

The Principles of Effective Intervention for Juvenile Justice

South Dakota Juvenile Justice Reinvestment Initiative

Native American Focus Group

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Presentation Overview

- Establishing the Principles of Effective Intervention
- Relevance of the Risk Principle
- Relevance of the Need Principle and the Big Four
- Relevance of the Responsivity Principle
- Relevance of the Fidelity Principle

Establishing the Principles of Effective Intervention (PEI)

Identifying What Works

- Research demonstrates what works in improving outcomes for individuals involved in the justice system;
 - Evidence-based practices (EBP) rely on current research and the best available data to guide policy and practice decisions
- **SDCL 26-8D-1** defines “treatment” when used in a juvenile justice context, as targeted interventions that utilize evidence-based practices to focus on juvenile risk factors, to improve mental health, and to reduce the likelihood of delinquent behavior

PEI—Effective at What?

- Principles of Effective Intervention are specifically related to effectiveness of rehabilitative efforts
- Goal of rehabilitation is to increase successful outcomes for youth

Principles of Effective Intervention

- The four principles of PEI are:
 - Risk
 - Need
 - Responsivity
 - Fidelity

Principles of Effective Intervention

- The foundation for what works in rehabilitating juveniles is adherence to the Principles of Effective Intervention (PEI)
 - **Risk Principle** – tells us **WHO** to target
 - **Need Principle** – tells us **WHAT** to target
 - **Responsivity Principle** – tells us **HOW** to effectively work with juveniles
 - **Fidelity Principle** – tells us how to do this work **RIGHT**
- Even the most evidence-based program or practice must adhere to these principles to be effective

Relevance of the Risk Principle

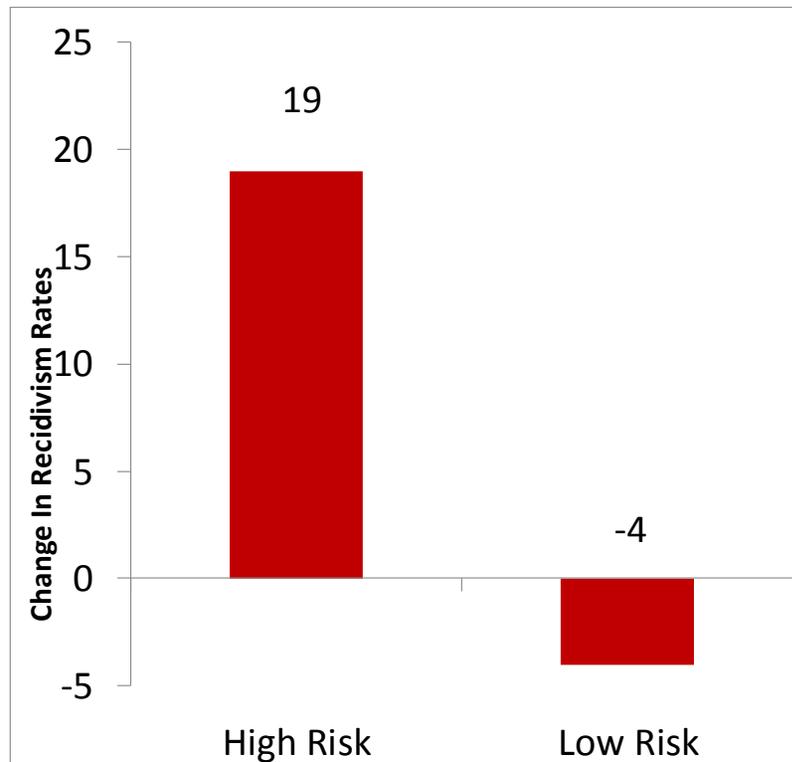
Risk Principle

- We can predict future delinquent behavior by assessing risk factors
 - The best way to assess juvenile risk factors is by conducting an actuarial assessment
- Target those youth with higher probability of future delinquency
- We want to *match* levels of supervision/placement/treatment/services to the risk level of the youth

Risk Principle

- Target those youth with higher probability of future delinquency
 - **High risk** juveniles are more likely to recidivate and are more active when they do recidivate
 - Require the most intensive intervention (supervision and treatment) for the high risk youth (dosage)
 - **Low risk** juveniles are not as likely to engage in future delinquency
 - Too much intervention or “over-treatment” can increase likelihood of delinquency

Risk Principle



Dowden & Andrews, 1999a

- Dowden and Andrews's meta-analysis shows that when there are interventions targeted at high risk, recidivism is reduced 19%, but target the low risk and recidivism increased 4%
- Knowing who is high risk and who is low risk matters
- Using a risk assessment to properly classify youth is essential

Risk Principle

- *Why might dosage matter based on the risk level?*
- Low risk youth may learn antisocial behaviors and attitudes when engaging with high risk youth
- While increased dosage works to disrupt antisocial networks of the high risk juveniles, it decreases prosocial networks for low risk

(Latessa, 2011)

Risk Principle

- Adherence to the risk principle does not provide an 100% guarantee to reduce delinquency
- However, the risk principle provides clear direction

Relevance of the Need Principle and the Big Four

Need Principle

- Certain factors are tied to delinquent behavior
- Targeting these factors will result in a reduction in future delinquency
 - **Risk factor** = any characteristic related to recidivism (static or dynamic)
 - **Criminogenic** = crime-producing
 - **Criminogenic needs** = risk factors which predict recidivism AND are dynamic

Need Principle

- Research shows that targeting key criminogenic risk factors will produce the best reduction in risk
 - “Big Four” (Andrews & Bonta, 1994):
 - Antisocial attitudes
 - Antisocial peers
 - Antisocial personality
 - History of antisocial behavior
 - Other criminogenic risk factors:
 - Substance abuse
 - Education/employment
 - Low family affection/poor supervision/poor communication
 - Leisure & recreation

Need Principle

- Field struggles with targeting the Big Four
 - Easier to identify if the more objective criminogenic needs are being addressed
 - confirm youth is attending school
 - conduct drug tests
 - confirm youth is participating in programming
- Failing to match proper services with criminogenic needs increases likelihood of recidivism (Vieria et al., 2009)

Need Principle

- One international study that looked at the risk factors associated with heart attack
- Gathered data on all heart attacks
- Compared to case-matched controls

Need Principle

Risk Factors of Heart Attack:

- 1) Increased LDL/HDL ratios (i.e., elevated LDL and low HDL levels)
- 2) Smoking
- 3) Diabetes
- 4) Hypertension
- 5) Abdominal obesity
- 6) Psychosocial (i.e., stress or depression)
- 7) Failure to eat fruits and vegetables daily
- 8) Failure to exercise
- 9) Failure to drink any alcohol

Need Principle

- The risk of heart attack for individuals who had all 9 of these factors was almost 130 times higher than for somebody with none of them
- The first two of these risk factors (bad lipid readings and smoking) predicted 2/3 of all heart attacks

Need Principle

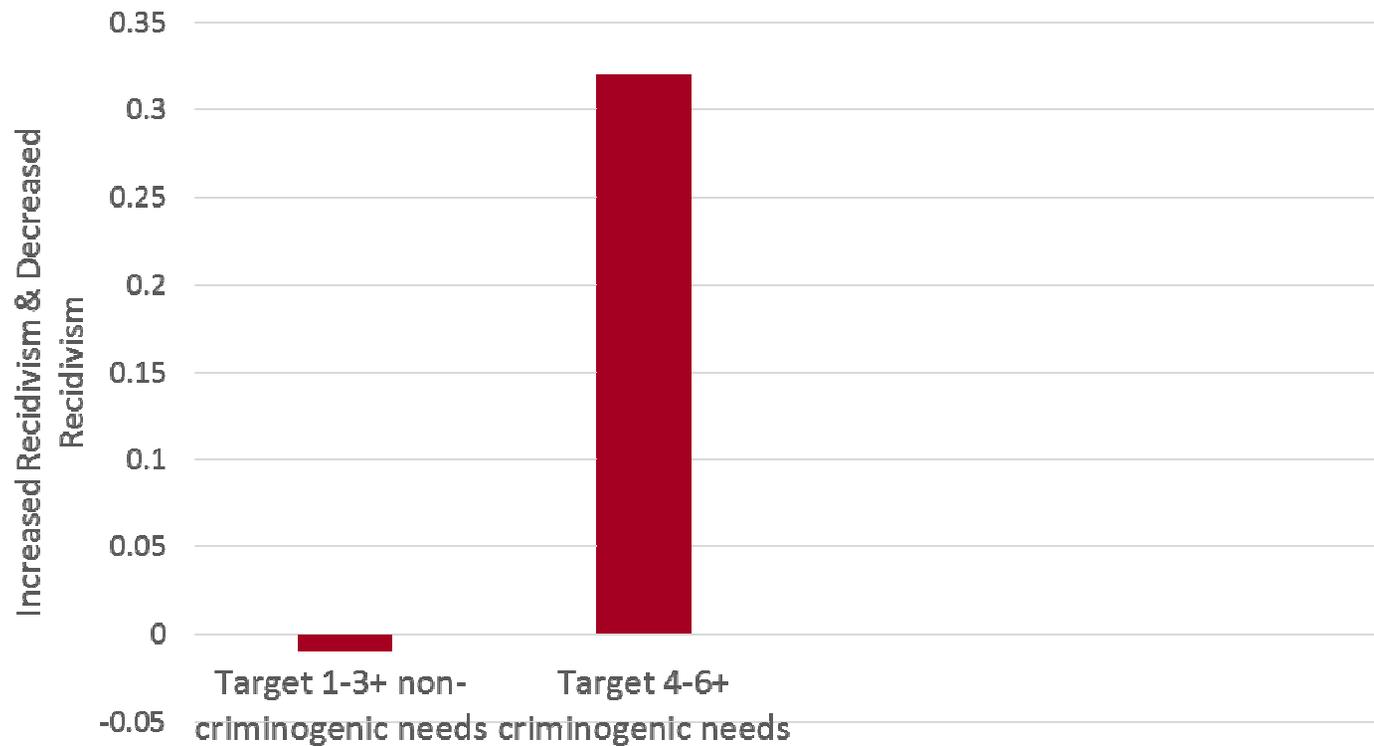
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- 9) Failure to drink any alcohol
- 1) Attitudes
- 2) Peers
- 3) Personality
- 4) Substance Abuse
- 5) Family
- 6) Education/Employment
- 7) Recreation
- 8) Accommodations
- 9) Financial

Need Principle

- The primary targets of programs and interventions need to address criminogenic needs to reduce future delinquency
- Non-criminogenic needs
 - Anxiety
 - Creative abilities
 - Medical needs
 - Physical conditioning

Need Principle

Criminogenic Needs Meta-Analysis



Source: Gendreau P., French S.A., and A. Taylor (2002). What Works (What Doesn't Work) Revised 2002 Invited Submission to the International Community Corrections Association Monograph Series Project

Need Principle

- Current research does not suggest that mental health issues are a criminogenic need, meaning they are not significantly associated with criminal and delinquent behavior
 - We should not ignore mental health as it does impact success in programming and interventions → this makes it a **responsivity factor**

Need Principle

- Must assess and identify criminogenic needs
- Must target the dynamic 'Big Four' criminogenic needs and then the secondary criminogenic needs
- Need to reduce or eliminate focus on non-criminogenic needs exclusively
- The relevance of the need principle is that it tells us what to target and what not to focus on in programmatic and supervisory interventions

Relevance of the Responsivity Principle

Responsivity Principle

- What components need to be understood to help a youth benefit from supervision and treatment?
 - ✓ Culture
 - ✓ Language
- What gets in the way of the youth benefiting from supervision and treatment?
 - ✓ Take into account individual learning styles
 - ✓ Consider barriers to interventions
- Targeting responsivity factors will increase the likelihood for success

Responsivity Principle

General Responsivity

- Interventions and programs that are based on cognitive-behavior/social learning theories are generally responsive to youth

Specific Responsivity

- Juveniles learn differently and have individual and personal factors that should be prioritized to increase success in programs and interventions

Responsivity Principle

General Responsivity

- Two meta-analyses found that program models integrating general responsivity are more successful and beneficial for improving outcomes for youth
 - Program models followed a cognitive behavioral approach
 - Programs with therapeutic philosophies rather than a control-oriented focus are more successful
 - Programs that operate within the community saw greater reductions in recidivism than those in institutional settings

Responsivity Principle

Specific Responsivity

- Components to be prioritized during programming
 - ✓ Culture
 - ✓ Language
- Barriers removed prior to treatment
 - ✓ Acute mental illness
 - ✓ Transportation
 - ✓ Child care for youth who are parents
- Factors needing accommodation during programming
 - ✓ Learning or cognitive disabilities
 - ✓ Anxiety & depression
 - ✓ Trauma and victimization
 - ✓ Motivation

Responsivity Principle

- The relevance of the responsivity principle is to:
 - Identify individual and personal factors that should be prioritized during interventions and programming
 - Remove barriers to and during interventions and programming



Relevance of the Fidelity Principle

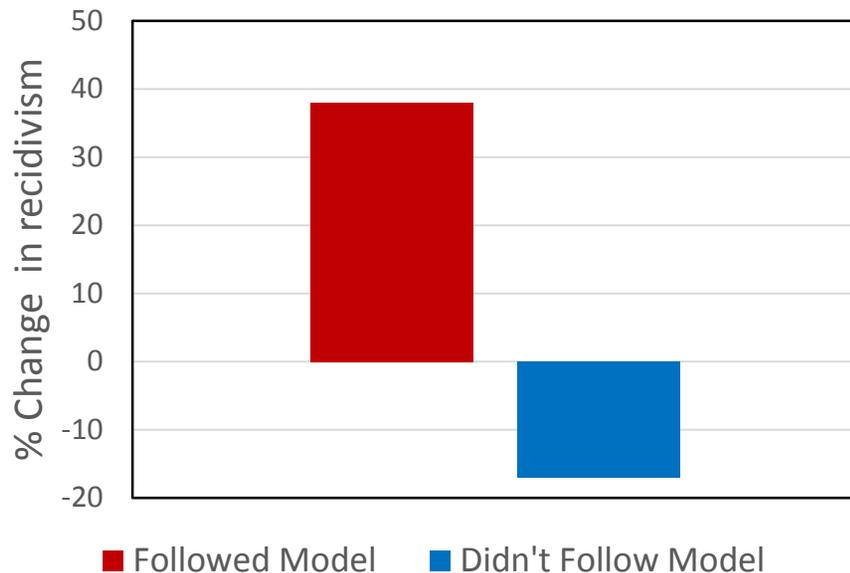
Fidelity Principle

- The Fidelity Principle tells us how to do this work right
 - ✓ Risk assessment tools, interventions, and programs must be implemented with fidelity to achieve the outcomes reported in the research
 - ✓ Staff must be provided the proper tools, training, and ongoing to coaching and support to reduce the likelihood of drift
 - ✓ Cultural knowledge, awareness and sensitivity must be required of staff to increase success and improve outcomes

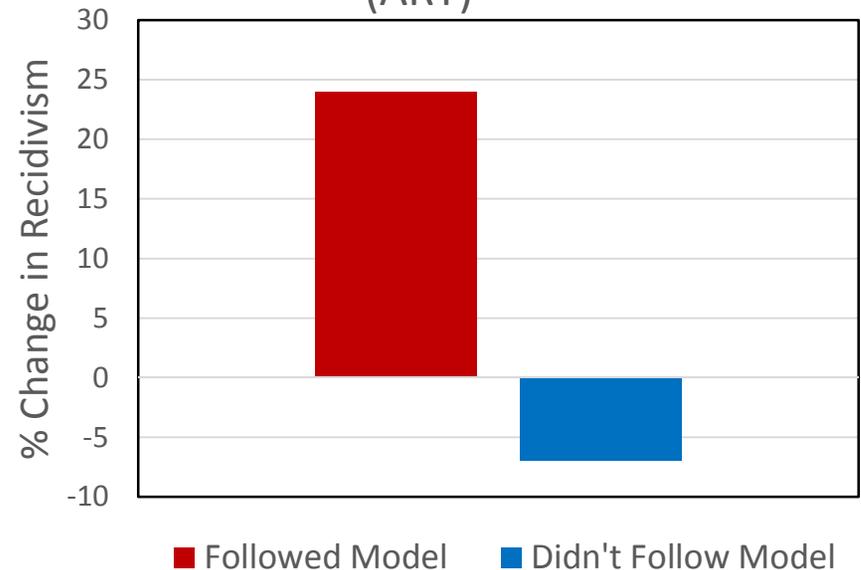
Fidelity Principle

- Research has shown that when a program is delivered with fidelity to the model recidivism rates can be significantly decreased

Functional Family Therapy (FFT)



Aggression Replacement Training (ART)



Fidelity Principle

- The relevance of the fidelity principle is to move toward the adoption and dissemination of knowledge about the principles of effective intervention
- By integrating the fidelity principle into our work, we account for risk, need and responsivity and are more likely to achieve better outcomes for youth

Summary

- Adherence to all four principles – risk, need, responsiveness, and fidelity – will increase success
 - Assessing risk and needs identifies the youth who will benefit most from targeted programs and interventions
 - Prioritizing responsiveness helps support the youth achieving maximum benefits from programs and interventions
 - Focusing on fidelity ensures risk, need, and responsiveness are addressed correctly

Summary



Disclaimer

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