

Investing in Proven Prevention Programs

There are very few social programs that can claim effectiveness. Historically, public policy and funding have supported a vast array of programs. However, there is little evidence that anything has worked at preventing and reducing child abuse, delinquency, school drop-out, violence or drug abuse - until recently.

Beginning in the late 1990s, several prominent research groups, most notably the Center for the Study and Prevention of Violence at the University of Colorado, completed an exhaustive review of more than 600 of the most widely used prevention and intervention programs. **Only 11 programs** were identified as model programs; those that actually worked at preventing problem behaviors among youth. These **Blueprints for Violence Prevention** were selected based on consistently applied criteria, including multiple published outcome studies, effective replication in multiple locations and evidence of sustained effect over time.

These programs, outcomes and costs associated with each are listed below.



Blueprints for Violence Prevention

| Program | Results | Costs |
|--|---|---|
| Big Brothers Big Sisters of America (BBBS) www.bbbs.org • (215) 567-7000 | 46 % are less likely to try drugs, drink or become physical; and more likely to do well in school. | \$1,000 to make and support a match relationship |
| Functional Family Therapy (FFT) www.fftinc.com • (206) 369-5894 | Shown to help keep delinquent or violent adolescents from entering the adult criminal system. | \$1,350 to \$3,750 for 12 home visits over 90 days |
| Incredible Years Series (IYS) www.incredibleyears.com • (888) 506-3562 | Problems at home and school were reduced by teaching parents praise and limit-setting skills, rather than harsh discipline. | \$3,200 per family per year for first three years |
| Life Skills Training (LST) www.lifeskillstraining.com • (800) 293-4969 | 50 to 75 % decrease in tobacco and marijuana use. Six years after intervention, poly-drug use was cut up to 66 %. | \$7 per student per year (plus \$2,000 to train teachers) |
| Midwestern Prevention Project (MPP) (323) 865-0330 | 40 % decrease in cigarette and marijuana use from middle school through high school. | \$175,000 over three years for 1,000 students |
| Multidimensional Treatment Foster Care (MTFC) www.mtfc.com • (541) 343-2388 | Youth with chronic disruptive behavior spent 60 % fewer days in jail; also less drug use. | \$2,691 per month for seven months |
| Multisystemic Therapy (MST) www.mstservices.com • (843) 856-8226 | 25 to 70 % reduction in the rearrest rate with improvements in family functioning and juveniles' mental-health problems. | \$4,500 per youth |
| Nurse-Family Partnership (NFP) www.nursefamilypartnership.org (866) 864-5226 | 56 % are less likely to be arrested and mothers were far less likely to engage in abuse or drugs. | \$3,200 per family per year for first three years |
| Olweus Bullying Prevention Program www.clemson.edu/olweus • (864) 710-4562 | Bullying, victimization and antisocial behavior, including truancy, were substantially reduced. The social climate of class improved. | \$200/school, \$65/teacher plus cost of on-site coordinator |
| Project Towards No Drug Abuse (Project TND) http://tnd.usc.edu • (800) 400-8461 | Shown to significantly cut use of cigarettes, marijuana, hard drugs and alcohol. | \$70 /teacher's manual; \$10/student workbook; Trainer: \$2,500 |
| Promoting Alternative Thinking Strategies (PATHS) www.prevention.psu.edu/projects/PATHS.html (626) 457-6635 | Self-control and the ability to tolerate frustration were improved, and there were fewer conduct problems, including aggression. | \$15 to \$45 per student per year |

Source: Center for the Study and Prevention of Violence, University of Colorado

Cost-Benefit of Community-Based, Model Programs

Independent, third-party published research has consistently confirmed the effectiveness of these programs. In 2006, The Washington State Institute on Public Policy published a review on 'Cost-Benefit Analysis' of the most widely used prevention and intervention programs, including the Blueprints programs.

Costs and Benefits of Select Community-Based Model Programs (per participant, net present value, 2006 Dollars)

| Program | Benefits to Crime Victims and Taxpayers <i>(of the reduction in crime)</i> | Costs <i>(partial program costs, pro-rated to match crime outcomes)</i> | Net Benefits to Society <i>(benefits minus costs)</i> |
|--|---|--|--|
| Functional Family Therapy (FFT) | \$34,146 | \$2,325 | \$31,821 |
| Multidimensional Treatment Foster Care (MTFC) | \$84,743 | \$6,945 | \$77,798 |
| Multisystemic Therapy (MST) | \$22,477 | \$4,264 | \$18,213 |
| Nurse-Family Partnership (NFP) | | | |
| Mothers | \$19,692 | \$5,409 | \$14,283 |
| Children | \$13,554 | \$733 | \$12,822 |

Source: Washington State Public Policy Report, October 2006.

The programs were rank by assessing each program's "bottom line" economics for reducing crime based on benefits of taxpayers and crime victims.

A complete copy of the full cost/benefit analysis and methodology employed is available online at <http://www.wsipp.wa.gov/>.

Evidence-Based Associates

Evidence-Based Associates (EBA) represents a "family" of evidence-based programs that demonstrate positive results for violence prevention and treating at-risk children, ranging from birth to 18 years old. EBA exists to help communities, policy makers, individuals and families identify model violence prevention programs that reduce violence, drug use and cultivate positive citizenship within communities. EBA focuses on disseminating information about and encouraging the utilization of the research-based programs. EBA works closely with individuals, agencies and policy makers to identify the most effective program by assessing the risk and protective factors in the community, while also determining the population most in need of services. EBA can facilitate the strategy planning process, provide information about evidence-based programs and guide each entity in better program adoption decisions and ultimately higher quality implementation.

For more information about these model programs and how to implement them in your jurisdiction, contact Clay Yeager at (717) 870-2144 or cryeager@comcast.net or visit www.evidencebasedassociates.com.

