

PCCD's Evidence-Based Prevention Initiative

Coalition for Juvenile Justice Conference

Washington, D.C.

April 25 – 29, 2008

What is “PCCD”?



Pennsylvania Commission on Crime and Delinquency

- Responsible for justice policy, planning and coordination.

Office of Juvenile Justice and Delinquency Prevention at PCCD

- Develops policy recommendations and oversees federal and state funds to improve PA’s juvenile justice system and prevent violence, delinquency, substance abuse and other adolescent problem behaviors.

Juvenile Justice and Delinquency Prevention Committee (JJDPC)

- The JJDPC is the State Advisory Group for PA.
- Responsible for Bi-Annual Plan to the Governor.

Key Pennsylvania Stakeholders



- Department of Public Welfare
 - Office of Children, Youth and Families
 - Office of Mental Health and Substance Abuse Services
- Juvenile Court Judges' Commission
- Council of Chief Juvenile Probation Officers
- Department of Education

PCCD and Prevention



In 1992, PCCD received Federal Title V funds under the “Incentive Grants for Local Delinquency Prevention Programs Act” for prevention planning and program implementation.

Chose to use the *Communities That Care (CTC) Model*

- Developed at the University of Washington by Professors J. David Hawkins and Richard F. Catalano Jr.
- Process for Community Mobilization
- Establishes a Prevention Board
- Board develops a long-term delinquency prevention plan based on an assessment of risks and resources in the community

Why CTC?



Why PCCD chose the CTC Model:

- **Community readiness** – prepares “fertile ground” to support a comprehensive community prevention effort before selecting specific programs.
 - Programming had often been selected based on the availability of grant funds – we have money so let’s do a program!
 - CTC reverses this process – identify a need *before* choosing a program.
 - Make sure that chosen program(s) fits with the risks and strengths of each individual community.
- **The CTC risk-focused prevention strategy was the foundation for Research-Based Program implementation in Pennsylvania.**

The CTC Model



Prevention Board members undergo a “six-phase training” to teach them the CTC model:

- **Key Leader Orientation** - “CTC 101” for key leaders in the community.
- **Community Board Orientation** - “CTC 101” for community prevention board members.
- **Community Assessment Training** - Teaches board members to create the data profile of community-specific problem behaviors, risk factors and protective factors.
- **Community Resource Assessment Training** - Teaches board members to complete an inventory/assessment of existing community resources to address their identified risk and protective factors.
- **Community Planning Training** - Teaches board members how to develop measurable outcomes and to select appropriate effective programs.
- **Community Plan Implementation Training** - Teaches board members how to implement the programs chosen in the prior training.

CTC in Pennsylvania



First CTC Funding Announcement Released in 1994

- Provided funds for a 1-year “Planning and Assessment” stage and a 2-year “Implementation” stage
- Initial announcement funded CTC sites in eight counties

Also established a Technical Assistance Project with the “Center for Juvenile Justice Training and Research”

- Divided state into five regions, each with a dedicated Regional Strategic Consultant (RSC)
- RSC responsible for board development, addressing identified training needs, assisting in the preparation of “Risk and Resource Assessments” and other site specific issues

From 1995 through 2002 PCCD funded the start-up of 127 CTC Sites throughout Pennsylvania.

CTC in Pennsylvania

(Continued)



In 2004, focus changed to Site Sustainability with 4 consecutive years of funding based on need.

- 2007 was the final year of Sustainability Funding.
- Technical Assistance will still be provided, but priority shifted to implementation of Research-based programs.

Over 2/3 of CTC sites that received PCCD start-up funding remain active and functioning.

CJJT&R and the Prevention Research Center (PRC) at Penn State University established a “**Web-Based Survey**” of Board Members to identify site-specific needs and allow focused TA efforts.

- Purpose is to monitor coalition board functioning and recommend areas for improvement.
- PCCD has worked to create an infrastructure to build and support local coalitions and to ensure they continue to be effective.
- Created structure and uniformity in form and function for all funded sites and assured that all PA CTC sites follow the same logic model.

Research-Based Delinquency and Violence Prevention Initiative (1998 – Present)



GOAL: Create a stable funding source to support implementation of evidence-based programs

- Most were Blueprints for Violence Prevention and SAMHSA Model programs.
- Provided four years of funding.
- Must have the backing of a local collaborative board, most commonly CTC prevention boards.

Since 1998, PCCD has provided over \$60 million in State and Federal funds for programming

- Have funded over 170 programs.
- Currently funding 64 programs in 31 of PA's 67 counties.
- On-going TA provided by the Prevention Research Center at Penn State University. In-state training capacity for Olweus Bullying, FFT, MST and PATHS.

Replication of Effective Programs



	Sites	Programs
1998	12	17
1999	8	9
2000	21	24
2001	19	21
2002	21	24
2005	14	24
2006	14	15
2007	15	15
Total	124	149

(Number of Programs funded with State Dollars)

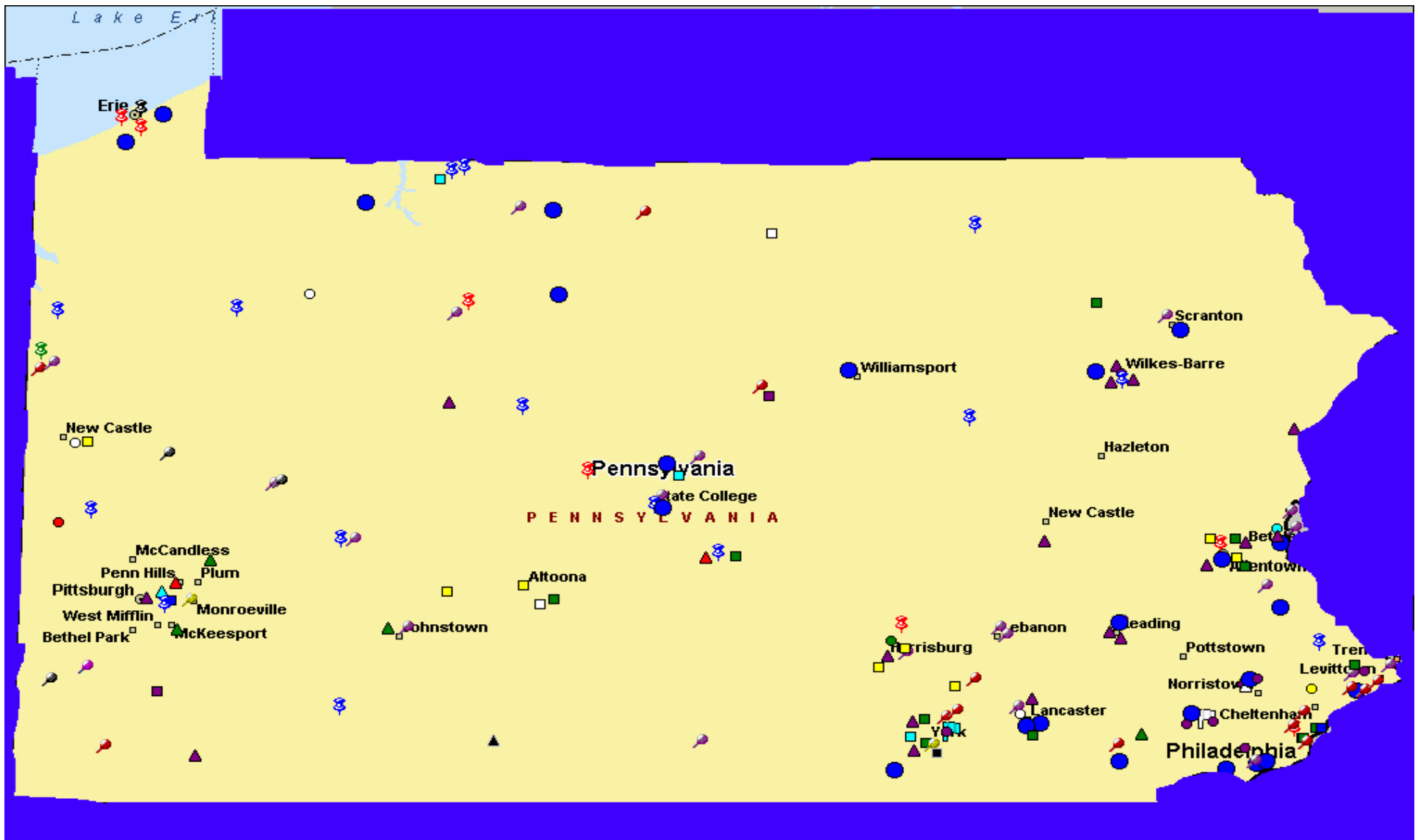
Most Frequently Funded Programs

(with both State and Federal Dollars)



PROGRAM	NUMBER OF SITES
Nurse Family Partnership (NFP)	22
Functional Family Therapy (FFT)	22
Olweus Bullying Prevention Program	20
Big Brothers/Big Sisters (BBBS)	19
Promoting Alternative Thinking Strategies	16
Multisystemic Therapy (MST)	11
Families and Schools Together (FAST)	7
Life Skills Training	7
Strengthening Families Program (SFP)	6
Participate and Learn Skills (PALS)	5
Quantum Opportunities (QO)	3
Mentoring	3
Creating Lasting Connections	2

Programs Funded Since 2002



Funding Process

A competitive Funding Announcement is released in early February each year.

- 4-Year Grant Period
- Reviewed by PCCD staff and representatives from the Juvenile Justice and Delinquency Prevention Committee (JJDPC or Pennsylvania's SAG)
- Detailed Scoring Instruments
- "Training of Reviewers"

Identified Challenges



- **Program Fidelity**
- **Standardized Data Collection**
- **Intermediate Outcomes Analysis**
- **Focus Funding on Essential Start-up Costs**
- **Sustainability**
- **In-state Training and Technical Assistance Capacity**

Key Changes to Process - Ensuring Fidelity



- Communities must have completed a Risk and Resource Assessment within past two years.
- Added a matching funds requirement - 25% in Year Three and 50% in Year Four.
- Applicants must obtain “Letters of Support” from Program Developer, the Collaborative Board, and other local agencies.

Key Changes to Process - Ensuring Fidelity (continued)



- Program Developer Fidelity Verification
- Outcomes Report
- PCCD Monitoring Visits
- Prevention Research Center Ongoing Technical Assistance

Key Changes to Process - Data Collection



- Standardized Measures for each Program.
- Instituted “Universal Measures” Tracked by all Programs to Measure the Overall Impact of Initiative.
- PCCD and PRC Staff Work with each Grantee.
- Performance Measure Data is Submitted Quarterly to PCCD.

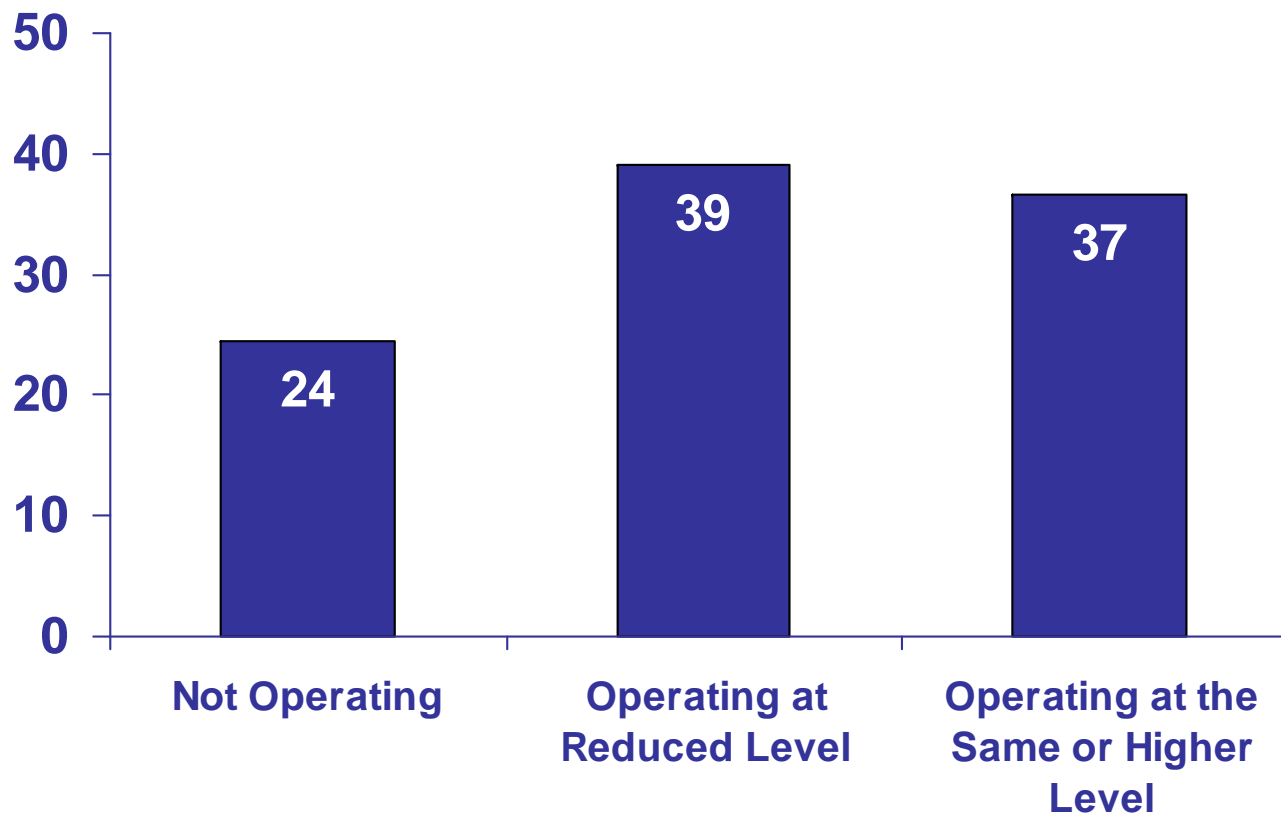
Key Changes to Process - Ensuring Sustainability



PCCD stresses the importance of focusing on Sustainability throughout the entire project period:

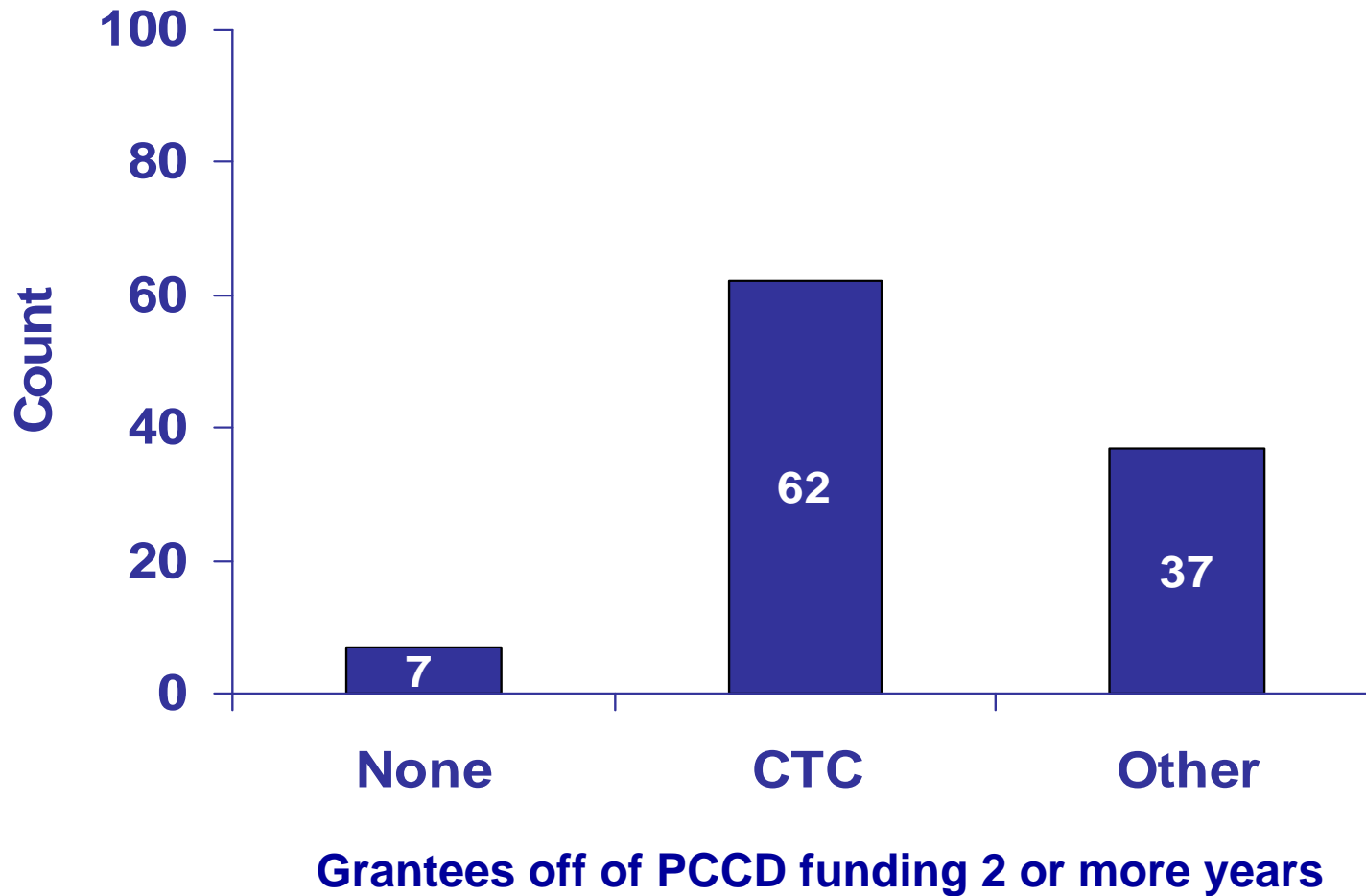
- Applications include a section on “sustainability” that is scored based on the strength of local commitment to continuing the project after grant funding ends.
- Cash/In-kind match commitments are required.
- Funding is reduced each subsequent year of each grant.

Key Changes to Process - Program Sustainability

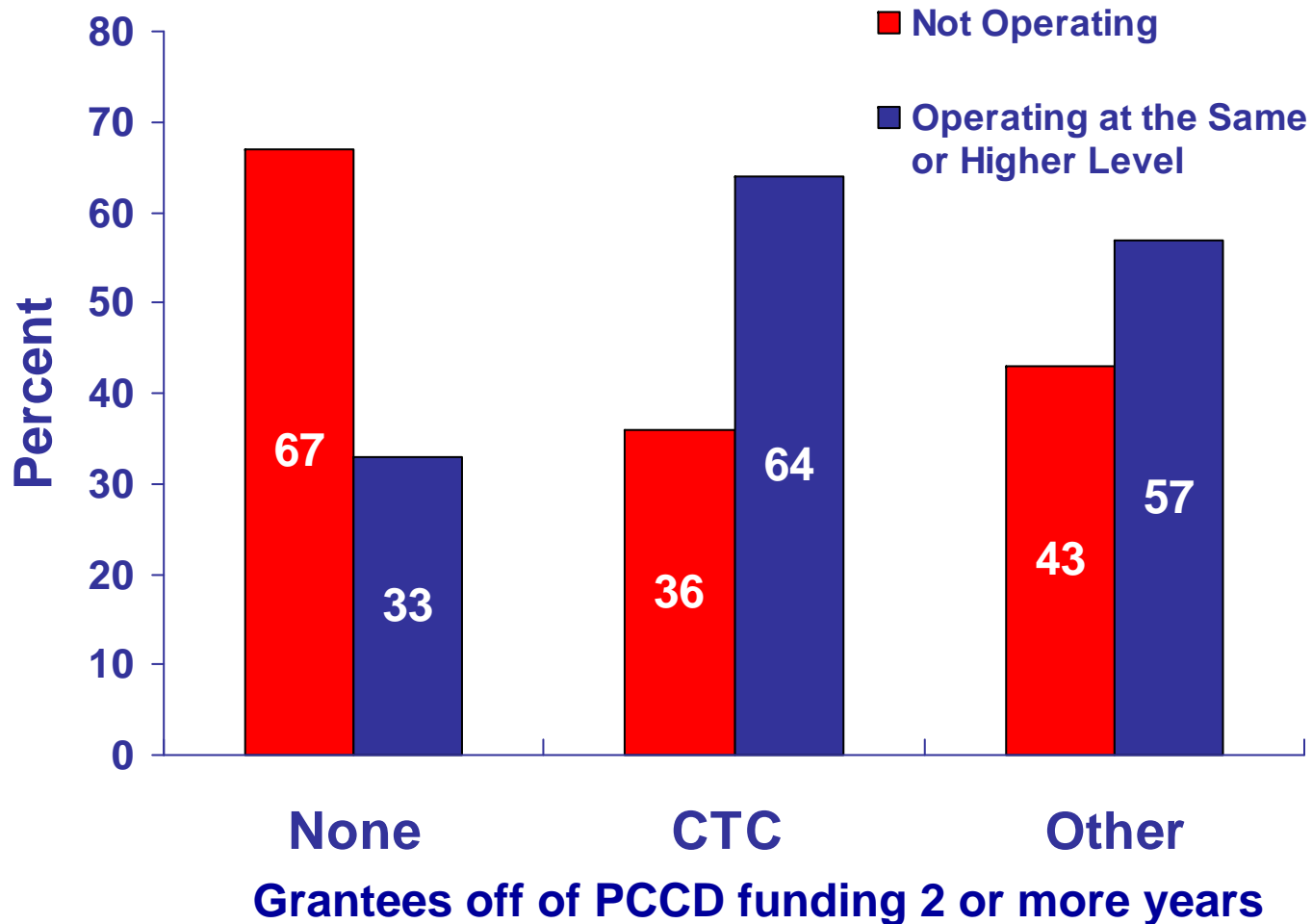


n = 41 grantees off of funding 2 or more years

Key Changes to Process - Program Sustainability



Key Changes to Process - Program Sustainability



Evaluating the Impact of the Initiative



*Outcomes Report:

Presents case studies on research-based programs funded under this initiative.

Assessed programs with multiple replications and for which outcome data was available.

Can be viewed at:

www.pccd.state.pa.us/pccd/lib/pccd/juvenile/pccd_reducingviolence_finareport_oct07.pdf

*Return on Investment Analysis:

Analyzes the return on investment of seven RB program models in PA.

Conservatively estimates this initiative has returned over \$317 million.

Will be released in May 2008; check the PCCD website.

***Created by Prevention Research Center with PCCD funding.**

Evaluating the Impact of the Initiative

Examples from the 2007 Outcomes Report



Promoting Alternative Thinking Strategies (PATHS): Clearfield and Elk Counties

Participants: Approximately 2500 students in grades K – 5 (ages 5 – 11) during each school-year. Some results:

- ✓ Teachers' ratings of students' ability to stop and calm down when excited or upset increased by **64.6%**
- ✓ Teachers' ratings of students' ability to prevent/resolve conflicts increased by **77.0%**
- ✓ Ratings of students having a positive attitude toward school increased by **54.7%**
- ✓ Ratings of students being able to recognize and label his/her own feelings increased by **80.3%**
- ✓ Ratings of students being able to understand how their own behavior affected others increased by **80.2%**

Evaluating the Impact of the Initiative

Examples from the 2007 Outcomes Report



Life Skills Training: Centre County

Participants: Approximately 1850 students.

Where *pretest data* demonstrated that students had *higher* scores than the state average on several risk factors and higher rates of substance use and delinquent behaviors, by 2005 the same students now had *lower* scores on risk factors and risky behaviors. Some results:

- ✓ Lower scores on **93.8%** of the targeted risk factors
- ✓ Rates of alcohol use in the past 30-days were **28.2%** lower than the state average
- ✓ Rates of binge-drinking in the past 30-days were **49.5%** lower than the state average
- ✓ Rates of tobacco use were **40.8%** lower than the state average
- ✓ Rates of depressive symptoms were **31.8%** lower than the state average

Evaluating the Impact of the Initiative

Examples from the 2007 Outcomes Report



Multisystemic Therapy (MST): Dauphin County

Participants: 150 youth and their families. At referral, 47.3% had physically assaulted someone; 49.3% had problems with alcohol and other drugs; 30.7% had stolen something; and 43.3% were habitually truant from school. Some results:

- ✓ **83.5%** of youth avoided residential placement at the end of the treatment, and **78.9%** remained in the home 18 months after the end of treatment
- ✓ **71.4%** of youth that had a drug problem at referral were drug-free at the end of treatment
- ✓ **54.0%** of youth that were failing school had improved to passing grades
- ✓ **69.7%** of youth that had problems with truancy improved their attendance
- ✓ **68.0%** of parents improved the supervision of their child and the use of appropriate discipline strategies

Evaluating the Impact of the Initiative

Examples from the 2008 Cost-Benefit Report



	<i>Big Brothers/Big Sisters</i>	<i>LifeSkills Training</i>	<i>Multidimensional Treatment Foster Care</i>	<i>Multisystemic Therapy</i>	<i>Functional Family Therapy</i>	<i>Nurse-Family Partnership</i>	<i>Strengthening Families Program 10-14</i>
Per Dollar return on investment	\$1.01	\$25.72	\$11.14	\$3.61	\$14.56	\$3.59	\$7.82
Benefits minus costs per person served	\$54	\$808	\$79,331	\$16,716	\$32,707	\$37,367	\$6,541
Estimated number of programs statewide	28	100	3	12	11	25	15
Estimated average economic benefit	\$13,500	\$161,600	\$475,986	\$2,570,400	\$12,395,953	\$4,782,976	\$872,133
Total (current) potential economic benefit statewide	\$378,000	\$16,160,000	\$1,427,958	\$30,088,800	\$136,355,483	\$119,574,400	\$13,082,000

“Next Steps”

Resource Center for Evidence-Based Prevention
and Intervention Programs and Practices



Evidence-Based Program Support

- Provide technical assistance in support of the start-up, operation and sustainability of prevention or intervention programs that have been proven to be effective.
- Ensure that PCCD- and DPW-funded Evidence-Based Program (EBP) models are implemented with fidelity and adherence to quality service delivery.
- Serve as a resource to the field related to the implementation of evidence-based programming.
- Promote the proliferation of EBPs by educating practitioners and providers about the practical and economic benefits of implementing and utilizing EBPs.

“Next Steps”

Resource Center for Evidence-Based Prevention
and Intervention Practices



Juvenile Justice Program Training and Technical Assistance Project

- Support local innovative intervention programs in achieving the Juvenile Justice system goals of community protection, offender accountability, and competency development.
- Increase the inclusion of recognized best practice approaches in juvenile justice programming.
- Support programs in demonstrating their effectiveness.
- Support juvenile justice programs and county probation agencies in assessing local needs.

“Helpful Hints”



- “After-Action” analysis
- Reduce the Number of Eligible Programs
 - Currently Blueprints “Model Programs” & Strengthening Families 10-14
 - Allows for dedicated, focused technical assistance
- Establish Relationship with Program Developers
 - Learn what is needed for the successful implementation of their program, both logistically and financially
- Focus Grantees on Data Collection and Analysis
 - Monitor how implementation is proceeding, allows for corrective action before funding ends, and provides quantitative results that can be used to show the impact and seek local sustainability funding

For More Information...



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