









Juvenile Program Inventory October 8, 2018

Program Name	Rating	EBP Registry	Santa Barbara Program Description	Provider	Primary Pop.	Average Duration of Program	Service Location			In custody	Out of Custody	Criminogenic Needs Addressed						Other Outcomes of Interest
							Santa Barbara	Santa Maria	Lompoc			Family Circumstances/Parenting Education/Employment	Peer Relations	Substance Abuse	Leisure/Recreation	Personality/Behavior Attitudes/Orientation		
Multidimensional Family Therapy	●	California Evidence-Based Clearinghouse for Child Welfare, Crime Solutions.gov, NREPP	Multidimensional Family Therapy (MDFT) is a comprehensive and multisystemic family-based outpatient or partial hospitalization (day treatment) program for substance-abusing adolescents, adolescents with co-occurring substance use and mental disorders, and those at high risk for continued substance abuse and other problem behaviors such as conduct disorder and delinquency. Working with the individual youth and his or her family, MDFT helps the youth develop more effective coping and problem-solving skills for better decision-making and helps the family improve interpersonal functioning as a protective factor against substance abuse and related problems. NEW	CADA	11-18 (Adolescent)	12 to 16 weekly or twice weekly 60- to 90-minute sessions				✓								
Trauma-Focused Cognitive Behavioral Therapy (TF-CBT)	●	NREPP	Trauma Focused Cognitive Behavior Therapy (TF-CBT) is used to help children and adolescents recover after trauma. TF-CBT is a structured short term treatment model that is effective in improving a range of trauma related symptoms in 8-25 sessions. Symptoms addressed can include PTSD symptoms as well as problems with depression and anxiety and behavioral symptoms. In addition to being effective in reducing symptoms in the child who experienced trauma, it also has had success in improving caregiver-parent relationships by providing conjoint sessions as well as collateral sessions with the parent which often results in reducing parent's distress regarding the traumatic event, parenting skills, and supportive interactions with the child.	CALM	Sexually exploited youth	8-25 Sessions	  		Outreach provided	✓								

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Dialectical Behavior Therapy	●	NREPP	Dialectical Behavior Therapy (DBT) is a cognitive-behavioral treatment approach with two key characteristics: a behavioral, problem-solving focus blended with acceptance-based strategies, and an emphasis on dialectical processes. DBT has five components: (1) capability enhancement (skills training); (2) motivational enhancement (individual behavioral treatment plans); (3) generalization (access to therapist outside clinical setting, homework, and inclusion of family in treatment); (4) structuring of the environment (programmatic emphasis on reinforcement of adaptive behaviors); and (5) capability and motivational enhancement of therapists (therapist team consultation group). DBT emphasizes balancing behavioral change, problem-solving, and emotional regulation with validation, mindfulness, and acceptance of patients	CALM	Sexually exploited youth	Varies				Outreach provided	✓							
Seeking Safety	●	California Evidence-Based Clearinghouse for Child Welfare	Seeking Safety is a present-focused treatment for clients with a history of trauma and substance abuse. The treatment was designed for flexible use: group or individual format, male and female clients, and a variety of settings (e.g., outpatient, inpatient, residential). Seeking Safety consists of 25 topics that can be conducted in any order and number.	CADA, Coast Valley	12-17 (Adolescent)	16 weeks (2 x wk., 1.5 hrs. ea.)					✓							
Moral Reconciliation Therapy (MRT)	●	NREPP	MRT is a systematic treatment strategy that seeks to decrease recidivism among criminal offenders by increasing moral reasoning. Its cognitive-behavioral approach combines elements from a variety of psychological traditions to progressively address ego, social, moral, and positive behavioral growth.	FSA, CADA, Coast Valley	13-17 (Adolescent)	24 weeks (2 x wk.) . Participants meet in groups once or twice weekly and can complete all steps of the MRT program in a minimum of 3 to 6 months				LPBC SMJH	✓							

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Strengthening Families	●	NREPP, Crime Solutions.gov	The Strengthening Families Program (SFP) is a family skill training program designed to increase resilience and reduce risk factors for behavioral, emotional, academic, and social problems in youth. The Parenting Skills sessions are designed to help parents learn to increase desired behaviors in children by using attention and rewards, clear communication, effective discipline, substance use education, problem solving, and limit setting. The Children's Life Skills sessions are designed to help children learn effective communication, understand their feelings, improve social and problem-solving skills, resist peer pressure, understand the consequences of substance use, and comply with parental rules. In the Family Life Skills sessions, families engage in structured family activities, practice therapeutic child play, conduct family meetings, learn communication skills, practice effective discipline, reinforce positive behaviors in each other, and plan family activities together.	FSA	13-17 (Adolescent)	14 weekly, 2-hour sessions					✓							
Reasoning & Rehabilitation for Youth	●	What Works in Reentry	Reasoning and Rehabilitation (R&R) is a program targeting the cognitive foundations of offenders' behaviors. It aims to build skills in areas such as self-control, interpersonal problem-solving, and critical reasoning.	Good Samaritan & CADA for girls; and CAC & CSI for boys	14-17 females; 13-18 males	14 lessons 2x week for 1.5 hours (up to 2.0 hours for girls)					✓							
Joven Noble	●	NREPP	Joven Noble is a youth development, support, and leadership enhancement curriculum designed to strengthen protective factors among male youth ages 10-24. The curriculum aims to promote the character development of young men and facilitate continued "rites of passage" development with the goals of reducing and preventing unwanted or unplanned pregnancies, substance abuse, community violence, and relationship violence. The curriculum also promotes responsible and respectful behavior in relationships with significant others. Sessions involve a mixture of activities and teaching methods (e.g., testimony by role models, skits) relating to a young person's self, family, and community while focusing on the four core teachings.	CAC	Male youth ages 10-24	18 hours / 12 sessions					✓							

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Wraparound	●	California Evidence-Based Clearinghouse for Child Welfare	Wraparound is a team-based planning process intended to provide individualized and coordinated family-driven care. Wraparound is designed to meet the complex needs of children who are involved with several child and family-serving systems (e.g., mental health, child welfare, juvenile justice, special education, etc.), who are at risk of placement in institutional settings, and who experience emotional, behavioral, or mental health difficulties. The Wraparound process requires that families, providers, and key members of the family's social support network collaborate to build a creative plan that responds to the particular needs of the child and family. Team members then implement the plan and continue to meet regularly to monitor progress and make adjustments to the plan as necessary. The team continues its work until members reach a consensus that a formal Wraparound process is no longer needed.	Casa Pacifica	Children/adolescents ages: 0 – 17 at risk for out of home placement	Varies	📍	📍	📍		✓							
Making Proud Choices	●	TPP Evidence Review	Making Proud Choices! California Addition* (MPC) is a nine-hour, multi-module, sex decision-making intervention designed to be educational, entertaining and culturally sensitive. It was designed to provide young adolescents with the knowledge, confidence, and skills necessary to reduce their risk of sexually transmitted diseases (STDs), HIV, and pregnancy by abstaining from sex or using condoms if they choose to have sex. It is based on cognitive-behavioral theories, findings from focus groups, and the authors' extensive experience working with youth. It is an adaption and extension of the Be Proud! Be Responsible! (BPBR) curriculum (also listed on PPN), integrating teen pregnancy prevention in addition to the HIV/STD prevention components. <i>*Updated to be in compliance with the California Healthy Youth Act. This requires it provide integrated medically accurate and unbiased comprehensive sexual health and HIV prevention info.</i>	CAC	Male and Females ages 12-18	9 hours (8 sessions) for CA Addition	📍	📍	📍	LPBC SMJH	✓							

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Matrix Model	▲	California Evidence-Based Clearinghouse for Child Welfare	The Matrix Model is an intensive outpatient treatment approach for substance abuse and dependence. The intervention consists of relapse-prevention groups, education groups, social-support groups, individual counseling, and urine and breath testing delivered over a 16-week period. Offenders learn about issues critical to addiction and relapse, receive direction and support from a trained therapist, become familiar with self-help programs, and are monitored for drug use by urine testing.	CADA, Coast Valley	13-17 (Adolescent)	16-32 weeks						✓							
The Parent Project's Changing Destructive Adolescent Behavior	▲	California Evidence-Based Clearinghouse for Child Welfare	Educational program that offers support, resources, and education to parents experiencing behavioral challenges raising children, teens or even young adults. Enrollment is open. Curriculum topics are independent from one another.	CADA	For parents & caregivers of children ages: 11 – 17 experiencing behavioral challenges.	6 wks.						✓							
Alternatives to Violence Project	▲	NREPP	The Alternative to Violence Project is a trauma-informed, interactive workshop program working to reduce violence by learning about relationships, communication, and conflict resolution through workshops in prisons, jails, and the community.	Collaboration between AVP/Santa Barbara Unified School District	Youth and their families							✓							
Youth Interactive	▲	What Works for Health	Youth Interactive offers an educational approach to meet the needs of students and the demands of life in a global economy. Youth Interactive creates youth led businesses and mentor students' creativity to ignite imagination and provide opportunities to develop life skills needed to succeed beyond school. All Youth Interactive students earn a pay check, school credits and learn to become career ready.	Youth Interactive	14 years to 24 years	16 to 30 weeks per year following the school semesters. (2x wk.) Participants meet in groups twice a week and can complete the basic entrepreneurial and vocational training in a minimum of 6-12 months.				LPBC									

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Eye Movement Desensitization and Reprocessing (EMDR)			NEED SANTA BARBARA PROGRAM DESCRIPTION	Behavioral Wellness through RISE program	Sexually exploited youth	Varies				Outreach provided	✓										
Trauma Resiliency Model (TRM)			NEED SANTA BARBARA PROGRAM DESCRIPTION	Behavioral Wellness through RISE program	Sexually exploited youth	Varies				Outreach provided	✓										
AHA!			<div style="background-color: #ccc; padding: 2px; text-align: center; font-weight: bold;">PREVENTATIVE PERPROGRAM</div> <p>AHA! Provides a preventative after school educational program and enrichment program promoting social emotional learning, peace building, and joy through connection, conversation, and creativity. Although AHA's programs are therapeutic it is not a therapy or rehabilitation program.</p>		High School age teens able to participate in group settings (after school program) & teens with leadership potential and maintain grades C or better (Peace Builders)	Fall/Spring runs for 10-13 weeks, Summer - 4 weeks					✓										



RESULTS FIRST INITIATIVE

Santa Barbara County

A Clearinghouse of Clearinghouses

Legend

- **Highest rated**
The program had a positive impact based on the most rigorous evidence.
- **Second-highest rated**
The program had a positive impact based on high-quality evidence.
- **Mixed effects**
The program had inconsistent impacts based on high-quality evidence. That is, study findings showed a mix of positive impact, no impact, and/or negative impact.
- **No effects**
The program had no impact based on high-quality evidence. That is, there was no difference in outcomes between program participants and those in the comparison group.
- **Negative effects**
The program had a negative impact based on high-quality evidence.
- ▲ **Insufficient evidence**
The program's current research base does not have adequate methodological rigor to determine impact.

The Pew-MacArthur Results First Initiative created the Results First Clearinghouse Database to provide users with an easy way to access and understand the evidence base for programs in social policy areas such as behavioral health, criminal justice, education, and public health. More specifically, it allows users to see if there have been rigorous evaluations of a program and, if so, to review information on the program's effectiveness.

The database contains information from NINE national clearinghouses that conduct systematic research reviews to identify what works.

The database compiles and displays key information from **nine national clearinghouses**, including the rating they assigned to each program and the program's description, outcomes, setting, and target population (where available). It also contains a link back to the program's original source page on the clearinghouse website so that users can obtain additional details.

Clearinghouses develop this information by reviewing and summarizing rigorous evaluations of programs within their focus area. Then, they assign a rating to each program using their own methodology and terminology (such as top tier, effective, positive, and model).

The database applies color-coding to the clearinghouses' distinct rating systems, creating a common language that allows users to quickly see where each program falls on a spectrum from negative impact to positive impact. This coding consists of five rating colors that correspond to different levels of impact as shown below.

To address the challenges posed by the existence of multiple clearinghouses, the Results First Clearinghouse Databases has reconciled the different systems and vocabularies and provided the data in a clear, accessible format.

