

APPENDIX A

REGISTRY RATING SYSTEMS

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INTRODUCTION

One of the methods used to identify competency development resources for possible inclusion in this Guide involved perusal of national registries of proven and promising programs. Although registries use different rating systems, each gives their highest designation to those programs that have been rigorously evaluated with methodologically sound research designs (experimental design with random assignment or quasi-experimental design with a matched control group) and demonstrate significant reductions in associated risk factors/poor outcomes.

In addition to the registries listed (see sidebar), we also reviewed competency development resources cited in the National Institute of Justice's *Preventing Crime: What Works, What Doesn't, What's Promising*¹ and have included two resources endorsed as "promising" programs: Job Corps and Big Brothers Big Sisters of America.

REGISTRY RATINGS OF COMPETENCY DEVELOPMENT RESOURCES

Competency Development Resources	Blueprints for Violence Prevention Model Programs, Institute of Behavioral Science, University of Colorado	FindYouthInfo.gov; Interagency Working Group on Youth Programs (IWGYP)	Model Programs Guide (MPG), The Office of Juvenile Justice and Delinquency Prevention (OJJDP)	National Registry of Evidence-Based Programs and Practices (NREPP), Substance Abuse and Mental Health Services Administration	Promising Practices Network, Rand Corporation	Youth Violence: A Report of the Surgeon General, U.S. Public Health Service
	<i>Ratings:</i> Model Promising	<i>Ratings:</i> Level 1 Level 2 Level 3	<i>Ratings:</i> Exemplary Effective Promising	<i>Ratings:</i> Model Effective Promising	<i>Ratings:</i> Proven Promising	<i>Ratings:</i> Model Level 1, 2 Promising Level 1, 2
Aggression Replacement Training (ART)		Level 2	Effective			
Big Brothers Big Sisters of America	Model	Level 1	Exemplary	Effective	Proven / Promising	
Boys & Girls Club Project Learn		Level 2	Effective			
Career Academy		Level 2	Effective			
Communities in Schools (CIS)					Promising	
Functional Family Therapy (FFT)	Model	Level 1	Exemplary			Model Level 1
Girls Circle		Level 3	Promising			
Job Corps			Effective			
Moral Reconation Therapy				Rated 2.9/4.0		
Multidimensional Treatment Foster Care (MTFC)	Model	Level 1	Exemplary			Model Level 1
Multisystemic Therapy (MST)	Model	Level 1	Exemplary	Model	Proven	Model Level 1
Parenting Wisely		Level 3	Promising	Model		
Say It Straight (SIS)		Level 3	Promising	Promising		
Stop Now and Plan (SNAP)		Level 1	Exemplary			

Blueprints for Violence Prevention Model Programs, Institute of Behavioral Science, University of Colorado²

The Blueprints for Violence Prevention registry, which is the most stringent, identifies programs effective in reducing adolescent violent crime, aggression, delinquency, and substance abuse. To date, more than 600 programs have been reviewed and eleven are currently designated as Blueprints Model Programs (see sidebar). Four of the eleven Blueprints Model Programs specifically address the needs of delinquent adolescents or positive youth development/prevention and are included in this Guide.

An expert panel and staff at the University of Colorado's national violence prevention initiative review programs, and endorsements are updated regularly based on new evaluation findings. There are five criteria considered when reviewing program effectiveness.

Model programs must meet the first three of the following five criteria:

1. **Evidence of deterrent effect with a strong research design** requires the use of evaluative designs that provide reasonable confidence in the findings (e.g., experimental designs with random assignment or quasi-experimental designs with matched control group).
2. **Sustained effects** at least one year beyond treatment, with no subsequent evidence that this effect is lost.
3. **Multiple site replication** requires at least one replication with demonstrated effects.
4. **Analysis of mediating factors.** It is desirable to have evidence that change in the targeted risk or protective factor(s) mediates the change in violent behavior. This evidence clearly strengthens the claim that participation in the program is responsible for the change in violent behavior, and it contributes to the theoretical understanding of the causal processes involved.
5. **Costs versus benefits.** Program costs should be reasonable and should be less or no greater than the program's expected benefits.

Promising programs must meet only the first criterion (see above).

BLUEPRINTS MODEL PROGRAMS	
Program	Program Objective
Big Brothers Big Sisters of America*	Provides one-on-one adult support and friendship to youth ages 6-18 from single parent homes
Functional Family Therapy*	Prevention/intervention program for youth ages 11-18 who have demonstrated a wide range of maladaptive, acting out behaviors and related syndromes
The Incredible Years: Parent, Teacher and Child Training Series	Promotes emotional and social competence to prevent, reduce or treat behavior and emotional problems in young children ages 2-10
Life Skills Training	School-based prevention program for gateway drug use, introduced in grades 6-7
Midwestern Prevention Project	Adolescent drug abuse prevention program, introduced in grades 6-7
Multidimensional Treatment Foster Care*	Structured foster care program for youth ages 12-17 with histories of chronic and severe delinquency or antisocial behavior who are at risk for out-of-home placement
Multisystemic Therapy*	Intensive family- and community-based treatment that addresses the multiple determinants of serious antisocial behavior in juvenile offenders ages 12-17 at high risk for out-of-home placement
Nurse-Family Partnership	For low income, at-risk women, beginning with their first pregnancy through the child's first two years of life
Olweus Bullying Prevention Program	School-based program, elementary through junior high
Project Towards No Drug Abuse	Drug abuse prevention program for ages 14-19
Promoting Alternative Thinking Strategies	School-based program for elementary students, promotes emotional and social competencies to reduce aggression and behavior problems

* Included in this Guide

FindYouthInfo.gov; Interagency Working Group on Youth Programs (IWGYP)

FindYouthInfo.gov was created by the Interagency Working Group on Youth Programs (IWGYP), which is composed of representatives from 12 Federal agencies⁴ that support programs and services focusing on youth. The IWGYP promotes the goal of positive, healthy outcomes for youth by: 1) creating and supporting the FindYouthInfo.gov Website to provide interactive tools and other resources to help youth-serving organizations and community partnerships in planning, implementing, and participating in effective programs for youth; 2) identifying and disseminating promising and effective strategies and practices that support youth; and 3) promoting enhanced collaboration at the Federal, State, and local levels, as well as with tribal, faith-based and community organizations, schools, families, and communities. Programs are categorized as Level 1, Level 2, or Level 3 according to their demonstrated effectiveness.

Level 1 programs are most reliable since they were rated highest for their scientific research design using an experimental approach with one or more control groups and they consistently delivered positive outcomes.

Level 2 programs are evidence-based programs that consistently delivered positive outcomes but were not as rigorous in their experimental approach, either by design or inapplicability of using control groups.

Level 3 programs are successful in delivering consistently positive outcomes that can be replicated under similar circumstances but were not as scientifically rigorous as Level 1 and Level 2 programs.

Model Programs Guide (MPG), The Office of Juvenile Justice and Delinquency Prevention (OJJDP)⁵

The Model Programs Guide covers the entire spectrum of youth services, from prevention through sanctions and reentry. This registry is continuously updated to include new evidence-based programs, which are designated as Exemplary, Effective or Promising.

Exemplary programs have been scientifically demonstrated to prevent delinquency or reduce risk/enhance protective factors for delinquency in specific social contexts using an evaluation of the highest quality (i.e., an experimental design with a randomized sample).

Effective programs have been scientifically demonstrated to prevent delinquency or reduce risk/enhance protection for delinquency in specific social contexts using an experimental or quasi-experimental design. The evidence suggests program effectiveness but the evidence is not as strong as the exemplary programs.

Promising programs display a strong theoretical base and have been demonstrated to prevent delinquency or reduce risk/enhance protective factors for delinquency in specific social contexts using limited research and/or non-experimental designs. The evidence associated with these programs appears promising but requires confirmation using scientific techniques.

National Registry of Evidence-Based Programs and Practices (NREPP), Substance Abuse and Mental Health Services Administration (SAMHSA)⁶

The NREPP, a searchable database of interventions for the treatment of mental and substance use disorders, is a service of SAMHSA. SAMHSA no longer categorizes evaluated programs as Model, Effective, and Promising. Instead, programs are reviewed by the NREPP and summarized, and the quality of research findings is rated separately for each evaluated outcome.

However, programs evaluated prior to the new method of describing programs continue to be categorized on the SAMHSA online registry as Model, Effective, and Promising. Programs are scored 1 to 5, with 1 being the lowest and 5 being the highest score, relative to specific criteria. The definitions of these ratings follow.

Model programs are well implemented and evaluated according to rigorous standards of research, scoring at least 4.0 on the 5-point scale. In addition, the programs' developers have agreed to participate in CSAP's (Center for Substance Abuse Prevention)⁷ dissemination efforts and provide training and technical assistance to practitioners who wish to adopt their programs.

Effective programs meet the same criteria as the Model programs, but for a variety of reasons these programs are not currently available to be widely disseminated to the general public.

Promising programs have been implemented and evaluated sufficiently and are considered to be scientifically defensible, but have not yet been shown to have sufficient rigor and/or consistently positive outcomes required for Model status. Promising programs must score at least 3.33 on the 5-point scale.

Promising Practices Network (PPN), Rand Corporation⁸

Promising Practices Network is dedicated to providing quality evidence-based information about what works and shaping public policy to improve the lives of children, families, and communities, and is updated regularly. This registry designates programs as Proven or Promising based on specific criteria, including types of outcomes affected, effect sizes, statistical significance, sample size and comparison groups.

Proven programs must meet all specified criteria and the study design must use a convincing comparison group to identify program impacts, including randomized-control trial (experimental design) or some quasi-experimental designs.

Promising programs must meet at least all specified criteria and the study must have a comparison group, but it may exhibit some weaknesses, e.g., the groups lack comparability on pre-existing variables or the analysis does not employ appropriate statistical controls.

Youth Violence: A Report of the Surgeon General, U.S. Public Health Service⁹

This report, which was requested by the Administration and Congress after the Columbine tragedy, summarizes what research has revealed about youth violence, its causes, and its prevention. The report concluded that there is an array of well-documented effective intervention programs to reduce and prevent youth violence. The report uses designations of Model and Promising to describe the scientific standards used in establishing the effects of a violence prevention program.

Model programs demonstrate rigorous experimental design (experimental or quasi-experimental), replication with demonstrated effects, and sustainability of effects. Model programs have two levels of designation:

Level 1: Significant deterrent effects on violence or serious delinquency.

Level 2: Significant deterrent effects on any risk factor for violence with a large effect (.30 or greater)

Promising programs demonstrate rigorous experimental design (experimental or quasi-experimental), and either replication or sustainability of effects. Promising programs have two levels of designation:

Level 1: Significant deterrent effects on violence or serious delinquency

Level 2: Significant deterrent effects on any risk factor for violence with an effect size of .10 or greater

ENDNOTES:

- ¹ See Sherman, L.W., Gottfredson, D.C., MacKenzie, D.L., Eck, J., Reuter, P., and Busway, S. (1998). *Preventing Crime: What Works, What Doesn't, What's Promising*. Retrieved January 3, 2008 from <http://www.ojp.usdoj.gov/nij/pubs-sum/271676.htm>.
- ² See <http://www.colorado.edu/cspv/blueprints/criteria.html>.
- ³ See <http://www.findyouthinfo.gov>.
- ⁴ Federal agencies that created FindYouthInfo.gov include: U.S. Department of Health and Human Services, U.S. Department of Justice, U.S. Department of Education, U.S. Department of Commerce, U.S. Department of the Interior, U.S. Department of Labor, U.S. Department of Agriculture, U.S. Department of Housing and Urban Development, Office of National Drug Control Policy, and Corporation for National, Community Service, U.S. Department of Defense, and U.S. Department of Transportation.
- ⁵ See <http://www.dsgonline.com/mpg>.
- ⁶ See <http://www.nrepp.samhsa.gov> and <http://modelprograms.samhsa.gov/>.
- ⁷ SAMHSA's Center for Substance Abuse Prevention (CSAP) works with States and communities to develop comprehensive prevention systems that create healthy communities in which people enjoy a quality of life. This includes supportive work and school environments, drug- and crime-free neighborhoods, and positive connections with friends and family. Information online at <http://prevention.samhsa.gov>.
- ⁸ See www.promisingpractices.net/about_ppn.asp.
- ⁹ See www.surgeongeneral.gov/library/youthviolence/toc.html.

