

## Juvenile Community Programs Statewide Contracts – Results First Research Brief

North Carolina’s Office of State Budget and Management and the Results First Initiative, which helps the state identify programs that generate positive outcomes and maximize the value of taxpayer dollars, in recent years partnered with the Division of Juvenile Justice and Delinquency Prevention to review the impact and cost effectiveness of state contracted programs.

Two principles guide DJJDP’s work: that **children have the capacity to change**; and that **delivering the right program at the right time** – targeting interventions based on what is appropriate and proven effective for the individual’s needs – **maximizes benefits** to victims, the justice system, juvenile and families.

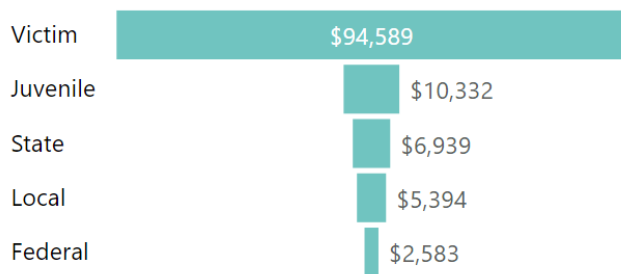


Results First analysis shows that contractual programs serve to facilitate both changes in behavior and the resulting societal benefits.

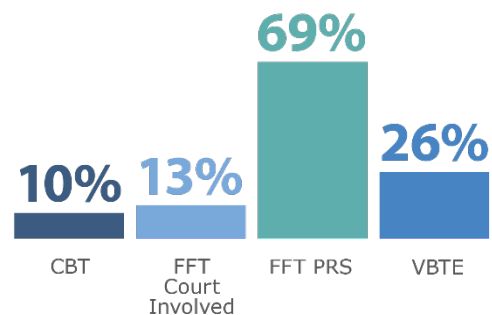
Investing in programs for justice-involved youth that reduce future involvement in crime benefits all North Carolinians. Two main factors that comprise the expected benefits from juvenile recidivism interventions are the effect of program participation on crime reduction, and the avoided societal cost of a recidivism event. **Preventing a repeat offense among high-risk juveniles saves North Carolina \$120,000 on average in victim, societal and justice system costs – 79% of which is associated with the impact on victims.**

Cost of an Average Recidivism Event among High-Risk Juveniles

**\$120K**



Programs’ Effects on Decreasing Recidivism from Baseline According to Research Evidence



## Value-Based Therapeutic Environment (VBTE)

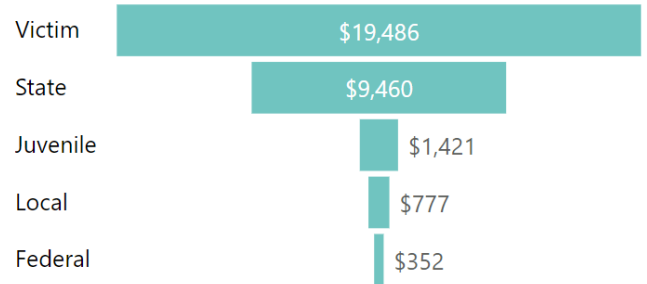
Group Homes and Transitional Living Homes  
Methodist Home for Children

Reduces recidivism by 26%; returns \$13.01 per dollar spent

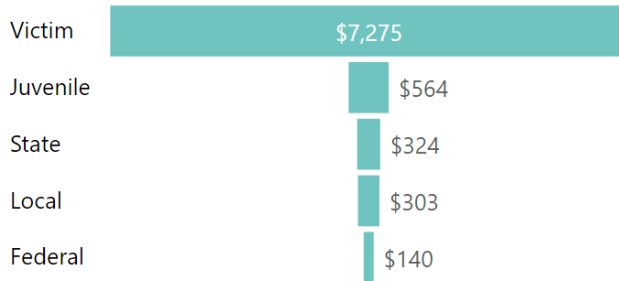
*Per participant: Costs \$2,421 Benefits \$31,496*

The VBTE residential model incorporates a variety of services to meet individualized needs, including educational services, community service, vocational services and individualized service plans that address the behaviors that led to justice system involvement. Seven VBTE group homes and four VBTE transitional living homes are located across the state, each operated by Methodist Home for Children.

### Benefits by Perspective



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## Cognitive Behavioral Therapy (CBT) for Youth in Institutional and Residential Settings

Eckerd

Short-Term Residential

Reduces recidivism by 10%; returns \$5.13 per dollar spent

*Per participant: Costs \$1,678 Benefits \$8,605*

CBT is a psychotherapy treatment that focuses on cognitive restructuring delivered in both individual and group settings. Interactive Journaling, the form of CBT delivered at the Eckerd Short Term Residential facilities, is mandatory for all participants and is an experiential writing process that motivates and guides youth toward positive change. The journaling activities challenge participants' distorted thinking, identify maladaptive behaviors and consequences, identify practical alternative behaviors, and guide practice of new skills.

## Functional Family Therapy (FFT)

AMIkids

Kids reentering communities on post release supervision (PRS):

Reduces recidivism by 69%; returns \$9.44 per dollar spent

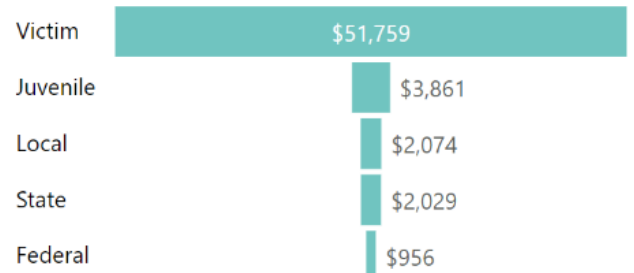
*Per participant: Costs \$6,428 Benefits \$60,679*

Court-involved youth:

Reduces recidivism by 13%; returns \$0.97 per dollar spent

*Per participant: Costs \$6,428 Benefits \$6,219*

### Benefits by Perspective



FFT is a short-term, community-based therapeutic intervention for delinquent youth at risk for institutionalization. FFT's family-based treatment approach is designed to improve within-family attributions, family communication and supportiveness, while decreasing intense negativity and dysfunctional behavior patterns. FFT is intended for youth aged 10-18. Most youth receiving FFT are court-involved and on probation. FFT is also delivered to youth re-entering the community following a YDC commitment or residential facility placement.