

# Juvenile Defenders Association of PA

## “What Psychologists have to offer”

Howard S Rosen, PhD  
Hempfield Behavioral Health  
HowardSRosenHBH@gmail.com



# HBH Mission

Hempfield Behavioral Health, Inc. (HBH) is the leading provider of evidence-based behavioral health prevention and treatment services in central Pennsylvania. The mission of HBH is to take proven programs for the prevention or treatment of child abuse, delinquency, youth violence, school failure, and mental illness and implement them under actual community-based conditions.

# What can psychologists offer?

- Case conceptualization
- Goal Formulation
- Trouble-shooting (emotions and magical thinking)
- Review of LRA/MAS
- Risk/Benefit analysis of various treatment options
- Linkage to EBP
- Assessment of program fit
- Program accountability and outcomes
- LOS reviews

# Delinquency Prevention

---



## Multisystemic Therapy

Home based treatment of violent, substance abusing youth 12-17.

- Single therapist
- 24/7 coverage
- 4-6 months (60 hours)

108 month outcomes: 789 cases

- 102 placed (13%)
- 687 successful (87%)

Henggeler, S. et al. (1998) Blueprints for violence Prevention: MST Boulder Co: Center for Study & Prevention of Violence.

# MST-Problem Sexual Behavior

---

## Traditional MST behaviors plus:

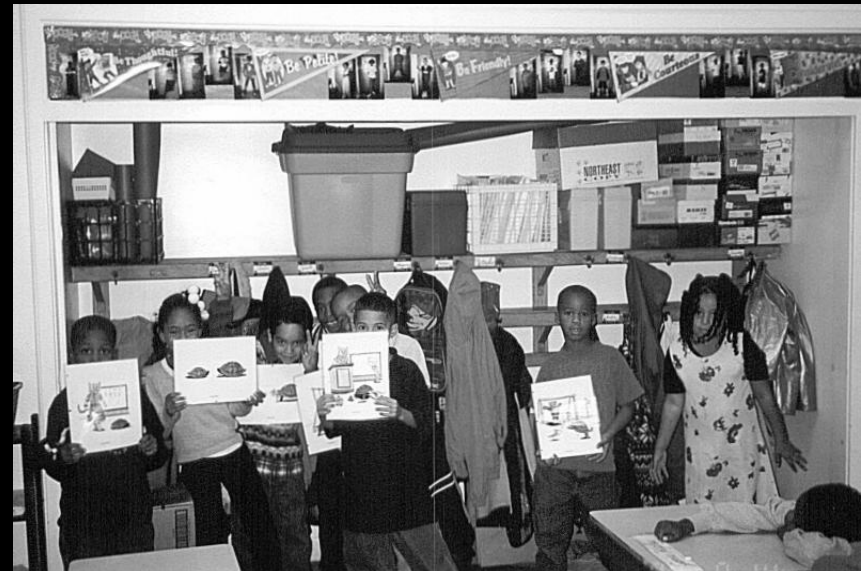
- *Aggravated Criminal Sexual Assault*
  - *Criminal Sexual Assault*
  - *Aggravated Criminal Sexual Abuse*
  - *Criminal Sexual Abuse*
  - *Other sexual offenses (i.e. sexual exploitation)*
  - *Sexual offenses that were pled down to nonsexual offenses*
- 
- Denial
  - Safety planning
  - Age appropriate social activities



# What is Evidence ?

---

- Testimonials
- Post-Test
- Pre-Post Test
- Randomized Trials



# Why do we need to know what works?



- First, many programs, despite their good intentions, are either ineffective or actually do more harm than good. Second, ineffective or harmful programs are a waste of scarce violence prevention dollars.
- For example, Scared Straight, which is supposed to deter delinquent youth from a life of crime by showing them life in prison, actually increases crime. Yet shock probation programs like Scared Straight continue to be used throughout the country. Ineffective prevention programs include boot camps, gun buybacks, peer counseling, summer jobs for at-risk youth, neighborhood watches, and home detention with electronic monitoring.



# Proven to Work Blueprint Programs

---

FFT

MST

MDTFC

PATHS

NFP

BBBS

Olweus

LST

MPP

IYS

PTND





# Cost/Benefit

---

## Blueprints Model Programs    Benefit per Dollar Outcome of Cost

Big Brothers Big Sisters	\$ 1.01	Drugs, Crime, Educational
Functional Family Therapy	\$13.25	Crime reduction
Life Skills Training	\$25.61	Drug reduction
Midwestern Prevention	\$ 5.29	Drug reduction
Multidimensional Tx Foster Care	\$10.88	Crime reduction
Multisystemic Therapy	\$ 2.64	Crime reduction
Project Towards No Drug Abuse	\$55.84	Drug reduction
Nurse-Family Partnership	\$ 2.88	Crime reduction

Source: Washington State Institute for Public Policy, 2004.

Full report available at [www.wsipp.wa.gov](http://www.wsipp.wa.gov).

# Placement

---

- **Displaces/disguises problem**
- **Makes another community unsafe**
- **Sustainability/Generalization of Gains**
- **Learning ground for anti-social behavior**
- **Preferred over home situation**
- **Institutions “own” kids (lifers)**
- **Costly infrastructure**