol and other drugs, and why we were using them.
3. We looked at our use of alcohol or other drugs to see if it has caused harm or could cause harm.
4. We looked at our responsibility and the responsibility of others for our problems.
5. We thought about where we seemed to be headed, where we wanted to go, and what we wanted to accomplish.
6. We made thoughtful decisions about our lives and about our use of alcohol and other drugs.
7. We followed through our decisions about our lives and drug use. If we saw problems, we went back to earliest challenges and mastered them.

Q. What is the main goal of Seven Challenges?

A. The Seven Challenges Program is designed specifically for adolescents with drug problems, to motivate a decision and commitment to change, and to support success in implementing the desired changes. The program simultaneously helps young people address their drug problems as well as their co-occurring life skill deficits, situational problems, and psychological problems.

Q. Is Seven Challenges evidence-based?

A. "Independent studies funded by The Center for Substance Abuse Treatment in Washington, D.C. and published in peer reviewed journals -- one study at the University of Iowa and the other at the University of Arizona -- have provided evidence that demonstrates the effectiveness of The Seven Challenges as a "co-occurring" program that significantly decreases the substance use of adolescents and greatly improves their overall mental health status. Data also show that the program has been especially effective with the large number of substance abusing youth with trauma issues."

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Q. What is the target population for Seven Challenges?

- A. Adolescents and young adults who have drug problems, co-occurring mental health issues, trauma, and family issues.
- A. Appropriate for ages 13-25.

Q. What is the implementation process for Seven Challenges?

- A. The Seven Challenges have developed implementation strategies to help organizations attain program sustainability and systems for monitoring their fidelity to the model. Because The Seven Challenges has been implemented in a wide variety of counseling settings, including residential, outpatient, juvenile justice, schools, and home-based, they work cooperatively with organizations to adapt the Program to their various service delivery needs.
- A. The Seven Challenges provides an on-site, three day Initial Training for counselors and clinical supervisors. Completion of this training will allow counselors to start providing the program immediately. Designated leaders chosen by the organization will attend an additional three day Leader Training which teaches advanced skills and supervisory lessons. To maintain program fidelity, leaders participate in a quarterly support call with The Seven Challenges, and are also taught how to train others in the program.

Please click [here](#) for more information on implementation.

Please note: Due to the intended target population of the Incentive Grant Program, Seven Challenges should be used as a supplement to the other evidence-based programs listed in the RFP.