

PCCD Selected Evidence-based Programs

Program Name	Summary	Target Population	Targeted Risk Factors	Targeted Protective Factors
Aggression Replacement Training®	ART® is a cognitive behavioral intervention program to help children and adolescents improve social skill competence and moral reasoning, better manage anger, and reduce aggressive behavior.	Delinquent youth ages 12-17 years	<ul style="list-style-type: none"> • Favorable Attitudes Toward Antisocial Behavior • Peer Rewards for Antisocial Behavior • Rebelliousness • Family Conflict 	<ul style="list-style-type: none"> • Community Opportunities for Prosocial Involvement • Belief in the Moral Order
Big Brothers Big Sisters	Big Brothers Big Sisters (BBBS) is the oldest and largest youth mentoring organization in the United States and their effective approach to mentoring, with formalized standards and required procedures, has led to proven outcomes for positive youth development. Their goal is to help children reach their potential through professionally supported, community-based, one-to-one relationships with mentors.	Youth ages six through 18 years	<ul style="list-style-type: none"> • Poor Academic Performance • Lack of Commitment to School • Family Conflict • Friends' Delinquent Behavior • Friends Use of Drugs • Peer Rewards for Antisocial Behavior • Favorable Attitudes Toward Antisocial Behavior • Favorable Attitudes Toward ATOD Use • Low Perceived Risks of Drug Use • Early Initiation of Drug Use 	<ul style="list-style-type: none"> • Community Opportunities for Prosocial Involvement • Community Rewards for Prosocial Involvement • Family Opportunities for Prosocial Involvement
Functional Family Therapy	Functional Family Therapy (FFT) is short-term family therapy program for at-risk and juvenile justice involved youth. FFT can be used as an alternative to incarceration or out-of-home placement. FFT Therapists meets with families at least once per week and more often, if needed. Treatment moves through five phases over the course of three to four months. In PA, FFT is home-based.	Youth ages 10-18 who exhibit mild to severe behavior problems and their families. Youth may be at risk for delinquency or deeply involved with the juvenile justice system.	<ul style="list-style-type: none"> • Poor Family Management • Family Conflict • Family History of Antisocial Behavior • Parental Attitudes Favorable Toward ATOD Use & Antisocial Behavior • Rebelliousness • Friends' Delinquent Behavior & Use of Drugs 	<ul style="list-style-type: none"> • Family Attachment • Family Opportunities for Prosocial Involvement • Family Rewards for Prosocial Involvement

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<p>The Incredible Years</p>	<p>The Incredible Years series is a set of three comprehensive, multi-faceted, and developmentally-based curriculums for parents, teachers and children designed to promote emotional and social competence and to prevent, reduce, and treat behavior and emotion problems in young children.</p> <p>Incredible Years BASIC Training for Parents includes three programs targeting parents of high-risk children and/or those displaying behavior problems. It promotes children's social competence and reduces behavior problems, reinforce interpersonal skills, and teach parenting approaches designed to promote children's academic skills.</p> <p>Incredible Years Training for Teachers emphasizes effective classroom management skills.</p> <p>Incredible Years DINA and Small Group Training for Children emphasizes training children in emotional literacy, empathy or perspective taking, friendship skills, anger management, interpersonal problem solving, school rules and how to be successful at school. The treatment version is designed for use as a "pull out" treatment program for small groups of children exhibiting conduct problems. The prevention version is delivered to the entire classroom by regular teachers, two to three times a week.</p>	<p>Children ages two to eight</p>	<p>BASIC Parent program:</p> <ul style="list-style-type: none"> • Poor Family Management • Family Conflict • Family History of Antisocial Behavior <p>IYS DINA Classroom and Small Group Therapy:</p> <ul style="list-style-type: none"> • Poor Academic Performance • Favorable Attitudes Towards Antisocial Behavior • Peer Rewards for Antisocial Behavior 	<p>BASIC Parent program:</p> <ul style="list-style-type: none"> • Family Attachment • Family Opportunities for Prosocial Involvement • Family Rewards for Prosocial Involvement <p>IYS DINA Classroom and Small Group Therapy:</p> <ul style="list-style-type: none"> • School Opportunities for Prosocial Involvement • School Rewards for Prosocial Involvement

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LifeSkills Training Program	LifeSkills Training (LST) is a multi-component substance abuse prevention curriculum addressing social, psychological, cognitive, and attitudinal factors that have been shown to be associated with the use of various legal and illegal substances. The primary objective of the program is to enhance the development of basic life skills, personal competence, and skills related to the resistance of the social influences that promote substance use.	Youth in grades six or seven	<ul style="list-style-type: none"> • Low Perceived Risks of Drug Use • Early Initiation of Drug Use • Sensation Seeking Rebelliousness • Friends' Delinquent Behavior Peer Rewards for Antisocial Behavior • Favorable Attitudes toward Antisocial Behavior • Favorable Attitudes toward Alcohol, Tobacco, and Other Drug Use 	<ul style="list-style-type: none"> • School Opportunities for Prosocial Involvement • School Rewards for Prosocial Involvement
Multidimensional Treatment Foster Care - Adolescent	<p>Multidimensional Treatment Foster Care for Adolescents (MTFC-A) is a cost effective alternative to congregate out-of-home placement for adolescents who have problems with chronic and severe behavior problems. Youth are placed in an MTFC home for six to nine months, with the ultimate goal of discharge to a stable community placement.</p> <p>The youth should have an identified aftercare family/ caregiver or a plan for independent living. MTFC is <i>not</i> intended as an emergency placement.</p>	Youth ages 12 to 17, typically with a history of multiple failed placements and chronic, severe behavior problems.	<ul style="list-style-type: none"> • Poor Family Management • Poor Academic Performance • Lack of Commitment To School • Rebelliousness • Friends' Delinquent Behavior • Friends' Use of Drugs • Favorable Attitudes Toward Antisocial Behavior & ATOD Use 	<ul style="list-style-type: none"> • Community Opportunities for Prosocial Involvement • Family Attachment • Family Opportunities for Prosocial Involvement • Family Rewards for Prosocial Involvement
Multisystemic Therapy	Multisystemic Therapy (MST) is an intensive family and community-based treatment for youth at high risk of out-of-home placement due to severe or chronic behavior problems or delinquency. MST is delivered in the home, school, and community by an MST Therapist who meets with the youth, caregivers, and/or others in the youth's ecology multiple times per week for 4 to 5 months.	Youth ages 12-17 at high risk of out-of-home placement due to severe or chronic behavior problems.	<ul style="list-style-type: none"> • Poor Family Management • Family Conflict • Family History of Antisocial Behavior • Parental Attitudes Favorable Toward ATOD Use & Antisocial Behavior • Poor Academic Performance • Lack of Commitment to School • Friends' Delinquent Behavior • Friends' Use of Drugs • Favorable Attitudes Toward Antisocial Behavior & ATOD Use • Sensation Seeking 	<ul style="list-style-type: none"> • Community Opportunities for Prosocial Involvement • Family Attachment • Family Opportunities for Prosocial Involvement • Family Rewards for Prosocial Involvement • School Opportunities for Prosocial Involvement • School Rewards for Prosocial Involvement

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Olweus Bullying Prevention Program	Olweus Bullying Prevention Program is a universal intervention for the reduction and prevention of bullying. The program targets students in elementary, middle, and junior high school. School staff has primary responsibility for the introduction and implementation of the program.	Youth in kindergarten through eighth grade	<ul style="list-style-type: none"> • Poor Academic Performance • Lack of Commitment to School • Peer Rewards for Antisocial behavior • Favorable Attitudes Toward Antisocial Behavior 	<ul style="list-style-type: none"> • School Opportunities for Prosocial Involvement • School Rewards for Prosocial Involvement
Project Towards No Drug Abuse	Project Towards No Drug Abuse (TND) is a classroom-based drug abuse prevention curriculum implemented at the high school level. The instruction to students provides cognitive motivation enhancement activities (to not use drugs), detailed information about the social and health consequences of drug use, and correction of cognitive misperceptions. The instruction also addresses topics including active listening, effective communication skills, stress management, coping skills, tobacco cessation techniques, and self-control to counteract risk factors for drug abuse relevant to older teens.	High school youth ages 14-19	<ul style="list-style-type: none"> • Norms Favorable to Drug Use • Favorable Attitudes towards ATOD use • Favorable Attitudes towards Anti-social behavior • Low Perceived Risks of Drug Use • Low School Commitment • Peer Rewards for Anti-Social Behavior • Exposure to community/cultural norms that do not favor antisocial behaviors and substance use • Poor Social Skills 	<ul style="list-style-type: none"> • School Opportunities for Prosocial Involvement • School Rewards for Prosocial Involvement • Belief in the Moral Order
Promoting Alternative Thinking Strategies (PATHS)	<p>PATHS is a comprehensive program for promoting emotional and social competencies and reducing aggression and behavior problems in elementary school-aged children while simultaneously enhancing the educational process in the classroom. Information and activities are also included for use with parents.</p> <p>PATHS has been field-tested and researched with children in regular education classroom settings, as well as with a variety of special needs students (deaf, hearing-impaired, learning disabled, emotionally disturbed, mildly mentally delayed, and gifted).</p>	All elementary school aged-children. Ideally, it should be initiated at the entrance to schooling and continue through Grade 5.	<ul style="list-style-type: none"> • Favorable Attitudes Towards Antisocial Behavior • Peer Rewards for Antisocial Behavior • Poor Academic Performance • Lack of Commitment to School 	<ul style="list-style-type: none"> • School Opportunities for Prosocial Involvement • School Rewards for Prosocial Involvement

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Strengthening Families Program: For Parents and Youth 10-14	<p>The Strengthening Families Program: For Parents and Youth 10-14 (SFP 10-14) is an empirically supported program developed by Virginia Molgaard Ph.D. and others at Iowa State University. The program uses realistic videos, role-playing, discussions, learning games, and family projects to enhance parenting skills, build life skills in youth, and strengthen family bonds and communication. The program has demonstrated effectiveness in increasing caregivers' ability to set appropriate limits and show affection and support to their youth and in promoting skills in youth, such as coping and peer pressure resistance. Research has also demonstrated long-term impacts on adolescent substance use, aggression, and academic performance.</p>	<p>Youth ages 10 through 14 and their parent(s) or caregivers(s)</p>	<ul style="list-style-type: none"> • Negative youth and family management practices: harsh, inappropriate, or inconsistent discipline, indulgence, poor monitoring, demanding/rejecting behavior, and poor communication of rules • Youth aggressive or withdrawn behavior • Favorable attitudes toward problem behaviors and substance use • Negative peer influences • Poor social/stress management skills • Family conflict • Early initiation and persistent antisocial behavior • Poor school performance 	<ul style="list-style-type: none"> • Positive youth and family management practices: monitoring, age-appropriate parental expectations, and consistent discipline • Effective and empathetic parent-child communication • Promotion of healthy beliefs and clear standards • Family bonding and supportive family involvement • Goals/positive future orientation • Positive parent-child affect • Emotion management • Pro-social family values • Peer pressure refusal skills • Pro-social peer relationships