

JUVENILE JUSTICE INTERVENTION STRATEGIES

Effective Juvenile Programming

Research suggests that individuals with social support and positive family relationships tend to have better psychological wellbeing and a more successful transition into the community. Research also indicates that to reduce criminal behavior and delinquency among juveniles, effective interventions and strategies should include a strength-based approach that incorporates the following four elements¹:

Highly Structured: Programs that are highly structured reduce the juvenile's free time produce greater effects.

Cognitive Skill Building: Specific skill building interventions with a cognitive element are the most effective interventions.

Familial Inclusion: Interventions that engage the family increase the juvenile's support system and everyday structure.

Address Multiple Risk Factors: Comprehensive programs are more effective than single-component programs.

Juvenile Program Options

Services	Program Components	Highly Structured	Cognitive Skill Building	Familial Inclusion	Address Multiple Risk Factors
Individual Counseling	Assessment The combination of different assessments, including a biopsychosocial interview, risk/needs assessment, and other assessments provides a comprehensive view of the participant				✓
	Individual Success Plan (ISP) Goal-based behavior change plans outline a treatment and services pathway to address the assessed needs of the participant				✓
	Case Management Weekly meetings to review progress and update the ISP are critical	✓			✓
	Individual Counseling Structured individual counseling sessions help the participant develop learning and role-playing skills	✓	✓		✓
	Aftercare Support and services to help prepare participants for community reentry and long-term behavior change	✓	✓	✓	✓
Family Services	Visit Coach Helps parents understand the effects of the parent/youth separation process and how to improve the environment for the participant's return; Empowers parents to plan visits that focus on the participant's strengths and how to identify/meet the participant's needs	✓	✓	✓	✓
	Family Structure Restoration Multi-dimensional approach that assists families in creating a solid foundation to build positive, sustainable change for the future; The family, participant, and case manager work together to strengthen family structure, improve parental communication skills, and increase parental skills for applying structure in the home	✓	✓	✓	✓
Group Treatment	Moral Reconnection Therapy® (MRT) Systematic treatment strategy designed to decrease recidivism among individuals by increasing moral reasoning	✓	✓		✓
	Trauma-informed Groups Gender-responsive programming that explores what trauma is, how it impacts people, and how to develop awareness to triggered responses and healthy coping strategies	✓	✓		✓
	Substance Use Treatment Treatment is tailored to each participant and provides specific cognitive skills training to help recognize errors in judgment that lead to substance use	✓	✓		✓
	Anger Management Targets chronically aggressive individuals with a focus on social skills, anger control training, and moral reasoning	✓	✓		✓
	Restorative Justice Builds awareness of the impact crime has on victims in a facilitated group; services can be expanded to include opportunities to repair the harm from their crime	✓	✓		✓
Structured Activities & Workshops	Employment Readiness Pre-employment skills training focused on how to search for jobs, fill out applications, and prepare for an interview	✓			✓
	Healthy Project Workshops with community partners to present health topics	✓			✓
	Budgeting Healthy spending habits group, including how to budget money and responsibly use credit	✓			✓

¹Hoge, R.D., Ph.D., Guerra, N.G., EdD, Boxer, P. Ph.D. (2008). "Treating the Juvenile Offender." New York: The Guilford Press