

# Most commonly used community-based interventions for youth under probation supervision

## PROGRAM SUMMARIES

**Multi-Systemic Therapy (MST)** is an intensive family- and community-based therapy for youth with antisocial behaviors; for juveniles, MST is designed for violent and chronic offenders. The intended outcomes are to reduce recidivism and out-of-home placements; improve family functioning; decrease substance use; reduce mental health problems for serious juvenile offenders.

**Brief Strategic Family Therapy® (BSFT)** is designed to (1) prevent, reduce, and/or treat adolescent behavior problems such as drug use, conduct problems, delinquency, sexually risky behavior, aggressive/violent behavior, and association with antisocial peers; (2) improve prosocial behaviors such as school attendance and performance; and (3) improve family functioning, including effective parental leadership and management, positive parenting, and parental involvement with the child and his or her peers and school.

**Aggression Replacement Training® (ART)** is a cognitive behavioral intervention program that specifically targets chronically aggressive children and adolescents. ART aims to help adolescents improve social skill competence and moral reasoning, better manage anger, and reduce aggressive behavior.

**Trauma Affect Regulation: Guide for Education and Therapy (TARGET)** is an educational and therapeutic approach for the prevention and treatment of PTSD. TARGET provides a seven-step sequence of skills - the FREEDOM Steps - that are designed to enable youth and adults to understand and gain control of trauma-related reactions triggered by current daily life stresses.

**Intensive In-Home Child & Adolescent Psychiatric Services (IICAPS)** provides home-based treatment to children, youth and families in their homes and communities. Intensive clinical services and support are offered to children and youth returning from out-of-home care or who are at risk of requiring out-of-home care due to psychiatric, emotional, or behavioral difficulties.

**Voices: A Program of Self-Discovery and Empowerment for Girls: Second Edition** is a group intervention based on the realities of girls' lives and the principles of gender responsiveness; it is also grounded in theory, research, and clinical experience. The program includes modules on self, connecting with others, healthy living, bullying, the pressures of social media, human sex trafficking, binge drinking, texting, social media, and several other topics.

**Motivational Enhancement Therapy & Cognitive-Behavioral Therapy (MET/CBT)** is a method of treatment that incorporates the power of peer influence into group sessions. It provides ways in which youth are motivated to change, training tips for building the skills necessary to increase social support, how to engage in non-drug related activities, and avoidance and coping mechanisms to deal with any potential relapse issues.

**Viewpoints (Social Problem Solving Training)** focuses on education about emotions, teaching basic social skills such as cooperation and communication, teaching problem-solving skills and perspective taking, and teaching cognitive self-control. The main techniques used in Viewpoints include didactic education, in-session writing assignments, role-playing, and guided discussion.

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## *EXPLANATION OF MODEL TYPES AND OFFERINGS THROUGH SERVICE CENTERS*

Full Name	Model Type	JRRC	YES	CYFSC	FSC
Multi-Systemic Therapy	In-Home Therapy				
Brief Strategic Family Therapy	In-Home Therapy	✓	✓		
Aggression Replacement Training	Group intervention within larger program	✓	✓	✓	✓
Trauma Affect Regulation: Guide for Education and Therapy	Group intervention within larger program	✓	✓	✓	✓
Intensive In-Home Child & Adolescent Psychiatric Services	In-Home Therapy				
Voices	Group intervention within larger program	✓	✓	✓	✓
Motivational Enhancement Therapy & Cognitive-Behavioral Therapy	Group intervention within larger program	✓	✓	✓	✓
Viewpoints (SPST)	Group intervention within larger program	✓	✓		