



# SafERteens Therapy Session Materials

TECHNOLOGY NUMBER: 7307



Technology ID

7307

Category

Software

Further information

Tina Suntres

[tsuntres@umich.edu](mailto:tsuntres@umich.edu)

## OVERVIEW

- Training manuals and videos to learn how to screen patients and conduct the brief intervention to reduce youth violence
- Implementation support, including the online screening questions and the clinical therapy decision support tools that your staff can use in real time with youth
- Resource brochures that can be adapted for your clinical setting

## INNOVATION

Saferteens is an evidence-based brief intervention designed to target youth violence. As part of the 30-minute intervention, participants are guided to explore their goals and values, how risky behaviors could affect their goals, and positive ways to resolve conflict. Afterwards, participants receive booster text messages for two months to reinforce intervention content. Previous studies led by our team with teens recruited from the emergency department have found that patients who receive the Saferteens program are less likely to report involvement in violence and violence-related consequences at follow-up.

This brief intervention uses motivational interviewing techniques to change behavior in a respectful, non-confrontational, and non-judgmental manner. This one-on-one counseling approach emphasizes individual choice and responsibility and differentiates between future goals/values and current behavior. This method of therapy allows for increased problem recognition, motivation, self-efficacy for change, and tools for anger management and conflict resolution.

## OTHER

Additional Details can be found at the [SafERteens](#) website

Learn more

