Evidence-Based Programming
Lab: Juvenile Justice

What Works? What Doesn’t Work? What To Do When No EB Program or Practice Fits the Local Need

Del Elliott, Ph.D.
CSPV University of Colorado Boulder
What Works to Prevent or Deter Violence, Drug Use and Delinquency
Review of Evaluation Evidence*
Crime and Drug Prevention Programs

- Most Programs Have No Credible Evaluation
- Those With Credible Evaluations:
  - Most Don’t Work
  - 50 to 60 Clearly Work or Have Promise
  - A Few Appear to be Harmful
- Many Model Programs Don’t Have Capacity to Go to Scale

*Over 1400 programs. Center for the Study and Prevention of Violence
What Doesn’t Work!

*Negative Effects

• Waivers to Adult (Criminal) Courts*
• Boot Camps
• Traditional and New DARE*
• GGI and Positive Peer Culture
• Gun Buyback Programs*
• Summer Job Programs (At Risk Youth)

Adapted from Elliott, 2010; Sherman et al., 2002; Aos et al., 2004; Sloboda et al, 2009; Redding, 2008; Sparks, 2010; James-Burdumy et al, 2005; Elliott & Fagan, 2015.
What Doesn’t Work!

*Negative Effects*

- Neighborhood Watch
- Arrests of Unemployed Domestic Abusers*
- Scared Straight*
- Shock Probation/Parole*
- Home Detention with Electronic Monitoring
- Casework/Counseling*
What Doesn’t Work!

*Negative Effects

• Intensive Supervised Probation/Parole
• Case Management Substance Abuse Programs (A)
• Community Policing-Increasing Information Flow Strategy
• Diversion from Court to Job Training (A)
• Drug Market Arrests
• DARE
What Doesn’t Work!
*Negative Effects

- Juvenile Wilderness Programs
- Peer Counseling Programs
- Urine Testing
- Job Training Partnership Act
- Arresting Perpetrators of Misdemeanor Domestic Violence Offenses
- Transfers of Juveniles to Adult Court
- 21st Century Community Learning Ctrs
Evidence-Based Programs and Practices

Effective Prevention and Intervention Strategies (Blueprints)
<table>
<thead>
<tr>
<th>Evidence-Based Model Programs</th>
<th>Blueprints for Healthy Development</th>
</tr>
</thead>
<tbody>
<tr>
<td>Nurse Family Partnership</td>
<td>Parent Management Training</td>
</tr>
<tr>
<td>PATHS</td>
<td>Functional Family Therapy</td>
</tr>
<tr>
<td>Brief Alcohol Screening And Intervention (BASICS)</td>
<td>Multisystemic Therapy</td>
</tr>
<tr>
<td>Life Skills Training</td>
<td>Project TND</td>
</tr>
<tr>
<td>Positive Action</td>
<td>Treatment Foster Care</td>
</tr>
<tr>
<td></td>
<td>Brief Strategic Family Therapy</td>
</tr>
</tbody>
</table>
# Nurse-Family Partnership

<table>
<thead>
<tr>
<th>Description:</th>
<th>Nurse home visitation</th>
</tr>
</thead>
<tbody>
<tr>
<td>Target:</td>
<td>Low-income, at-risk pregnant women bearing their first child</td>
</tr>
<tr>
<td>Cost:</td>
<td>$3,200 per year per family for startup</td>
</tr>
</tbody>
</table>
| Contact:           | David Olds, M.D., Director  
Prevention Research Center  
1825 Marion Street  
Denver, CO 80218  
303-864-5200 |
Nurse-Family Partnership Evidence of Effect

Reductions in:

- Maternal Unemployment & Welfare.
- Child abuse, neglect, and injuries (48%).
- Child Arrests (59%) and Adjudications as PINS (90%) @ age 15.
- Maternal Arrests (61%) & Convictions (72%)
Functional Family Therapy

**Description:** Family therapy

**Target:** Youth, aged 11-18, at risk for and/or manifesting delinquency or conduct disorders

**Cost:** $1,350 - $3,750 per youth (avg. of 12 sessions)

**Contact:** James Alexander, Ph.D.  
University of Utah  
Department of Psychology, SBS 502  
Salt Lake City, UT 84112  
801-581-6538
Functional Family Therapy
Evidence of Effect

• Reductions in rearrests and out-of-home placements of 25-55%.

• Improves family communication and interaction patterns.
**Multisystemic Therapy**

**Description:** Multidimensional home-based family therapy

**Target:** Chronic and violent offenders, ages 12-17

**Cost:** $4,500 per youth

**Contact:** Scott Henggeler, Ph.D.
Program Designer
Medical University of South Carolina

**Footprint:**
- 13 Countries
- 34 States
- 500 Teams
- 23,000 youth per year
Multisystemic Therapy

Evidence of Effect

- Reductions in re-arrests 25-70%.
- Reductions in self-reported criminal behavior.
- Decreased drug use.
- Improvements in family functioning.
- Decreased mental health problems.
Strong African American Families

- Description: Alcohol use and conduct problems
- Target: K thru elementary school
- Cost: $9,500 for 30 families
- Contact: Gene Brody, Ph.D.
  - University of Georgia
- Footprint: N/A
Strong African American Families
Evidence of Effect

- Fewer conduct problems (theft, truancy, suspensions)
- Lower onset of alcohol use
- Lower prevalence of alcohol use
- Lower rate of increase use over following 5 years
Familias Unidas

- Description: Substance use prevention
- Target: Ages 12-18
- Cost: $100,000 for 2 Small Schools; 20 counselors/school

- Contact: Hilda Pantin, Ph.D.
- University of Miami
- Footprint: N/A
<table>
<thead>
<tr>
<th><strong>Description:</strong></th>
<th>Alcohol Prevention and Intervention</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Target:</strong></td>
<td>College students: Selected/Indicated</td>
</tr>
<tr>
<td><strong>Cost:</strong></td>
<td>$4500 for Training; $1000 + Licensing; $100-200 materials</td>
</tr>
</tbody>
</table>
| **Contact:**     | George Parks, Ph.D., Director  
Caring Communication  
5222 150th SW  
Edmonds, WA 98026  
206-930-1949 |
BASICS
Evidence of Effect

• Deceleration of drinking rates and problems
• Effects maintained for 1+ years
• Fewer drinking incidents; number of drinks/incident; number of binge drinking incidents
• Effect Size: .15 to .40
Promising Programs

Delinquency/Crime (C), Violence (V), Drug Use (D), Academic Performance (A), MH problems, Emotional/Physical Wellbeing (W)

Adolescent Coping with Depression (MH)
ATLAS (D)
Be Proud Be Responsible (Risky Sex)
Behavioral Monitoring and Reinforcement Program (C/D)
Big Brothers Big Sisters (C/D/V/A/W)
Bright Bodies (W)
Cognitive Behavioral Intervention for Trauma in schools (MH)
CTC (Communities that Care) (C/D)
Coping Power (C/D)
Early Literacy and Learning (A)
EFFEKT (C/D)
Familias Unidas (C/D/W)
Good Behavior Game C/D/MH)
Guiding Good Choices (C/D/A/MH)
Promising Programs (Cont’d)

High Scope Preschool (C/A)
Incredible Years (C/MH/W)
In Shape (D)
Olweus Bullying Prevention (C/D/V/W)
PALS (Peer Assisted Learning Strategies) (A)
Parent Child Interaction Therapy (C/MH)
Peer Assisted Learning Strategies (A)
Positive Family Support (C/D/MH)
Project Northland (D)
Preventive Treatment Program (Montreal)
Quick Reads (A)
Promising Programs (Cont’d)

Raising Healthy Children (C/D/MH/W)
Safe Dates (V)
SPORT (D/W)
Steps to Respect (V)
Story Talk (A)
Strengthening Families 10-14 (D)
Strong African American Families (C/D/A/W)
Success for All (A)
Targeted Reading Intervention (A)
Triple P System (V/MH)
Wyman’s Teen Outreach (Teen Pregnancy)
## Benefit-to-Cost Ratios: Selected Blueprint Programs*

<table>
<thead>
<tr>
<th>Program</th>
<th>Ratio</th>
<th>p</th>
</tr>
</thead>
<tbody>
<tr>
<td>PA</td>
<td>$20.57</td>
<td>87%</td>
</tr>
<tr>
<td>FFT</td>
<td>$8.02</td>
<td>99%</td>
</tr>
<tr>
<td>LST</td>
<td>$13.08</td>
<td>62%</td>
</tr>
<tr>
<td>TND</td>
<td>$7.63</td>
<td>61%</td>
</tr>
<tr>
<td>MST</td>
<td>$3.03</td>
<td>88%</td>
</tr>
<tr>
<td>MTFC</td>
<td>$2.11</td>
<td>65%</td>
</tr>
<tr>
<td>NFP</td>
<td>$2.89</td>
<td>75%</td>
</tr>
</tbody>
</table>

*Washington Institute for Public Policy (2015)
Benefit-to-Cost Ratios: Selected Other Programs*

- Program               | Ratio    | Outcome                | p  |
- DARE                  | $0.0     | Drug reduction         | na |
- Boot Camps            | $0.0     | Crime reduction        | na |
- Early Head Start      | $0.16    | Academic               | .13|
- Even Start            | $0.97    | Academic               | .27|
- Scared Straight       | $200.84  | Increases crime        | .01|

*Washington Institute for Public Policy (2015)
Effective Alcohol-Related Policies

- Increasing Minimum Drinking Age - DWI
- Raising Taxes on Alcohol - Underage Drinking & DWI
- “Per se” Laws regulating blood alcohol levels (BAC) - DWI
- Random and Selective Breath Testing - DWI
Effective Prevention Practices

- Increased Street Lighting – UK Only
- Ignition Interlock Programs
- Hot Spot Policing
When No EB Programs Fit

- **Only** EB Model Programs should be taken to scale
- **Local Level:** Consider Adaptation of EB Program
  - Check BP for desired risk/protective factor effects
  - Adaptation must be consistent with Logic Model
  - Work with Developer on specific modifications
  - Evaluate it (add to our knowledge base)

- **From among Non-Certified Programs that fit:**
  - Choose one with best evidence available
  - Choose one using a “best practice” or proven change strategy (Meta-Analysis)
  - Evaluate it (add to our knowledge base)
Blueprints Website

www.blueprintsprograms.com

Easy-to-use program searches identifying programs that match

- Risk and protective factors
- Outcomes achieved
- Type of program
- Targeted population (gender, ethnicity, age)
Each Blueprints program has information on:

- program description and goals
- risk and protective factors
- logic model
- outcomes achieved
- training and technical assistance
- contact information
- costs and funding strategies
- cost-benefit
- full write-ups describing all program evaluations
THANK YOU

Blueprints for Healthy Development
www.blueprintsprograms.com

Center for the Study and Prevention of Violence
www.colorado.edu/cspv

Phone: 303-492-1032