
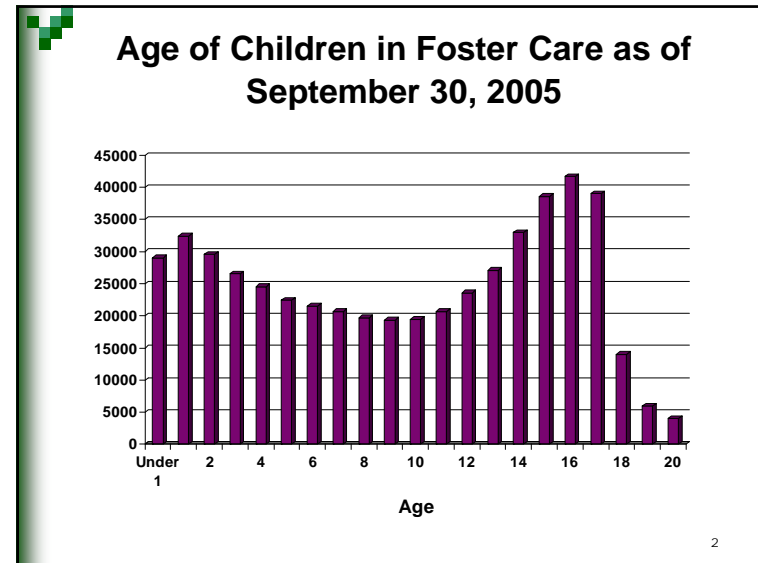


## INTERVENTIONS FOR ADOLESCENTS IN THE CHILD WELFARE SYSTEM WHO ARE COURT INVOLVED

**Randolph Muck, M.Ed.**

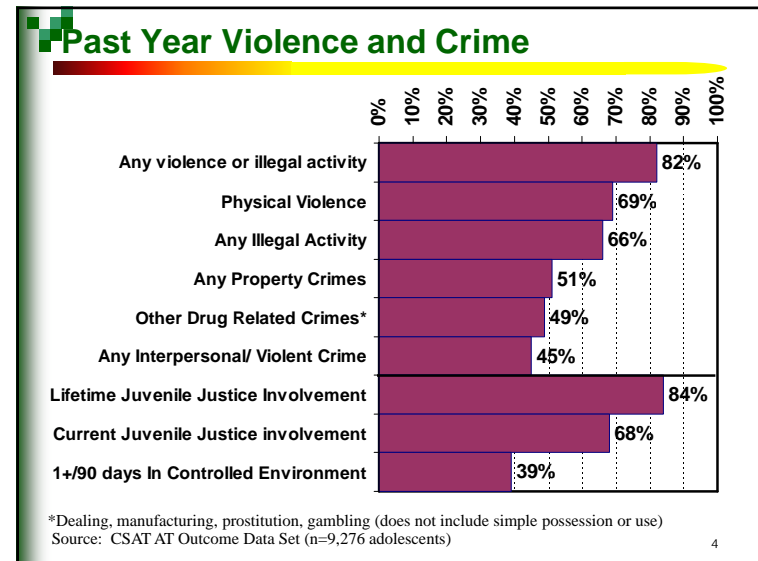


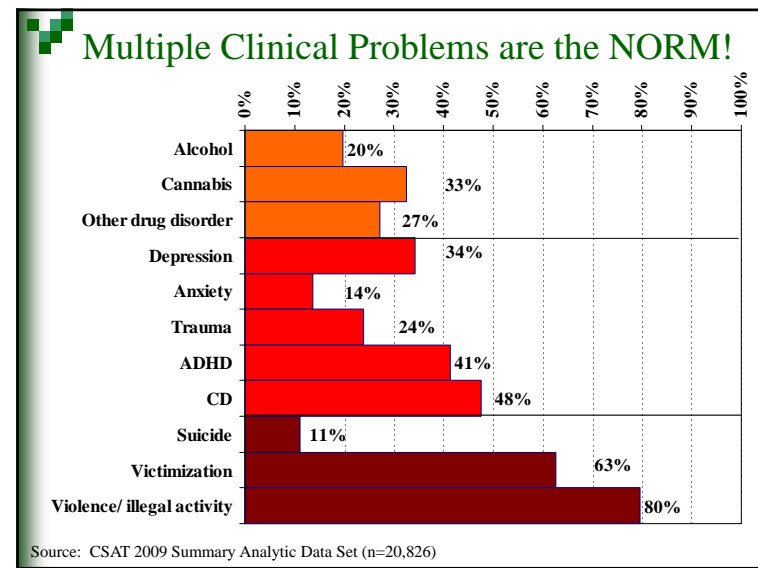
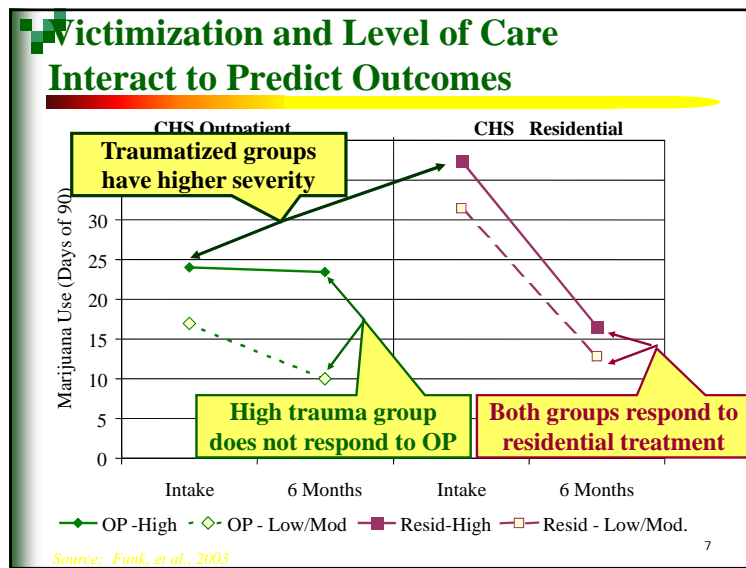
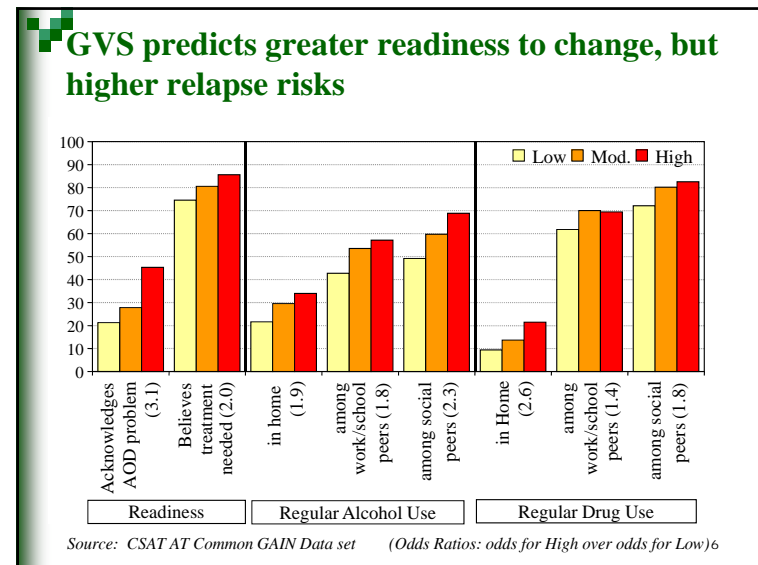
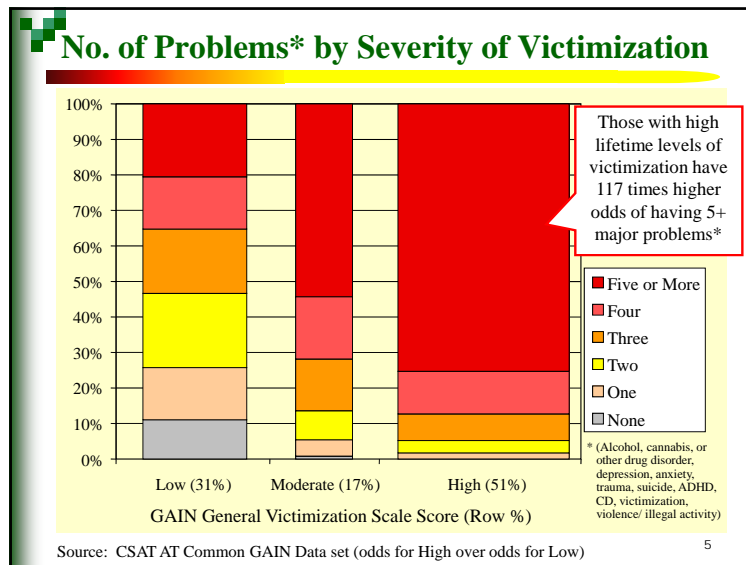
**Advocates for Youth and Family Behavioral Health  
Treatment, LLC**



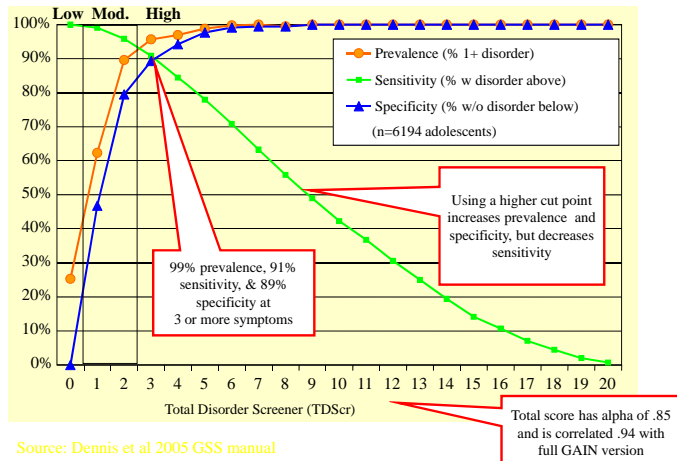
### Substance Abuse Treatment and Foster Care Status

- CSAT data set – 8.3% in treatment currently in foster care
- NSDUH (2005) – 0.6% of youth 12 – 17 ever in foster care
- Odds ratio of 15:1 (but an underestimate)





## GAIN Short Screen (GAIN-SS)



## Which general approaches address co-occurring mental health/trauma issues?

### A Comparison of Nine Treatment Approaches

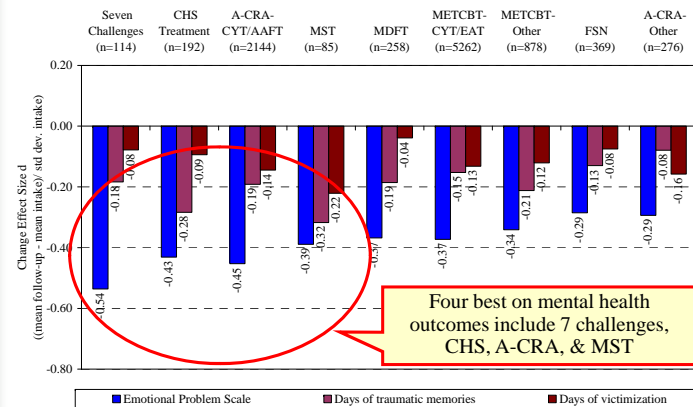
- **Seven Challenges** (Schwebel, 2004) (n=114)
- **Chestnut Health Systems (CHS; Godley et al. 2002) Treatment** (n=192)
- **Adolescent Community Reinforcement Approach (A-CRA; Godley et al., 2001) -CYT/AAFT** (n=2144) and -Other (n=276)
- **Multi-Systemic Therapy (MST; Henggeler et al., 1998)** (n=85)
- **Multi-Dimensional Family Therapy (MDFT; Liddle, 2002)** (n=258)
- **Motivational Enhancement Therapy-Cognitive Behavior Therapy (METCBT; Sampl & Kadden, 2001)-CYT/EAT** (n=5262) and -Other (n=878)
- **Family Support Network (FSN; Hamilton et al., 2001)** (n=369)

## Co-occurring Disorders

### Mental Health

- Emotional Problems Scale
- Days of Victimization
- Days of Traumatic Memories

## Change (post-pre) Effect Size for Emotional Problems by Type of Treatment





## Proliferation of EBPs



## % Change : Abstinence at 6-months post-initial assessment

| * <u>MET/</u><br><u>CBT 5</u> | * <u>ACRA/</u><br><u>ACC</u> | ** <u>TARGET</u><br><u>YOUTH</u> | ** <u>SEE</u><br><u>YOUTH</u> |
|-------------------------------|------------------------------|----------------------------------|-------------------------------|
| 60.6                          | 69.3                         | 12.6                             | 21.1                          |

\* GAIN Mandated

\*\* GAIN Optional

Source: SAIS System (GPRA)

## Drug Strategies

- 9 elements of effective treatment for adolescents (Assess/Matching, Integrated, Family Involvement, Devel. Approp., Engage/Retain, Staff Quals, Gender/Culture, Cont. Care, Outcomes)
- Guide for professionals/parents
- On-line resources (Research, JJ, Screening/Assessment)
- On-line program descriptions

[www.drugstrategies.org](http://www.drugstrategies.org)

19

## Most programs have small effects but those effects are not negligible

- The median effect size (.09) represents a reduction of the recidivism rate from .50 to .46
- Above that median, most of the programs reduce recidivism by 10% or more
- One-fourth of the studies show recidivism reductions of 30% or more, that is, a recidivism rate of .35 or less for the treatment group compared to .50 for the control group
- The “nothing works” claim that rehabilitative programs for juvenile offenders are ineffective is false

Source: Adapted from Lipsey, 1997, 2005

20

## Major Predictors of Bigger Effects

1. Chose a strong intervention protocol based on prior evidence
2. Used quality assurance to ensure protocol adherence and project implementation
3. Used proactive case supervision of individual
4. Used triage to focus on the highest severity subgroup

21

## Implementation is Essential

(Reduction in Recidivism from .50 Control Group Rate)

| Program Type<br>Grouped by Rank | Program Implementation:<br>Amount of Service, Quality of Delivery |        |      |
|---------------------------------|---|--------|------|
|                                 | Low   | Medium | High |
| Group 1 (best)                  | 24%   | 34%    | 46%  |
| Group 2                         | 16%   | 30%    | 40%  |
| Group 3                         | 6%  | 20%    | 32%  |
| Group 4 (poorest)               | 0%  | 12%    | 24%  |

The best is to have a strong program implemented well

Thus one should optimally pick the strongest intervention that one can implement well

The effect of a well implemented weak program is as big as a strong program implemented poorly

Source: Adapted from Lipsey, 1997, 2005

## Program types with average or better effects on recidivism

### AVERAGE OR BETTER

Parent training  
Tutoring

Drug/alcohol therapy  
Family counseling  
Mentoring

Family counseling  
Cognitive-behavioral therapy  
Employment/job training

### BETTER/BEST

Preadjudication

Probation

Institutionalized

Behavior management

Employment/job training  
Group counseling

Cognitive-behavioral therapy  
Interpersonal skills training  
Parent training  
Tutoring

Group counseling  
Individual counseling  
Interpersonal skills training

Source: Adapted from Lipsey, 1997, 2005

23

## Some Programs Have Negative or No Effects on recidivism

- “Scared Straight” and similar shock incarceration program
- Boot camps mixed – had bad to no effect
- Routine practice – had no or little ( $d=.07$  or 6% reduction in recidivism)
- Similar effects for minority and white (not enough data to comment on males vs. females)
- The common belief that treating anti-social juveniles in groups would lead to more “iatrogenic” effects appears to be false on average (i.e., relapse, violence, recidivism for groups is no worse than individual or family therapy)

Source: Adapted from Lipsey, 1997, 2005

24

### Issues to Consider

- Juvenile Justice involved youth increasing presence in the treatment system
- Support for funding relies on ability to demonstrate effectiveness
- Treatment needs of the youth that we see and the need to incorporate appropriate and effective interventions for these needs
- Continuing Care is as, or more important than the treatment delivered
- Ongoing Support Services Promising as a Key Component

### Evidenced Based Practice - Summary

- Adolescents entering more intensive levels of care typically have higher severity.
- Multiple problems and child maltreatment are the norm and are closely related to each other.
- There are a growing number of standardized assessment tools, treatment protocols and other resources available to support evidenced based practices.

### Evidenced Based Practice - Summary

- Achieving reliable outcomes requires reliable measurement, protocol delivery and on-going performance monitoring.
- The GAIN is one measure that is being widely used to address gaps in current knowledge and move the field towards evidenced based practice.
- Standardized and more specific assessment helps to draw out treatment planning implications of readiness for change, recovery environment, relapse potential, psychopathology, crime/violence, and HIV risks.

### Contact Information

**Randolph Muck, M.Ed.**

**Advocates for Youth and Family  
Behavioral Therapy**

**240-397-3918**

**randy@ayftc.com**