

Healthy Kids and Healthy Families

Utah Technical Assistance Center for Children's
Services

A Newsletter for Kids, Families, and Providers
of Children and Adolescent Behavioral Health Care
Services

TAKING SCIENCE TO PRACTICE –

NEWS BREAK -

SAMHSA Announces FY 2010 Guidance for Submissions to National Registry of Evidence-Based Programs and Practices (NREPP)

“NREPP is a voluntary rating and classification system designed to provide the public with reliable information on the scientific basis and practicality of interventions that prevent and/or treat mental and substance use disorders”

The complete Federal Register notice and criteria/guidelines for submission is available on the NREP home page under “NREPP News”

[Click for: NREPP](#)

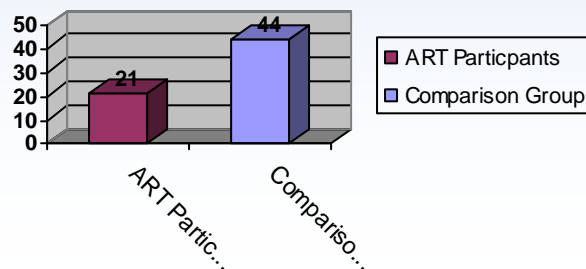
The Effective Implementation of Aggression Replacement Training® (ART) in the State of Utah

Dr. Arnold Goldstein and colleagues originally introduced the model Aggression Replacement Training in 1987. It was hailed as a multi-channel intervention aimed at the complex emotional, behavioral, and moral developmental delays common to delinquent and behaviorally disruptive youth. Since its introduction ART has accrued a strong research-base and has been accurately identified by various registries as an evidence-based model.

Like all evidence-based models, the quality with which ART is implemented is as important a factor as the model itself. Key factors such as creating a fit for the model within the structure in which it is delivered, quality training, ongoing monitoring of fidelity to the model, and fostering competence in matching the model to the identified population are all important elements in “getting it right.”

Two years ago a contract was established between Utah's 3rd District Juvenile Court and Moral Environment Training Associates, L.L.C., (META) to implement ART, with these key quality indicators built into the process. The Utah Criminal Justice Center at the University of Utah is conducting an ongoing evaluation of the program in 3rd District. The results provided by the Criminal Justice Center on June 1, 2009 show a 23% reduction in re-offense rates between juveniles receiving ART and a matched comparison group. These results add another layer of evidence to ART's long history of recidivism reduction results.

One Year Re-offense Rate for Probation State Supervision
Participants Receiving ART N=55



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TAKING SCIENCE TO PRACTICE CON'T...

The Effective Implementation of Aggression Replacement Training® (ART) in the State of Utah

In this project ART was built into the structure of the probation state supervision unit functioning in Utah's 3rd District Juvenile Court. Probation supervisors and designated probation officers worked tirelessly to ensure that the right juveniles were placed in the program and properly motivated by the use of rewards and consequences. ART facilitators participated in an initial two-day training and then periodic follow-up training. Fidelity monitoring forms were used to provide feedback to facilitators regarding their adherence to the model. Perhaps most importantly, strong emphasis was placed on assisting facilitators in moving beyond model compliance to model competence. This involves learning the skills necessary to match the model to the individual participant's needs.

The Washington State Institute for Public Policy conducted a cost-benefit analysis of ART in 2004 and found that it significantly saved more money than it costs. Taking into account inflation and the difference in cost to deliver ART in Utah, the successful use of the model still saves approximately \$4 to \$7 for every one dollar spent. When the total cost of this program is multiplied by the lower amount, the 3rd District Juvenile Probation Department saves more than \$210,000 per year in future costs to the courts and victims.

The evidence-based practice movement is poised to move to the next phase of broader dissemination by establishing clear guidelines for the successful implementation and adoption of proven practices. As shown here it takes more than pulling the model "off the shelf" to create good outcomes. All too often agencies rush to adopt evidence-based practices only to find that their outcomes are vastly different than the original author's outcomes. Failure then becomes a result of poor implementation, not a poorly designed model.

The model found in the text Aggression Replacement Training: A Comprehensive Intervention for Aggressive Youth can be successfully adopted and positive outcomes realized if organizations are committed to creating a fit for the model within the structure in which it will be delivered, ensure quality training is provided, make good use of fidelity monitoring, and fostering competence in matching the model to client's needs.

Comments and questions can be directed to Darin Carver, LCSW
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UPCOMING EVENTS

7/6 – 7/9

NAMI National Conference

7/16 – 7/17

2nd National Research Conference on Child and Family Programs and Policy

8/3 – 8/6

School Health Interdisciplinary Program (SHIP)

8/6 – 8/9

APA 117th Annual Conference

8/19 – 8/22

Utah substance Abuse Conference combined with NAADAC Annual Conference

[Click to view
EVENT CALENDAR](#)

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WHAT WORKS!

IMPROVING OUTCOMES THROUGH RESEARCH

- **Prevention of Depression in At-Risk Adolescents: A Randomized Controlled Trial** – Garber, L., Clarke, G.N., Weersing, V.R., Beardslee, W.R., Brend, D.A., Gladstone, T.R., et al. (2009). *Journal of the American Medical Association*, 301(21), 2270-2271.
[Click for: ARTICLE](#)
- **Is Neurofeedback an Efficacious Treatment for ADHD? A Randomized Controlled Clinical Trial** – Gevensleben, H., Holl, B., Vogel, C., Schlamp, D., Kratz, D., Studer, P., et al. (2009). *Journal of Child Psychology and Psychiatry*, 50(7), 780-789.
[Click for: ARTICLE](#)
- **Relative Cost-Effectiveness of Treatments for Adolescent Depression: 36-Week Results From the TADS Randomized Trial** – Domino, M.E., Foster, M.E., Vittello, B., Kratochvil, C.J., Burns, B.J., Silva, S.G., et al. (2009). *Journal of the American Academy of Child and Adolescent Psychiatry*, 48(7), 711-720.
[Click for: ARTICLE](#)
- **Overcoming Barriers to Using Empirically Supported Therapies to Treat Childhood Anxiety Disorders in Social Work Practice** – Salloum, A., Sulkowski, M., Serrine, E., and Storch, E. (2009). *Child and Adolescent Social Work Journal*, 26(3), 259-273.
[Click for: ABSTRACT](#)
- **Posttraumatic Stress Symptoms in Children & Adolescents Referred for Child Welfare Investigation: A National Sample of In-Home and Out-of-Home Care.** Kolko, D.J., Hurlburt, M.S., Zhang, J., Barth, R.P., Leslie, K.L., and Burns, B.J. (2009). *Child Maltreatment*, doi: 10.1177/1077559509337892.
[Click for: ARTICLE](#)

Community Resources

Organizations that provide education, resources, and support for kids and families struggling with behavioral health challenges. Click on the links below-

- [NAMI UTAH:](#)
National Alliance on Mental Illness
- [Allies with Families](#)
- [New Frontiers for Families](#)

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POLICY and NEWS

- **Binge Drinking Among Youths and Youth Adults in the United States: 1979- 2006.** Gruzca, R.A., Norberg, K., and Bierut, L.J., (2009). *Journal of American Academy of Child & Adolescent Psychiatry*, 48(7), 692-702.
[Click for: ARTICLE](#)
- **Advocate in Support of Health Care Reform to Include Coverage of Mental Illness Treatment**
Call your Congressional office at 866-210-3678
[Click to: Access NAMI – ACT NOW! Page](#)

SITE NEWS

HEALTHY KIDS AND HEALTHY FAMILIES MONTHLY NEWSLETTER NOW AVAILABLE ON OUR WEBSITE!

Check out our current and past monthly newsletters

- Access our newsletters from our scrolling header or under “Community/News”
- [Click for: COMMUNITY NEWS](#)

UTILIZING THE CENTER AND OUR WEBSITE!

We are here to serve you!

- Promote your upcoming trainings, display PowerPoints, presentations, webinars, and post current or on-going research
- Share your success in improving outcomes or using evidence-based practices.

Contact us at (801) 581-4515 or [Click to: Send Feedback](#)

HOT TOPIC!

Prevention and Treatment of Mental & Substance Use Disorders and Health Reform

SAMHSA reached out to consumer groups, stakeholders, and recognized experts in the fields of mental health and addictions to discuss critical issues related to mental & substance use disorders.

These discussions were used to develop the set of 9 Core Consensus Principles presented in the document “Ensuring U.S. Health Reform Includes Prevention and Treatment of Mental Substance Use Disorder”

[Click to: watch webcast discussion](#)

[Click for: Article](#)



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