

## List of Evidence-Based Crime and Violence Prevention and Intervention Practices

PROVEN PROGRAMS	Programs in the PROVEN category are brand name programs that have been shown to reduce recidivism, substance use, and/or antisocial behavior in at least 2 trials, using strong research designs								
	Source of Rating				Description	Outcomes	Cost/Benefit Analysis (if available)		
	Blueprints	Lipse y	Top Tier	WSPP			Benefits	Costs	Benefit minus Cost
<b><u>DELINQUENCY &amp; RECIDIVISM</u></b>									
Nurse Family Partnership	X		X	X	Prevention program administered by registered nurses to at-risk mothers in home	38.2% reduction in recidivism for mothers 15.7% reduction in recidivism for children	\$27,092.00	\$6,336	\$20,756.00
Functional Family Therapy (FFT)	X			X	Intervention administered by therapist in-home focusing on family motivation, engagement & problem-solving	18.1% reduction in recidivism	\$52,156	\$2,380	\$49,776.00
Multidimensional Treatment Foster Care (MTFC)	X		X	X	Intervention administered by specially trained foster parents taking teen into their home; therapy for bio-parents	17.9% reduction in recidivism	\$95,879	\$6,926	\$88,953.00
Aggression Replacement Training (ART)				X	Intervention administered by trained staff to improve moral reasoning, aggression & anger management	8.3% reduction in recidivism	\$23,933	\$918	\$23,015.00
Multisystemic Therapy (MST)	X			X	Intervention administered by therapist to family & provides assistance with other systems	7.7% reduction in recidivism	\$22,058	\$4,364	\$17,694.00
<b><u>SUBSTANCE USE</u></b>									
Life Skills Training (LST)	X		X	X	Prevention of substance abuse provided in middle school classrooms	50%-75% reduction in tobacco, alcohol, & marijuana use			
Project Toward No Drug Abuse	X				Prevention of substance abuse aimed at high-school youth	22% prevalence reduction in 30-day marijuana use 26% prevalence reduction in 30-day hard drug use			
<b><u>ANTISOCIAL BEHAVIOR</u></b>									
Big Brothers/Big Sisters Mentoring	X				Prevention using volunteers as mentors for youth from single parent homes	About 33% less likely than control youth to hit someone			
Olweus Anti-Bullying Program	X				Prevention administered by school staff using school-wide, classroom & individual components	Reduction in reports of bullying and victimization; Reduction in general antisocial behavior such as vandalism, fighting, theft and truancy			
Promoting Alternative Thinking Strategies (PATHS)	X				Prevention promoting emotional and social competencies among elementary school children	Decreased report of conduct problems, including aggression Increased ability to tolerate frustration			
The Incredible Years	X				Prevention administered by parents & teachers to reduce antisocial behavior	Reductions in peer aggression in the classroom Reductions in conduct problems at home & school			

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PROVEN STRATEGIES	STRATEGIES in the PROVEN category are generic program strategies that have been found to reduce recidivism, substance use, and/or antisocial behavior in rigorous meta-analysis								
	Source of Rating				Description	Outcomes	Cost/Benefit Analysis (if available)		
	Blueprints	Lipsey	Top Tier	WSIPP			Benefits	Costs	Benefit minus Cost
<b>DELINQUENCY &amp; RECIDIVISM</b>									
Cognitive Behavioral Therapy		X		X	Prevention or Intervention using structured goal setting, planning & practice	26% reduction in recidivism (Lipsey) 11% reduction in recidivism (WSIPP)			
Behavioral programs		X		X	Prevention or Intervention that awards selected behaviors	22% reduction in recidivism			
Group Counseling		X			Prevention or intervention using group counseling led by a therapist	22% reduction in recidivism			
High School graduation				X	Prevention or intervention: graduation from high school	21.1% reduction in recidivism			
Mentoring		X			Prevention or intervention using mentoring by volunteer or paraprofessional	21% reduction in recidivism			
Case management		X			Prevention or intervention using case manager or case team to develop service plan & arranges services for juvenile	20% reduction in recidivism			
Counseling / psychotherapy		X		X	Prevention or intervention: individual counseling	16.6% reduction in recidivism (WSIPP) 5% reduction in recidivism (Lipsey)			
Pre-K education for low-income families				X	Prevention providing high-quality early childhood education	16.6% reduction in recidivism	\$15,461	\$612	\$14,849.00
Mixed counseling		X			Prevention or intervention: combination of individual, group and/or family	16% reduction in recidivism			
Teen Court				X	Intervention for juvenile offenders in which they are sentenced by their peers	14% reduction in recidivism	\$16,908	\$937	\$15,971.00
Family Counseling		X		X	Prevention or intervention: family counseling	13% reduction in recidivism			
Social skills training		X			Prevention or intervention: teaching social skills	13% reduction in recidivism			
Challenge programs		X			Prevention or intervention: provide opportunities for experimental learning by mastering tasks	12% reduction in recidivism			
Family Crisis Counseling		X			Prevention or intervention: short-term family crisis counseling	12% reduction in recidivism			
Mediation		X			Intervention where offender apologizes to victim & meets under supervision	12% reduction in recidivism			
Multiple coordinated services		X			Intervention providing a package of multiple services to juveniles	12% reduction in recidivism			
Restorative Justice for low-risk offenders		X		X	Intervention using victim-offender conferences & restitution	10% reduction in recidivism (Lipsey) 8% reduction in recidivism (WSIPP)	\$9,609	\$907	\$8,702.00
Academic training		X			Prevention or intervention: tutoring, GED programs, etc.	10% reduction in recidivism			
Service broker		X			Intervention using referrals for juvenile services with minimal role afterward	10% reduction in recidivism			
Sex offender treatment				X	Intervention using a cognitive-behavioral approach specifically for juvenile sex offenders	9.7% reduction in recidivism	\$57,504	\$33,842	\$23,662.00
Restitution		X			Intervention: offender provides financial compensation to victim and/or community service	9% reduction in recidivism			
Mixed counseling with referral		X			Intervention: supplementary referrals for other services	8% reduction in recidivism			
Job-related interventions		X			Prevention or intervention: vocational counseling, job placement, training	6% reduction in recidivism			
Peer Counseling		X			Prevention or intervention: peer group plays therapeutic role	4% reduction in recidivism			
Diversion with services				X	Intervention using citizen accountability boards & counseling compared to court supervision	3.1% reduction in recidivism			

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PROMISING PROGRAMS	Programs in the PROMISING PROGRAMS category are brand name programs that have been shown to reduce delinquency and recidivism, substance use, and/or antisocial behavior by using a strong research design, but outcomes have not yet been replicated								
	Source of Rating				Description	Outcomes	Cost/Benefit Analysis (if available)		
	Blueprints	Lips ey	Top Tier	WSIPP			Benefits	Costs	Benefit minus Cost
<b><u>DELINQUENCY &amp; RECIDIVISM</u></b>									
Seattle Social Development Project	X			X	Intervention administered by parents & teachers using social control & social learning	15.7% reduction in recidivism			
Family Integrated Transitions (FIT)				X	Intervention for the reentry of juveniles with mental illness & substance abuse	10.2% reduction in recidivism	\$54,045	\$9,970	\$44,753.00
TeamChild				X	Intervention: Attorneys advocate on behalf of juvenile for education, treatment, housing	9.7% reduction in recidivism			
Guiding Good Choices	X			X	Prevention: family-focused improvement of parenting skills	7.2% reduction in recidivism			
Parent-Child Interaction Therapy				X	Prevention program focusing on restructuring the parent-child bond	5.1% reduction in recidivism			
Behavioral Monitoring & Reinforcement Program	X				Prevention implemented in schools redirecting at-risk juveniles from delinquency	Less self-reported delinquency, school-based problems and unemployment Fewer county court records than peers			
<b><u>SUBSTANCE USE</u></b>									
CASASTART	X				Prevention combining case mgmt services, afterschool & summer activities	Less likely to report use of any drugs, gateway drugs, or stronger drugs Lower levels of violent crime Less likely to be involved in drug sales			
Project Northland	X				Intervention implemented throughout the community to reduce substance abuse	Decreased tendencies to use alcohol Less alcohol, cigarette, and marijuana use			
Strengthening Families	X				Prevention using a family-based approach to improve communication & relationships	Lower rates of alcohol initiation 30-60% relative reductions in alcohol use and being drunk			
Strong African American Families Program	X				Prevention of substance abuse using a family-based approach in African American families	Reduced initiation of alcohol use & slowed increase in use over time Developed stronger youth protective factors			
Project ALERT	X				Prevention of substance abuse implemented in the classroom	30% reduction in initiation of marijuana use 60% reduction in current marijuana use			
<b><u>ANTISOCIAL BEHAVIOR</u></b>									
Good Behavior Game	X				Prevention using behavior modification aimed at reducing disruptive behavior in the classroom	Less aggressive and shy behaviors Better peer nominations of aggressive behavior Reduction in levels of aggression for males			
Brief Strategic Family Therapy (BSFT)	X				Intervention administered by a therapist improving family interactions	Significant reductions in Conduct Disorder and Socialized Aggression			
FAST Track	X				Prevention to improve family & peer relationships in the classroom & at home	Better overall ratings by observers on children's aggressive, disruptive, and oppositional behavior in the classroom.			
I CAN PROBLEM SOLVE	X				Prevention school-based program teaching social problem-solving	Less impulsive and inhibited classroom behavior Better problem-solving skills			
Linking the Interests of Families and Teachers (LIFT)	X				Prevention school-based program increasing prosocial behavior	Decrease in physical aggression on the playground Significant increase in positive social skills and classroom behavior			

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INEFFECTIVE	Programs and strategies in the INEFFECTIVE category are those that do not reduce recidivism or risk factors or have an adverse outcome								
	Source of Rating						Cost/Benefit Analysis (if available)		
	Blueprints	Lips ey	Top Tier	WSIPP	Des cription	Outcomes	Benefits	Costs	Benefit minus Cost
<b><u>PROGRAMS</u></b>									
DARE (Drug Abuse Resistance Training)				X	Prevention school-based substance abuse program using uniformed police officers	No significant impact on use of alcohol, tobacco, or illicit drugs			
Guided Group Interaction				X	Intervention using a peer group to promote prosocial & restructure peer interaction	No reduction in recidivism			
<b><u>STRATEGIES</u></b>									
Boot Camps				X	Intervention emphasizing drill, teamwork, etc.	No reduction in recidivism			
Court supervision				X	Intervention using court supervision compared to releasing juvenile without services	No reduction in recidivism			
Intensive probation				X	Intervention using more than usual contact compared to incarceration	No reduction in recidivism			
Intensive probation supervision				X	Intervention using more than the usual contacts	No reduction in recidivism	\$0	\$1,650	-\$1,650.00
Intensive parole supervision				X	Intervention using more than the usual contacts	No reduction in recidivism	\$0	\$6,670	-\$6,670.00
Regular surveillance-oriented parole				X	Intervention involving post-release monitoring	No reduction in recidivism	\$0	\$1,237	-\$1,237.00
Deterrence		X			Intervention dramatizing the negative consequences of behavior	2% increase in recidivism			
Scared Straight				X	Intervention using prison inmates to confront first time offenders about the downside of criminal life	6.1% increase in recidivism	-\$17,410	\$60	-\$17,470.00
Discipline		X			Intervention teaching discipline to succeed & avoid reoffending	8% increase in recidivism			

PRINCIPLES OF EFFECTIVE IMPLEMENTATION	Each of these PRINCIPLES improves outcomes regardless of program or strategy content								
	Source of Rating						Cost/Benefit Analysis (if available)		
	Blueprints	Lips ey	Top Tier	WSIPP	Des cription	Outcomes	Benefits	Costs	Benefit minus Cost
FIDELITY: Integrity of treatment implementation	X	X	X	X	Having procedure to ensure staff stick to protocol improves outcomes				
Focus on high-risk youth		X			More needs, More room for improvement, higher costs of failure				
Longer duration of treatment		X			Dosage matters: Too few sessions can be ineffective				
Communities That Care (CTC)	X				Prevention forming coalition, determining needs, selecting programs				
Tracking outcomes	X	X	X	X	Track outcomes particularly when implementing strategies				