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**EFFECTIVE INTERVENTION PROGRAMS FOR JUSTICE INVOLVED YOUTH**

# Effective Intervention Programs for Justice Involved Youth

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What are the characteristics  
of programs that support  
positive youth development?

*(From meta-analysis published in 2005)*

1. Comprehensive, time-intensive  
(systemic)
2. Earliest possible intervention
3. Timing is important
4. High structure is better
5. Fidelity to model is key to  
effectiveness

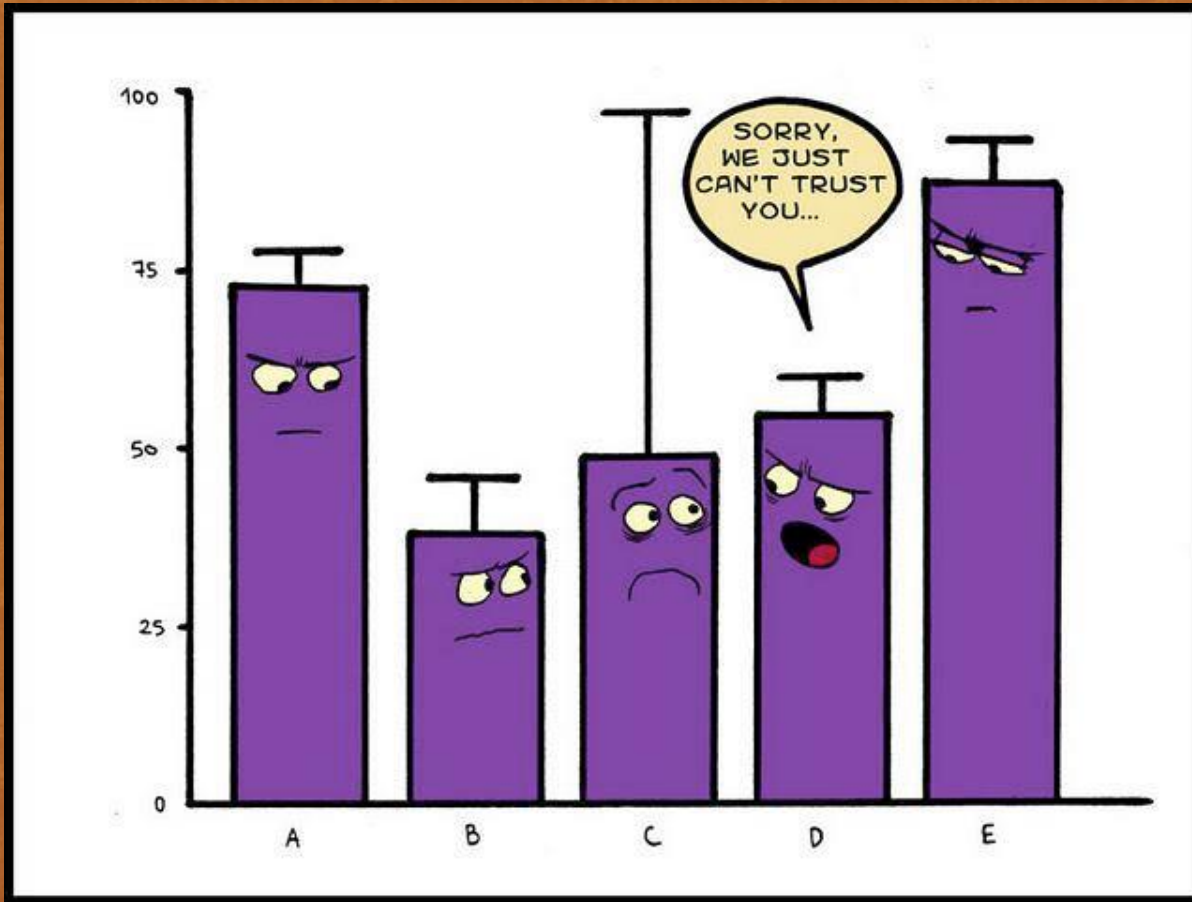


## Characteristics of programs that support positive youth development

6. Need adult involvement
7. Active, skills-oriented programs
8. Programs that target multiple systems
9. Programs that are sensitive to the individual's community and culture
10. Programs based on strong theoretical constructs and **proven effective by evidence**



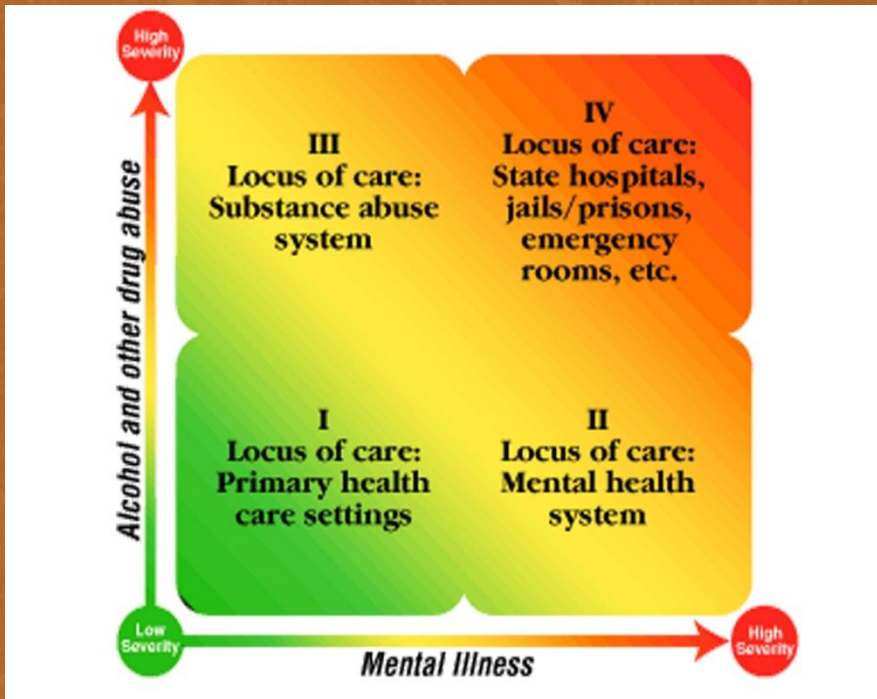
# Rationale for Using Evidence-based Practices



- \*Consistency
- \*Reliability
- \*Effective
- \*Outcomes



# Rationale for Using Evidence-based Practices



- Systematic clinical intervention programs that are **integrative** in nature (practice, research, theory)  
And use systematic clinical protocols "**clinical maps**"
  - Manual driven
  - Model congruent assessment procedures
  - Focus on **adherence** and treatment fidelity
- Models that have **strong science/research support**



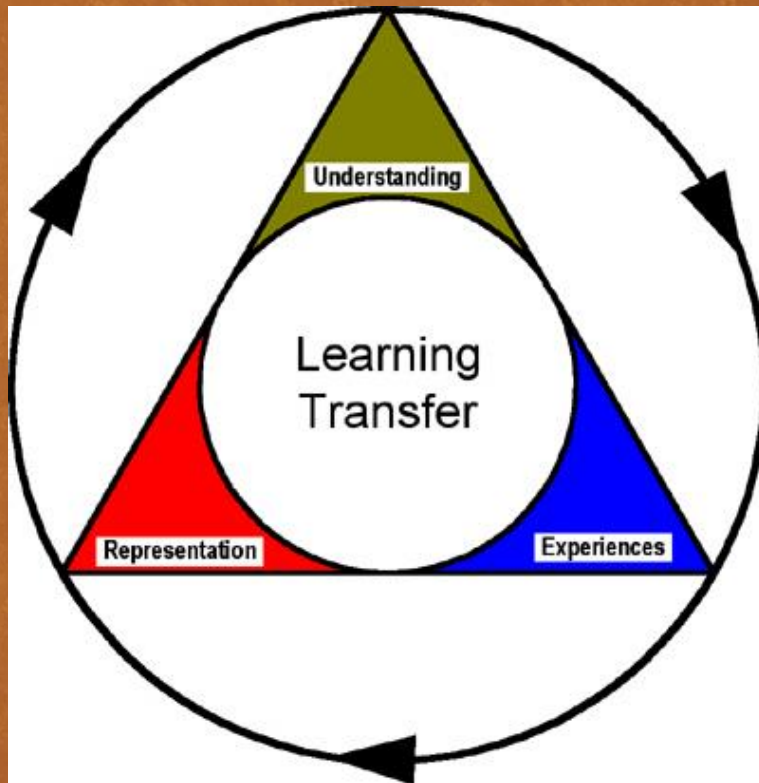
# Rationale for Using Evidence-based Practices



- Changing “landscape” of practice in mental health, juvenile justice, social work
  - Push for Accountability...”where is the data?”
  - Increased quality and relevance of research
  
- Emergence of the concept “Best Practices”
  - What is a best practice?
  - More than...”what we already do”
  - More than a theoretical approach



# Rationale for Using Evidence-based Practices



- Clinically **responsive and individualized**
  - to unique “outcome” needs of the client/family
  - to the unique “process” needs of the family
- Are able to **guide practice** with high expectation of success
  - with specific client problems
  - within specific community settings





Arrest → Supervision Level

Risk  
Assessment  
and risk  
based  
disposition

Intervention

Needs  
Assessment;  
matching  
needs

Outcomes

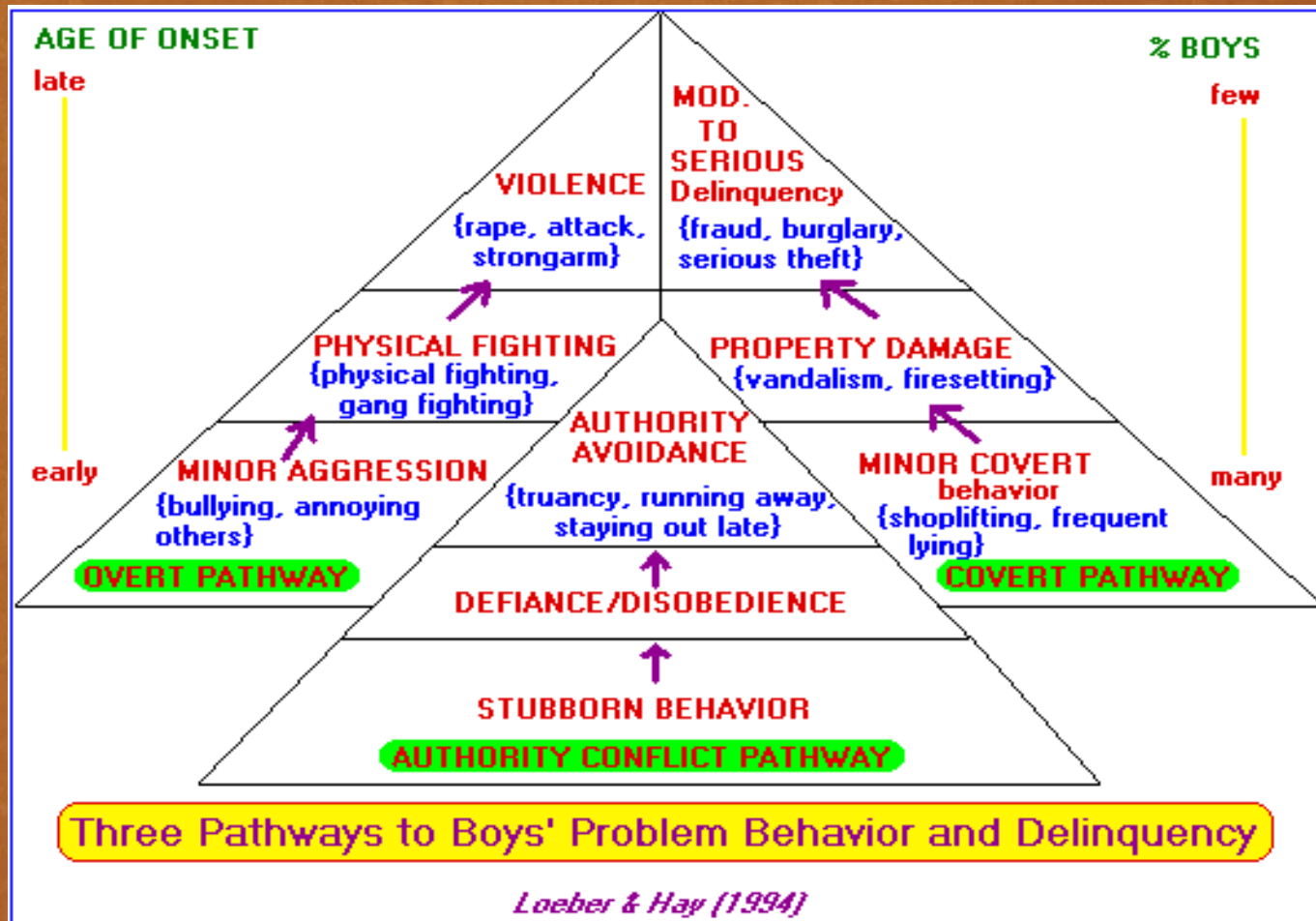
Reduction in  
Re-offending  
rate;  
improved  
functioning



# Assessing Risk

- Prediction for re-offending for individuals needs to improve, but at group level have data that identify factors that are associated with reoffending
  - Examples: Early initiation of delinquent behavior, including substance use; prior delinquent offenses; asocial peers; poor school attendance/achievement; family problems





# Assessing Needs and Matching

## 1. Use Instruments that examine criminogenic needs

Dynamic risk factors for delinquency such as substance use, peer relations, impulsivity and family conflict that are CURRENT & MALLEABLE

- CANS-JJ: Child & Adolescent Needs & Strengths – Juvenile Justice
- YLS- CM: Youth Level of Services – Case Management Inventory

## 2. Match to intervention with an evidence base indicating mitigation the dynamic factors.



# Outcomes

## Positive Effects, consistent Evidence

Non-Institutionalized	Institutionalized
Individual Counseling	Interpersonal Skills
Interpersonal Skills	Teaching family homes
Behavioral programs	

## Positive Effects, less consistent Evidence

Non-Institutionalized	Institutionalized
Multiple Services	Behavioral Programs
Restitution, probation/parole	Community Residential
	Multiple Services



# Outcomes

## Mixed-Generally Positive Effects, Inconsistent Evidence

Non-Institutionalized	Institutionalized
Employment Related	Individual Counseling
Academic Programs	Guided Group Counseling
Advocacy/Casework	Group Counseling
Family Counseling	
Group Counseling	

## Weak/No Effects, Inconsistent Evidence

Non-Institutionalized	Institutionalized
Reduced Caseload (Parole/Probation)	Employment Related
	Drug Abstinence
	Wilderness/Challenge



# Outcomes

## Weak/No Effects, Consistent Evidence

Non-Institutionalized	Institutionalized
Wilderness/Challenge	Milieu Therapy
Early Release, Probation/Parole	
Deterrence Programs	
Vocational Programs	

Meta-Analysis of 200 studies by MW Lipsey, DB Wilson & L Cothorn in “Effective Interventions for Serious Juvenile Offenders”, OJJDP Juvenile Justice Bulletin (April 2000)



# SAMHSA Sequential Intercept

