

# When it comes to violence prevention... U.S. Surgeon General & Blueprints agree

## INEFFECTIVE PROGRAMS & STRATEGIES

- **Boot camps**—boot camps produced no significant effects on recidivism
- **Residential programs**—interventions that take place in psychiatric or correctional institutions show little promise of reducing subsequent crimes and violence in delinquent youths.
- **Waivers to adult court**—evaluations of these programs suggest that they increase future criminal behavior rather than deter it.
- **Shock programs**—numerous studies of Scared Straight have demonstrated that the program does not deter future criminal activities.

## MODEL (EFFECTIVE) PROGRAMS & STRATEGIES

- **Multisystemic Therapy (MST)**  
An intensive family- and community based treatment that addresses multiple determinants of antisocial behavior.
- **Multidimensional Treatment Foster Care (MTFC)**  
Multisystemic clinical intervention targeting teens with histories of chronic and severe criminal behavior as an alternative to incarceration, group or residential treatment, or hospitalization.
- **Functional Family Therapy (FFT)**  
A multi-step, phasic intervention of direct service for youths and their families.
- **Nurse-Family Partnership (NFP)**  
Effective family-based approach to preventing youth violence, in which a nurse provides support through home visitation.

Several popular juvenile justice approaches to preventing further criminal behavior in delinquent youths have been shown to be consistently ineffective.

The U.S. Surgeon General and Blueprints for Violence Prevention at the Center for the Study and Prevention of Violence agree that the majority of juvenile justice programs available are ineffective and limiting in their results.

In addition to their agreement about ineffective strategies available through the system, they also agree that there are model programs and strategies available for our at-risk youth. Both have thoroughly examined violence prevention programs and have identified those programs that serve as model programs for our communities.



The identification of effective programs has been in the forefront of the national agenda on violence prevention for the last decade. Federal funding agencies have increasingly emphasized the need to implement programs that have been demonstrated effective. The emphasis on research-based practices has led communities to search for the best practices and to determine what types of programs would be most effective and appropriate for their problems and population. As a result, identifying effective prevention and intervention programs has become a top priority for both federal and private agencies. (*Blueprints for Violence Prevention Replications: Factors for Implementation Success, 2002*)

### Best Practices for Violence Prevention as indicated by U.S. Surgeon General and Blueprints for Violence Prevention

Multisystemic Therapy (MST)

Multidimensional Treatment Foster Care (MTFC)

Functional Family Therapy (FFT)

Nurse-Family Partnership (NFP)

To obtain additional information about these model programs and to access the U.S. Surgeon General and Blueprints reports, visit [www.evidencebasedassociates.com](http://www.evidencebasedassociates.com).