Welcome
The SUDz Discovery Program is an innovative subspecialty within University of Minnesota Physician’s renowned Psychiatry Clinic. SUDz serves adolescents ages 12-18, along with their families, who are experiencing negative consequences due to alcohol and other drug use. This outpatient program consists of a team of caregivers - a physician, nurse, pharmacist, individual therapists, and family therapists - who will collaborate with each patient and family to create an individualized care plan, while simultaneously integrating evidence-based practice. This approach blends addiction medicine approaches with behavioral and family-based approaches, including Cognitive Behavior Therapy, Motivational Enhancement, Contingency Management, and family therapy techniques. Medication will be used on a case-by-case basis, if determined medically necessary to stabilize the patient in order to better engage them in other treatment modalities.

What to expect from SUDz
Patients will be treated with care and compassion in a non-judgmental professional environment. The SUDz experience will begin with some paperwork and an intake assessment with a therapist. If needed, patients may also visit a physician and pharmacist.Following the assessment, the care team will meet briefly to collaborate on the best treatment approach. The care team will then meet with both the adolescent patient and the parent/guardian to discuss a mutually-agreed upon treatment plan. This plan will include individual and family therapy components, as well as a parent education session.

Location and Contact Information
SUDz Discovery Program
Department of Psychiatry
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What is a Discovery Program?
As a Discovery Program, SUDz patients and families will be invited to participate in research via self-report questionnaires and assessment tools. These measures will first and foremost help to direct the treatment planning process for the individual patient. For those patients who voluntarily consent to be part of the SUDz research, aggregate analyses of outcome variables will be examined periodically to promote advanced knowledge on the topic of adolescent substance use and its treatment. Outcome variables that will be examined include, but are not limited to, client retention, treatment satisfaction, mental and physical health symptomology, family functioning, and quality of life.

What SUDz expects from patients
The SUDz care team recognizes the complexities that accompany substance use. We understand that many factors affect the choices to use, as well as the ability to abstain from use. For this reason, we ask that patients attend all sessions whether or not they were able to meet their goals. We don’t judge! We do ask that patients communicate their clinical needs to the best of their ability, and join in the SUDz collaboration.

The Care Team
Physician: Physicians will work with patients to diagnose, treat, and/or manage the mental health concerns currently experienced by the adolescent.

Individual therapist: This therapist will work with the adolescent one-on-one to address substance use and related issues, such as anxiety, depression, and other stressful life circumstances.

Family therapist: A family therapist will meet with the adolescent and caregiver(s) (and/or other family members) together to help identify problems and solutions within the family relationships, including (but not limited to) communication problems, trust issues, and developmental concerns.

Pharmacist: The pharmacist will work with the patient to ensure medication effectiveness, help manage safety and side effects, and coach patients on how to get the most out of their medication therapy.

Social Worker: This team member will help patients make situational life changes, as needed, to improve overall health and well-being. A social worker is the patient’s primary link to broader community resources.

Nurse: The nurse works to maximize overall health care quality by helping to connect all the services by the other team members. A patient’s nurse is the glue that holds it all together.

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