Family-centered Parenting Programs In Juvenile Justice: Decreasing Recidivism One Family At A Time

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Today’s Presentation: Objectives
1. Understand protective effects of positive parenting on child outcomes
2. Understand the mechanism by which parenting quality protects youth against negative outcomes
3. Describe links between parenting quality, juvenile delinquency, and recidivism
4. Describe Two Evidence-Based Parenting Programs That Prevent Youth Delinquent Behaviors
5. Discuss opportunities, benefits, and challenges of engaging youth and parents in evidenced-based, family-centered parenting programs through the juvenile justice system

Group Introductions
1. Name
2. What’s your experience working with families?
3. How might families you work with benefit from parenting interventions?

Negative Cycles of Child Problem Behaviors
Between Children and Society
- Negative interaction patterns between children and their social environments leading to a trajectory of negative outcomes as a child develops.

Between Children and Caregivers
- Negative interaction patterns between children and their caregivers (e.g. parents, teachers) can lead to a coercive cycle of interactions that promotes problem behaviors.

Negative Cycle Between Children With Problem Behaviors and Social Environments

Patterson identified the coercive cycle in family interactions as core process by which children develop problem behaviors and academic adjustment problems.
- Reciprocally coercive interactions as observed in the home were characteristic of child referred for aggressive behavior
- Coercive limit setting practices were prognostic of problem behavior and academic skill deficits and peer relationships at school.

Although the model was initially tested in school age children (Patterson, DelBisso, & Ramsay, 1989), research supports the coercive cycle beginning in very early childhood (Scaramello & Leve, 2004; Martin, 1981; Shaw et al., 1994; 1998; Sitnick, Gill et al, 2014).

Negative Cycles Between Children and Caregivers
DEVELOPMENTAL RESEARCH DEMONSTRATES THAT FAMILY MANAGEMENT AS A MEDIATOR OF CONTEXTUAL INFLUENCES

SUMMARY OF CLINICAL TRIALS FOCUSING ON FAMILY MANAGEMENT

CORRELATES OF JUVENILE CRIME

JUVENILE CRIME

- Crime by juveniles is a serious public health problem with a significant financial and emotional toll on society
- In 2015 in Arizona, approximately 1 in every 37 youths were referred to juvenile court and each youth referred had an average of approximately 1.5 events (AZ Juvenile Courts Counts, 2015)
- Juvenile offenders continue to account for 15% of all violent crimes and 24% of all property crimes (OJJDP 2011)
- Juvenile offenders are at high risk for deleterious adult outcomes—mental and physical health problems, unemployment, and relationship difficulties (Brame et al., 2014)
PARENTING QUALITY AND JUVENILE CRIME

- Poor parenting and family management is linked to the development of severe and persistent delinquent behavior (Hoeve et al., 2009)
  - Discipline that is harsh and inconsistent
  - Inadequate monitoring and supervision
  - Neglect, hostility, and rejection
  - Coercive parent-child interactions

- Monitoring, effective limit-setting, and supportive parenting reduce delinquency and problem behaviors across demographic groups
  - Directly and indirectly by reducing association with deviant peers
  - Prevents delinquent trajectory that can persist into adulthood

Connell, Klosterman, Dishion et al., 2012; Dishion, 2014

COERCIVE PARENT-CHILD DYNAMICS AND DELINQUENCY

Coercive parent-child interactions, core family dynamics linked to youth delinquent behaviors

Parents rely on negative parenting such as harsh discipline to control negative child behaviors

Child negative behaviors increase, parent behaviors become more coercive

AN INTERVENTION RESPONSE: PARENT MANAGEMENT TRAINING PROGRAMS

- Teach parent and family management practices to disrupt the coercive cycles that lead to noncompliance
- Decrease child problem behaviors using reinforcement and behavior modification principles
- Parents learn:
  - Behavioral contracting and to systematically track behavior with privileges/rewards,
  - How to apply contingency management using reinforcement for positive behavior and mild negative sanctions to discourage problem behavior
  - Small steps to towards greater behavioral change

(Dishion et al., 2016)

AN INTERVENTION RESPONSE: PARENT AND FAMILY MANAGEMENT

FAMILY-CENTERED PARENT MANAGEMENT PROGRAMS

- Target child’s needs while simultaneously improving outcomes for parents and the family system
- Emphasize interfamily as well as contextual factors that influence family dynamics
- Minimize effects of negative contextual factors
- Empower parents (not therapists) to be agents of family change by learning and using new parent and family management practices
- Because focus is on family context, not just target child, benefits extend beyond the target child
  - Collateral effects on decreasing risk for delinquency of siblings

(Dishion & Stormshak, 2007)

FAMILY-CENTERED PARENT MANAGEMENT PROGRAMS: THE EVIDENCE

- Increases in effective parenting reduce deviant peer involvement and reduce delinquent behaviors, with effects sustained long-term
- 33% of children of parents who attend EFFECTIVE parent training and family management programs desist from delinquent behavior (Hoeve et al., 2009)
- 16% reduction in recidivism; most effective interventions employed behavioral parent training (Farrington & Welsh, 2003)
- Also improvements in parent mental health, parenting efficacy (Shaw, Gardener, Dishion et al., 2009)
- Cascading effects for younger siblings also at risk for delinquency
COMPONENTS OF EFFECTIVE PARENTING PROGRAMS

- Empower parents to actively monitor and effectively set limits
- Improve parent-child relationship, key to proactive monitoring
- Involve youth and strengthen family bonds

EVIDENCE-BASED PROGRAMS

- Outcomes and processes grounded in theory and robust research
- Parenting interventions to reduce delinquency are grounded in what we know about the link between parenting and delinquency
- Active, effective components are identified and supported by research
- Tools to support and monitor implementation to ensure fidelity and active ingredients delivered
- Several evidence-based interventions that reduce youth’s delinquent behavior by targeting parenting factors underlying delinquent behavior
  (IOM, 2009; Pardini, 2016; Kazdin, 2001)

EVIDENCE-BASED PROGRAMS IN SOCIAL SERVICE SYSTEMS

- Evidence-based programs under utilized by service delivery systems that have the most contact with vulnerable youth, such as Juvenile Justice (IOM, 2014)
- Embedding evidence-based programs into service systems such as juvenile justice, family courts is one way to reach vulnerable youth
- Evidence-based programs must be redesigned or adapted to be effective and sustainable in real-world service systems
- Must consider resources of the service systems
  - Brief, evidence-based interventions with pragmatic measures of fidelity and efficient training methods

EMBEDDING EVIDENCE-BASED PROGRAMS IN JUVENILE JUSTICE

- Robust evidence that parenting programs decrease delinquent behavior has led to support for their disseminating in the juvenile justice system
- Offering parenting programs to juvenile offenders and their families is consistent with the mission of the juvenile justice system to equip families and youth with the tools to prevent recidivism
- Therapeutic behavioral interventions are more effective than external control techniques (boot camps, intensive supervision)
- Parent and family management programs are one of the more effective interventions, particularly for youth at high risk for delinquency
- Interventions with well-defined protocols and fidelity checks are optimal
  (Lipsey, 2009; Sawyer et al., 2015; Vries et al., 2015)

BRIDGING THE SCIENCE TO-PRACTICE GAP

- Knowing what interventions are effective is only the first step
- Evidence-based interventions are less likely to be used than interventions with no evidence
- Challenges
  - Implementing Programs developed in Experimental Context with Fidelity and Competence
  - Absence of Pragmatic Assessment of Implementation Fidelity
  - Poor fidelity can lead to null effects or even iatrogenic effects
  - Evidence-based programs implemented with low provider competence can be more harmful than nothing at all
  - Lag time from efficacy research to dissemination is 10-20 years
- Support and infrastructure for EBPs must be embedded in the system
  (Barnoski, 2004; Elliott & Mihalic, 2004; Hoagwood, Burns & Weisz, 2002)

SCIENCE TO-PRACTICE GAP

ONLY IN MATH PROBLEMS CAN YOU BUY 80 CANTALOUPE AND NO ONE ASKS
WHAT THE REE IS WIPBS WITH YOU.
### REACH INSTITUTE

<table>
<thead>
<tr>
<th>R</th>
<th>Research</th>
<th>Collaborate with community stakeholders to implement and integrate effective and sustainable EBPs</th>
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<tbody>
<tr>
<td>E</td>
<td>Education</td>
<td>Redesign EBPs to fit within identified service settings</td>
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<tr>
<td>A</td>
<td>Advancing</td>
<td>Train and support community workforce to implement EBPs with fidelity</td>
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<tr>
<td>C</td>
<td>Children’s Health</td>
<td>Support implementation monitoring that is feasible and resource-efficient</td>
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### THE PREVENTION CONTINUUM — INSTITUTE OF MEDICINE FRAMEWORK

Universal: prevention includes strategies that are delivered to broad populations without consideration of individual differences for delinquency.

Selective: prevention includes programs and practices that are targeted to subgroups of individuals identified on the basis of their elevated risk for developing delinquent behaviors.
- New Beginnings Program, Family Check-Up

Indicated: Most intensive intervention focused on individuals who are demonstrating problem behaviors
- Family Check-Up with individuals in juvenile justice system

### PREVENTION OF NEGATIVE OUTCOMES IN AT-RISK POPULATION: NEW BEGINNING PROGRAM

- Positive Family Interactions
  - Family Fun Time
- Parent Child Relationship Quality
  - One on One Time
  - Catch 'em Being Good
  - Active Listening
- Effective Discipline
- Reducing Children’s Exposure to Interparental Conflict

### NEW BEGINNINGS PROGRAM

- 6-10 parents with 1 leader
- Separate groups for mothers and fathers
- Interactive activities
- Skills personalized to fit families’ needs
- Parent workbook for each session

### SKILLS TAUGHT IN NBP

- Positive Family Interactions
- Parent Child Relationship Quality
- Effective Discipline
- Reducing Children’s Exposure to Interparental Conflict

### RESULTS OF NBP TRIAL: POST-TEST

- Parenting
- Child Behavior
- Positive Family Interactions
- Parental Support
- Interpersonal Conflict
- Consequences
**6-year Follow-up Results (age 15-19)**

### Behavior Problems

<table>
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<tr>
<th>Problem</th>
<th>Incident Rate</th>
<th>Rate Ratio</th>
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</thead>
<tbody>
<tr>
<td>Alcohol Use &amp; Use-related Violence</td>
<td>5.6</td>
<td>1.0</td>
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<tr>
<td>Substance Use Disorder</td>
<td>2.8</td>
<td>1.0</td>
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<tr>
<td>Psychiatric Disorders</td>
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<td>1.0</td>
</tr>
<tr>
<td>Intimate Relationship Problems</td>
<td>2.8</td>
<td>1.0</td>
</tr>
<tr>
<td>Generalizing Problems</td>
<td>2.8</td>
<td>1.0</td>
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</tbody>
</table>

*Many effects stronger for those at greater risk at program entry.*

**6-year Follow-up Results (age 15-19)**

### Competencies

- Achievement
- Enthusiasm
- Emotional Regulation
- Cognitive Skills
- Social Skills
- Self-management

**15-year Follow-up Results (age 24-27)**

### Fewer Behavior Problems

<table>
<thead>
<tr>
<th>Problem</th>
<th>Incident Rate</th>
<th>Rate Ratio</th>
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</thead>
<tbody>
<tr>
<td>Substance Use Disorders</td>
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<td>1.0</td>
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<tr>
<td>Polydrug Use</td>
<td>1.0</td>
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<tr>
<td>Drug Use (alone)</td>
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<td>1.0</td>
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<tr>
<td>Cigarette Smoking</td>
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<td>1.0</td>
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<tr>
<td>Number of Alerts</td>
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<td>Incidence Interventions</td>
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<tr>
<td>Time in jail</td>
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<td>1.0</td>
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**Cost-benefit Analyses: 15-year Follow-up**

- One-year cost savings of $1,630 per family
- University Collaboration with AZ Family Courts

**New Beginnings Program Participants**

- 830 families with 1,530 children (ages 3-18)
  - 32% Hispanic families
  - 501 (57%) mothers, 384 (43%) fathers
- Divorced status
  - 281 (32%) Divorced
  - 473 (53%) Not yet divorced
  - 132 (15%) Never married
Parent's Recruitment, Random Assignment and Assessment in NBP Study

PRELIMINARY FINDINGS (TO DATE): PARENT REPORT POST-TEST

NBP SUSTAINED IN THE COMMUNITY
Collaboration between Maricopa County and Southwest Human Development
Funded by Access and Visitation grant
A majority of the parents are mandated by judges to attend the 10 Session NBP program
- Separate programs for mothers and fathers
- Free for parents
A similar use of the program has been occurring in Indiana over the last 5 years

FAMILY CHECK-UP: EVIDENCE-BASED PARENTING AND FAMILY MANAGEMENT
Brief, family-centered, strengths-based program that combines empirically-validated assessment with motivational interviewing strategies to engage families in the intervention process

THE FAMILY CHECK-UP MODEL

 brief family-centered, strengths-based program that combines empirically-validated assessment with motivational interviewing strategies to engage families in the intervention process

Motivational interviewing: FCU family engagement strategy
- Motivational interviewing (MI): directive, client-centered intervention method that elicits and strengthens motivation for change by exploring ambivalence to change
- MI is EFFECTIVE and ENGAGING because of the change paradox...
  - Acceptance from self and others allows freedom to explore change rather than defend against it
- Considering client’s readiness to change is key to MI and FCU
**THE FAMILY CHECK-UP AND FAMILY ENGAGEMENT**

Motivational Interviewing Weaved In Throughout The Family Check-Up

- Interview
- Assessment
- Feedback
- Follow-Up

**FAMILY INTERACTION TASKS: BEHAVIORAL OBSERVATION ASSESSMENT**

Behavioral Observation Assessment and Feedback — Enhances Effect Sizes

- Highlights covert parent, child, family strengths
- Robust effects on decreasing coercive parenting
- Engagement in Feedback Session is Stronger
- Identifies opportunities for using a parenting skill
- Shows how a new skill might be useful to the parent and child

(Fukkink, 2008)

**FOLLOW UP SERVICES: PARENT AND FAMILY MANAGEMENT PROGRAM**

- FCU
- Mindful Parenting (proactive, monitoring)
- Setting Healthy Limits
- Positive Behavior Support
- Family Relationship Building

(Dishion, Stormshak & Kavanagh, 2011)

**FAMILY CHECK-UP: IMPACT IN ADOLESCENCE**

- Substance Use
- Delinquent Behavior
- Depression
- Grades & Attendance

**FAMILY CHECK-UP: IMPACT INTO ADULTHOOD**

- 30% marijuana
- 54% tobacco
- 26% alcohol
- 38% arrests

- Positive Behavior Support
- Setting Healthy Limits
- Mindful Parenting (proactive, monitoring)
- Family Relationship Building

**MOTIVATIONAL INTERVIEWING WEAVED IN THROUGHOUT THE FAMILY CHECK-UP**

- Express Empathy: to create a safe environment to consider and explore disadvantages of NO CHANGE
- Avoid Arguments: offer new perspectives but do not argue about SHOULDs
- Note Discrepancies: support caregiver to identify gap between behavior and goals
- Explore Discord: confronting resistance strengthens resistance to change
- Support Self-Efficacy and Instill Hope: acknowledge successes and incremental changes
**Family Check-Up:**

**In Early Adolescence**
- FCU in Middle School
- Improved Parental Monitoring
- Reductions in Adolescent Drug Use

**Family Check-Up:**

**In Late Adolescence**
- FCU in Middle School
- Reduced Parent-Adolescent Conflict
- Reduced Antisocial Behavior

**Family Check-Up:**

**Parent and Family Management Tailored For Juvenile Justice**
- Assessment-driven case planning compatible with service system
- Brief but long term impact, resource-efficient
- Dosage and processes can be tailored to family’s needs
- Family-centered: engages parents and youths
- Strong effects and high rates of engagement among high-risk families
- Behavioral, assessment driven model appeals to families and providers
- BA-level providers can be trained to deliver with fidelity

**Parenting Programs in Juvenile Justice: Opportunities, Benefits, and Challenges**

We want to hear your thoughts...
- What has been your experience using evidence-based parenting programs in your professional setting and practice?
- What are the advantages of evidence-based parenting programs?
- What are the challenges or barriers to offering evidence-based parenting programs to youth and families in Juvenile Justice?

**Thank You!**