



EBP Corner

Special points of interest:

- Evidence Based Principles in DYC
- Principle 3: Targeted Interventions
- What Effective Targeted Interventions Include
- Examples of Targeted Interventions in DYC

Evidence Based Principles in DYC

The 8 Evidence-Based Principles are important when providing treatment services because they have been proven and demonstrated to be effective and to produce positive outcomes. For DYC, the main outcome focus is reducing recidivism. Providing the most effective treatment services are a good way to achieve this outcome.

Treatment services can be viewed in terms of interventions. In other words, how are we, as professionals, taking action to improve situations and help youth in our care develop practical skills. Targeted interventions are implemented in DYC primarily at the individual, case level (youth or family). Interventions must be able to meet the needs of the individual youth and family in that moment to address dynamic criminogenic risk factors as well as incorporate individual protective factors that provide support.

This balance allows for youth to receive the right services at the right time throughout their commitment. This is achieved by aligning specific services with treatment areas identified as highest risk or highest need for the youth by the Colorado Juvenile Risk Assessment (CJRA) and other assessments.

National Institute of Corrections. (2004). Implementing evidence-based practices in community corrections: The principles of effective intervention. Washington, D.C.: U.S. Department of Justice, Crime and Justice Institute.

Principle 3: Targeted Interventions

Effective interventions target risk and protective factors that are relevant and individualized for that youth and family through validated assessment processes.

These **targeted interventions** provide youth and families practical skills through role-modeling, observations, and practice. They identify the individual characteristics and needs of

the youth and their families to help inform decisions.

Effective interventions address and promote an individual's motivation to change. In addition, they focus on strengths and abilities rather than punishments or sanctions.

Targeted interventions help coordinate services between youth, families, and providers to increase personal accountability.



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What Effective Targeted Interventions Include..

Theoretical frameworks and research that explain why they are effective.

Procedures to evaluate and measure outcomes.

Procedures for maintaining the quality, fidelity, and integrity of treatment delivery.

Written manuals and/or curriculum that can be individualized.

Methods to incorporate criminogenic risk and need into individualized treatment/case planning and case management.

Procedures to guide individualized services and interventions throughout treatment based on individual needs and circumstances.

Methods to reduce the application of “cookie cutter” treatment services.

Processes to address personal characteristics and responsivity.



Important Elements of Targeted Interventions

RISK PRINCIPLE: Prioritize supervision and treatment resources for youth with higher risk and needs, or are at higher risk to reoffend

NEED PRINCIPLE: Target interventions to dynamic criminogenic risk and needs

RESPONSIVITY PRINCIPLE: Be responsive to individual characteristics when matching youth to services (including temperament, learning style, learning needs, developmental level, motivation, gender, culture, and readiness to change)

DOSAGE PRINCIPLE: Higher risk youth and certain subpopulations require more structure and services than lower risk youth

TREATMENT PRINCIPLE: Integrate treatment into commitment requirements with thorough case management and targeted service delivery



Examples of Targeted Interventions In DYC

Substance Use Disorder Treatment services are a continuum of care as modeled from the American Society for Addiction Medicine

Behavior Management Practices (Positive Behavior Interventions and Supports/PBIS)—individualized interventions based on behavioral needs

Offense Specific Treatment

Psychoeducational Groups (including Aggression Replacement Training, Thinking for a Change, Anger Management, Victim Empathy, Moral Reasoning, Why Try, Growing Great Girls, Seeking Safety)

Gender Specific Groups and Activities

Questions about EBP?

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