

## **EVIDENCE-BASED JUVENILE OFFENDER PROGRAMS: PROGRAM DESCRIPTION, QUALITY ASSURANCE, AND COST**

The following is a list of six juvenile offender programs that have been identified by the Washington State Institute for Public Policy (Institute) as evidence-based.<sup>1</sup> Each program listing contains a brief description, information regarding quality assurance, program cost per participant, and a list of the research citations used in the Institute's analysis.

### **Functional Family Therapy (FFT)**

---

**Program Description:** FFT is a structured family-based intervention that uses a multi-step approach to enhance protective factors and reduce risk factors in the family. Functional Family Therapy is a Blueprint program identified by the University of Colorado's Center for the Study and Prevention of Violence. Trained FFT therapists have a caseload of ten to 12 families, and the intervention involves about 12 visits during a 90-day period.

**Quality Assurance:** FFT Inc. is the organization that owns the intervention and trains and clinically supervises the therapists. FFT meets a standard of scientific evidence which provides a high degree of confidence that FFT will reduce recidivism if properly implemented. Jeff Patnode, of the Juvenile Rehabilitation Administration (JRA), is the FFT expert for Washington State.

**Program Cost:** \$2,325

**Benefits Minus Costs:** \$31,821

#### **Research Citations:**

Alexander, J. F. & Parsons, B. F. (1973). "Short-term behavioral intervention with delinquent families: impact on family process and recidivism." *Journal of Abnormal Psychology* 81(3): 219-225.

Barnoski, R. (2004). *Outcome Evaluation of Washington State's Research-Based Programs for Juvenile Offenders*. Olympia, WA: Washington State Institute for Public Policy.

Barton, C., Alexander, J. F., Waldron, H., Turner, C. W., & Warburton, J. (1985). "Generalizing treatment effects of functional family therapy: Three replications." *American Journal of Family Therapy* 13: 16-26.

Gordon, D. A. (1995). "Functional family therapy for delinquents." In Ross, R. R., Antonowics, D., H., & Dhaliwal, G. K., (eds), *Going Straight: Effective Delinquency Prevention and Offender Rehabilitation* (pp. 163-178). Ottawa, Ontario: AIR Training Publications.

Gordon, D., Graves, K., & Arbuthnot, J. (1995). "The effect of functional family therapy for delinquents on adult criminal behavior." *Criminal Justice and Behavior* 22(1): 60-73.

Hansson, K. (1998). *Functional Family Therapy Replication in Sweden: Treatment Outcome with Juvenile Delinquents*. Paper presented to the Eighth International Conference on treating addictive behaviors. Santa Fe, NM, February 1998, as reported in: Alexander, J., Barton, C., Gordon, D., Grotspeter, J., Hansson, K., Harrison, R., Mears, S., Mihalic, S., Parsons, B., Pugh, C., Schulman, S., Waldron, H., and Sexton, T. (1998). *Blueprints for Violence Prevention, Book Three: Functional Family Therapy*. Boulder, CO: Center for the Study and Prevention of Violence.

Klein, N. C., Alexander, J. F., & Parsons, B. V. (1977). "Impact of family systems intervention on recidivism and sibling delinquency: A model of primary prevention and program evaluation." *Journal of Consulting and Clinical Psychology* 45: 469-474.

---

<sup>1</sup> Aos, S., M. Miller, & E. Drake. (2006). *Evidence-Based Public Policy Options to Reduce Future Prison Construction, Criminal Justice Costs, and Crime Rates*. Olympia: Washington State Institute for Public Policy, Document No. 06-10-1201.

## **Aggression Replacement Training (ART)**

---

**Program Description:** A juvenile offender is eligible for ART if it is determined—from the results of the formal assessment tool administered by the juvenile courts—the youth has a moderate to high risk for re-offense and has a problem with aggression or lacks skills in pro-social functioning. Using repetitive learning techniques, offenders develop skills to control anger and use more appropriate behaviors. In addition, guided group discussion is used to correct anti-social thinking that can otherwise get a youth into trouble. ART is a 10-week, 30-hour intervention administered to groups of eight to 12 juvenile offenders three times per week. It can be implemented by court probation staff or private contractors, after they receive formal ART training.

**Quality Assurance:** Chris Hayes, of JRA, is the ART expert for Washington State.

**Program Cost:** \$897

**Benefits Minus Costs:** \$14,660

### **Research Citations:**

Barnoski, R. (2004). Outcome Evaluation of Washington State's Research-Based Programs for Juvenile Offenders. Olympia, WA: Washington State Institute for Public Policy.

Gibbs, J. C. (1995). "EQUIP: A Peer-Group Treatment Program for Delinquents," in Ross, R.R., Antonowicz, D.H., & Dhaliwal, G.K., Going Straight, Effective Delinquency Prevention & Offender Rehabilitation (Chapter 8). Ottawa, Ontario: AIR Training Publications.

Goldstein, A. P. & Glick, B. (1995). "Aggression Replacement Training for Delinquents," in Ross, R.R., Antonowicz, D.H., & Dhaliwal, G.K., Going Straight, Effective Delinquency Prevention & Offender Rehabilitation (Chapter 6). Ottawa, Ontario: AIR Training Publications.

## Multi-Systemic Therapy (MST)

---

**Program Description:** MST focuses on improving the family's capacity to overcome the known causes of delinquency. It promotes the parent's ability to monitor and discipline their children and replace deviant peer relationships with pro-social friendships. Trained MST therapists, working in teams consisting of one Ph.D. clinician and three to four MA clinicians, have a caseload of four to six families. The intervention typically lasts between three to six months.

**Quality Assurance:** MST, Inc., in Charleston, South Carolina, trains and clinically supervises all MST therapists.

**Program Cost:** \$4,264

**Benefits Minus Costs:** \$18,213

### Research Citations:

- Borduin, C. M., Henggeler, S. W., Blaske, D. M., & Stein, R. (1990). "Multisystemic treatment of adolescent sexual offenders." *International Journal of Offender Therapy and Comparative Criminology* 35: 105-114.
- Borduin, C. M. & Schaeffer, C. M. (2001). "Multisystemic treatment of juvenile sexual offenders: A progress report."
- Cunningham, A. (2002). *Randomized Study of MST in Ontario, Canada*. London, Ontario: Centre for Children and Families in the Justice System. <[http://www.lfcc.on.ca/mst\\_final\\_results.html](http://www.lfcc.on.ca/mst_final_results.html)>.
- Henggeler, S. W., Halliday-Boykins, C. A., Cunningham, P. B., Randall, J., Shapiro, S. B., & Chapman, J. E. (2006). "Juvenile drug court: Enhancing outcomes by integrating evidence-based treatments." *Journal of Consulting and Clinical Psychology* 74(1): 42-54.
- Henggeler, S. W., Clingempeel, W. G., Brondino, M. J., & Pickrel, S. G. (2002). "Four-year follow-up of multisystemic therapy with substance-abusing and substance-dependent juvenile offenders." *Journal of the American Academy of Child and Adolescent Psychiatry* 41(7): 868-874.
- Henggeler, S. W., Melton, G. B., Brondino, M. J., Scherer, D. G., & Hanley, J. H. (1997). "Multisystemic therapy with violent and chronic juvenile offenders and their families: The role of treatment fidelity in successful dissemination." *Journal of Consulting and Clinical Psychology* 65: 821-833.
- Henggeler, S. W., Melton, G. B., Smith, L. A., Schoenwald, S. K., & Hanley, J. H. (1993). "Family preservation using multisystemic therapy: Long-term follow-up to a clinical trial with serious juvenile offenders." *Journal of Child and Family Studies* 2(4): 283-293.
- Ogden, T. & Halliday-Boykins, C. A. (2004). "Multisystemic treatment of antisocial adolescents in Norway: Replication of clinical outcomes outside of the US." *Child and Adolescent Mental Health* 9(2): 77-83.
- Schaeffer, C. M. & Borduin, C. M. (2005). "Long-term follow-up to a randomized clinical trial of multisystemic therapy with serious and violent juvenile offenders." *Journal of Consulting and Clinical Psychology* 73(3): 445-453.
- Timmons-Mitchell, J., Bender, M. B., Kishna, M. A., & Mitchell, C. C. (2006). "An independent effectiveness trial of multisystemic therapy with juvenile justice youth." *Journal of Clinical Child and Adolescent Psychology* 35(2):227-236.

## **Family Integrated Transitions (FIT)**

---

**Program Description:** FIT integrates the strengths of several existing empirically-supported interventions—Multi-Systemic Therapy, Motivational Enhancement Therapy, Relapse Prevention, and Dialectical Behavior Therapy. The program is designed for juvenile offenders with the co-occurring disorders of mental illness and chemical dependency, and who are re-entering the community after being detained in a JRA facility. Youth receive intensive family- and community-based treatment targeted at the multiple determinants of serious antisocial behavior. The first and most important task of the family-based intervention is to engage the family in treatment. The program then strives to promote behavioral change in the youth's home environment, emphasizing the systemic strengths of family, peers, school, and neighborhoods to facilitate the change.

This intervention begins during the youth's final two months in a JRA residential setting and continues for four to six months while the youth is under parole supervision. The FIT team consists of the contracted therapists; the University of Washington team, which provides clinical oversight and training; and JRA, which serves as the host agency. Each FIT team has four therapists working under a quarter-time clinical supervisor. Teams include children mental health specialists and chemical dependency professionals. The average team serves from four to six families at any one time. Services are available 24 hours per day, seven days per week. Parole staff work closely with the contracted therapists and the FIT families.

**Quality Assurance:** Eric Trupin, of the University of Washington, is the FIT expert.

**Program Cost:** \$9,665

**Benefits Minus Costs:** \$33,728

### **Research Citation:**

Aos, S. (2004). Washington State's Family Integrated Transitions Program for Juvenile Offenders: Outcome Evaluation and Benefit-Cost Analysis. Olympia, WA: Washington State Institute for Public Policy.

## Coordination of Services

---

**Program Description:** Coordination of Services (COS) was developed by Patrick Tolan, Ph.D., Director at the Institute for Juvenile Research at the University of Illinois at Chicago. COS provides an educational program to low-risk juvenile offenders and their parents. The goals of COS are to describe the consequences of continued delinquent behavior, stimulate goal setting, review the strengths of the youth and family, and explain what resources are available for helping to achieve a positive pro-social future for the youth. COS is not a Blueprint program identified by the University of Colorado's Center for the Study and Prevention of Violence.

COS was implemented in the Snohomish County Juvenile Court and called the "WayOut" program; Dr. Tolan consulted in training the program providers. WayOut consists of two all-day classes scheduled on consecutive Saturdays. In addition to the juvenile court, several community groups participate in the program: YMCA, WSU Cooperative Extension, Compass Health, 4-H, Snohomish Police, CORE Teen Seminars, and Snohomish County Health Communities Task Force. There are two key features of WayOut. First, low-risk juvenile offenders are court-mandated to attend, thus assuring a captive audience of youth who are at a crossroads when early intervention can make a difference. Second, parents/guardians are also required to attend, thus providing an opportunity to teach parent and child the same skills simultaneously. Community groups present participants with information concerning the services they provide.

**Quality Assurance:** There are no statewide quality assurance standards currently in place.

**Program Cost:** \$205

**Benefits Minus Costs:** \$5,186

### Research Citations:

- Barnoski, R. (2004). Outcome Evaluation of Washington State's Research-Based Programs for Juvenile Offenders. Olympia, WA: Washington State Institute for Public Policy.
- Bottoms, A. E. (1995). "Intensive community supervision for young offenders: Outcomes, process and cost." Cambridge, UK: University of Cambridge Publications.
- California Board of Corrections. (2002). "Repeat offender prevention program, final report." Sacramento, CA: California Board of Corrections, December 2002.
- Carney, M.M. & Buttell, F. (2003). "Reducing juvenile recidivism: Evaluating the wraparound services model." *Research on Social Work Practice* 13(5): 551-568.
- Fagan, J. & Reinerman, C. (1991). "The Social Context of Intensive Supervision: Organizational and Ecological Influences on Community Treatment," in Armstrong, T. L. (ed), *Intensive Interventions with High Risk Youth* (pp. 341-394). New York: Willow Tree Press.
- Giblin, M. J. (2002). "Using police officers to enhance the supervision of juvenile probationers: An evaluation of the Anchorage CAN program." *Crime and Delinquency* 48 (1): 116-137.
- Howard, L., Mish, G., Burke, C., & Pennell, S. (2002). "San Diego County probation department's repeat offender prevention program final evaluation report." San Diego, CA: San Diego Regional Planning Agency, October 2002.
- King County Juvenile Justice Evaluation Work Group. (2002). "New Start: Juvenile justice evaluation report July 1999–March 2002." Seattle, WA: (King County) Department of Community and Human Services.
- Lane, J. Turner, S., Fain, F., & Sehgal, A. (2005). Evaluating an experimental intensive juvenile probation program: Supervision and official outcomes. *Crime and Delinquency* 51(1): 26-52.
- Little, M., Kogan, J., Bullock, R., & Van Der Laan, P. (2004). "ISSP: An evaluation in multi-systemic responses to persistent young offenders known to children's services." *British Journal of Criminology* 44(2): 225-240.
- National Council on Crime and Delinquency. (1987). *The Impact of Juvenile Court Intervention*. San Francisco, CA: NCCD.
- Tolan, P., Perry, H., Shelley, M., and Jones, T. (1987). "Delinquency prevention: An example of consultation in rural community mental health." *Journal of Community Psychology* 15: 43-50.
- Zhang, S. X. & Zhang, L. (2005). An experimental study of the Los Angeles County repeat offender prevention program: Its implementation and evaluation. *Criminology and Public Policy* 4(2): 205-236.

## Restorative Justice – Victim Offender Mediation

---

**Program Description:** Victim Offender Mediation (VOM) is a concept where both parties, the offender and the victim, agree to a face-to-face meeting with a trained, neutral, mediator. The purpose of VOM is to discuss the effects of the crime, and to determine what can be done to make amends to the victim and the community. VOM has retributive, rehabilitative, and preventative qualities, and emphasizes accountability of the offender. VOM can also be an alternative to the criminal justice system.

**Quality Assurance:** There are no statewide quality assurance standards currently in place.

**Program Cost:** \$880

**Benefits Minus Costs:** \$7,067

### Research Citations:

- Evje, A. & R. Cushman. (2000). A Summary of the Evaluations of Six California Victim Offender Rehabilitation Programs. San Francisco, CA: Judicial Council of California, Administrative Office of the Courts.
- Luke, G. & Lind, B. (1998). Reducing Juvenile Crime: Conferencing Versus Court. Sydney, Australia: New South Wales Bureau of Crime and Statistics and Research. <[http://www.lawlink.nsw.gov.au/lawlink/bocsar/ll\\_bocsar.nsf/vwFiles/CJB69.pdf/\\$file/CJB69.pdf](http://www.lawlink.nsw.gov.au/lawlink/bocsar/ll_bocsar.nsf/vwFiles/CJB69.pdf/$file/CJB69.pdf)>.
- McCold, P., & Wachtel, B. (1998). Restorative Policing Experiment: The Bethlehem Police Family Group Conferencing Project. Pipersville, PA: Community Service Foundation.
- McGarrell, E.F. (2001). Restorative Justice Conferences as an Early Response to Young Offenders. Juvenile Justice Bulletin (August). Washington, DC: U.S. Department of Justice, Office of Justice Programs, Office of Juvenile Justice and Delinquency Prevention. <<http://www.ncjrs.org/pdffiles1/ojjdp/187769.pdf>>.
- Niemeyer, M. & Shichor, D. (1996). "A preliminary study of a large victim/offender reconciliation program." Federal Probation 60(3): 30-34.
- Nugent, W. & Paddock, J.B. (1996). "Evaluating the effects of a victim-offender reconciliation program on reoffense." Research on Social Work Practice 6(2): 155-178.
- Rowe, W. (2002). A meta-analysis of six Washington State restorative justice projects. Bellingham, WA: Cambie Group International, Inc.
- Roy, S. (1993). "Two types of juvenile restitution programs in two Midwestern counties: A comparative study." Federal Probation 57(4): 48-53.
- Schneider, A. L. (1986). "Restitution and recidivism rates of juvenile offenders: Results from four experimental studies." Criminology 24(3): 533-553.
- Sherman, L.W., Strang, H., & Woods, D.J. (2000). Recidivism Patterns in the Canberra Reintegrative Shaming Experiments (RISE). Canberra, Australia: Centre for Restorative Justice, Research School of Social Sciences, Australian National University. <<http://www.aic.gov.au/rjustice/rise/recidivism/report.pdf>>.
- Stone, S., Helms, W., & Edgeworth, P. (1998). Cobb County juvenile court mediation program evaluation. State University of West Georgia.
- Umbreit, M. S. (1994). Victim Meets Offender: The Impact of Restorative Justice and Mediation. Monsey, NY: Willow Tree Press.
- Wade, K., Swenson, D., Miller, D., & Sager, S. (2004). An evaluation of restorative justice programs: Milwaukee and Outagamie counties. Madison, WI: Legislative Audit Bureau.
- Wiiinamaki, L. A. (1997). Victim-Offender Reconciliation Programs: Juvenile Property Offender Recidivism and Severity of Reoffense in Three Tennessee Counties (UMI No. 9823140). Doctoral dissertation, University of Tennessee, Knoxville.

## Reducing Crime With Evidence-Based Options: What Works, and Benefits and Costs

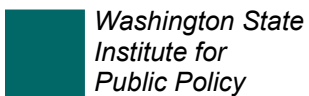
Washington State Institute for Public Policy Estimates as of October, 2006	Benefits and Costs per Participant 2006 Dollars				
	Effect and Number of Studies	Benefits to Crime Victims	Benefits to Taxpayers	Marginal Costs	Benefits Minus Costs
<b><u>Programs for Youth in the Juvenile Offender System</u></b>					
Multidimensional Treatment Foster Care (v. regular group care)	-22.0% (3)	\$51,828	\$32,915	\$6,945	\$77,798
Adolescent Diversion Project (for low risk/diversion)	-19.9% (6)	\$24,328	\$18,208	\$1,913	\$40,623
Family Integrated Transitions	-11.3% (1)	\$26,539	\$16,854	\$9,665	\$33,728
Functional Family Therapy on probation	-15.9% (7)	\$19,529	\$14,617	\$2,325	\$31,821
Multisystemic Therapy	-10.5% (10)	\$12,855	\$9,622	\$4,264	\$18,213
Aggression Replacement Training	-7.3% (4)	\$8,897	\$6,659	\$897	\$14,660
Teen courts*	-11.1% (5)	\$5,907	\$4,238	\$936	\$9,208
Juvenile boot camp to offset institution time	0% (14)	\$0	\$0	-\$8,077	\$8,077
Juvenile sex offender treatment*	-10.2% (5)	\$32,515	\$8,377	\$33,064	\$7,829
Restorative justice for low-risk offenders*	-8.7% (21)	\$4,628	\$3,320	\$880	\$7,067
Interagency coordination programs	-2.5% (15)	\$3,084	\$2,308	\$205	\$5,186
Juvenile drug courts*	-3.5% (15)	\$4,232	\$3,167	\$2,777	\$4,622
Regular surveillance-oriented parole (v. no parole supervision)	0% (2)	\$0	\$0	\$1,201	-\$1,201
Juvenile intensive probation supervision programs	0% (3)	\$0	\$0	\$1,598	-\$1,598
Juvenile wilderness challenge	0% (9)	\$0	\$0	\$3,085	-\$3,085
Juvenile intensive parole supervision	0% (10)	\$0	\$0	\$6,460	-\$6,460
Scared Straight	+6.8% (10)	-\$8,355	-\$6,253	\$58	-\$14,667
Counseling/psychotherapy for juvenile offenders	-18.9% (6)	\$23,126	\$17,309	n/e	n/e
Juvenile education programs	-17.5% (3)	\$41,181	\$26,153	n/e	n/e
Other family-based therapy programs	-12.2% (12)	\$15,006	\$11,231	n/e	n/e
Team Child	-10.9% (2)	\$5,759	\$4,131	n/e	n/e
Juvenile behavior modification	-8.2% (4)	\$19,271	\$12,238	n/e	n/e
Life skills education programs for juvenile offenders	-2.7% (3)	\$6,441	\$4,091	n/e	n/e
Diversion progs. with services (v. regular juvenile court)	-2.7% (20)	\$1,441	\$1,034	n/e	n/e
Juvenile cognitive-behavioral treatment	-2.5% (8)	\$3,123	\$2,337	n/e	n/e
Court supervision vs. simple release without services	0% (8)	\$0	\$0	n/e	n/e
Diversion programs with services (v. simple release)	0% (7)	\$0	\$0	n/e	n/e
Juvenile intensive probation (as alternative to incarceration)	0% (5)	\$0	\$0	n/e	n/e
Guided Group Interaction	0% (4)	\$0	\$0	n/e	n/e
<b><u>Prevention Programs (crime reduction effects only)</u></b>					
Nurse Family Partnership-Mothers	-56.2% (1)	\$11,531	\$8,161	\$5,409	\$14,283
Nurse Family Partnership-Children	-16.4% (1)	\$8,632	\$4,922	\$733	\$12,822
Pre-K education for low income 3 & 4 year olds	-14.2% (8)	\$8,145	\$4,644	\$593	\$12,196
Seattle Social Development Project	-18.6% (1)	\$1,605	\$4,341	n/e	n/e
High school graduation	-10.4% (1)	\$1,738	\$2,851	n/e	n/e
Guiding Good Choices	-9.1% (1)	\$570	\$2,092	n/e	n/e
Parent-Child Interaction Therapy	-3.7% (1)	\$268	\$784	n/e	n/e
<b><u>Programs needing more research for youth in the juvenile offender system</u></b>					
Dialectical Behavior Therapy	0% (1)	Too few evaluations to date.			
Increased drug testing (on parole) vs. minimal drug testing	0% (1)	Too few evaluations to date.			
Juvenile curfews	0% (1)	Too few evaluations to date.			
Juvenile day reporting	0% (2)	Too few evaluations to date.			
Juvenile jobs programs	0% (3)	Too few recent evaluations.			
Juvenile therapeutic communities	0% (1)	Too few evaluations to date.			
Mentoring in juvenile justice	0% (1)	Too few evaluations to date.			

### For more information on quality control standards, see:

Barnoski, R., S. Aos, & R. Lieb (2003). *Recommended Quality Control Standards: Washington State Research-Based Juvenile Offender Programs*. Olympia: Washington State Institute for Public Policy, Document Number 03-12-1203.

For further information, please contact:  
Elizabeth Drake at [ekdrake@wsipp.wa.gov](mailto:ekdrake@wsipp.wa.gov) or (360) 586-2767

Document No. 07-06-1201



The Washington State Legislature created the Washington State Institute for Public Policy in 1983. A Board of Directors—representing the legislature, the governor, and public universities—governs the Institute and guides the development of all activities. The Institute's mission is to carry out practical research, at legislative direction, on issues of importance to Washington State.