

# Violence Prevention Focused on Children and Youth: Therapeutic Foster Care

## Summary Evidence Table

| Author & year<br>Design suitability:<br>design<br>Quality of execution           | Location<br>Study period<br>Population                                                                                                                                                                                     | Duration<br>Training<br>Support<br>Intervention Components<br>Control Group                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  | Sample selection<br>Assignment to<br>treatment<br>conditions<br>Sample size (at<br>assessment)                                                                                                                                              | Effect measure<br>Effect reported in the<br>study                                                                                                                                                                                    | Relative pct<br>change<br>(significance<br>level)              |
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| Chamberlain 1990 <sup>1</sup><br>Highest: prospective<br>with comparison<br>Fair | Oregon<br>Period not given<br>Adolescents with multiple risk factors<br>and histories of delinquency;<br>12–18 years old at first referral;<br>Mean age 14.6;<br>10 boys, 6 girls per intervention and<br>comparison group | ~5 months<br>Foster families received 8 hours of training<br>conducted by project case managers and<br>experienced TFC parent;<br>Focused on using behavior management<br>methods to provide structured living<br>environment<br>Weekly foster parent group meetings<br>conducted by case manager, program director,<br>therapists, and clinical consultant;<br>Individual therapy for juveniles;<br>Family therapy sessions for biological families;<br>Daily (weekday) calls to foster parents;<br>Home visits if returning home after placement;<br>Case managers on call at all times<br>Structured learning of prosocial behaviors;<br>Monitoring of school, work, and leisure<br>activities;<br>Separation from delinquent peers<br>Controls (matched on age, sex, and date of<br>commitment to treatment)<br>Treated in various settings: 8 in group homes,<br>4 in secure residential treatment center, 2 in<br>parents' homes, 2 in programs similar to<br>intervention TFC program | Juveniles<br>committed to state<br>training school,<br>then diverted to<br>community<br>treatment.<br>Selection not<br>described.<br>Controls matched<br>on age, sex and<br>date of<br>commitment to<br>treatment<br>I: n = 16<br>C: n = 16 | Proportion incarcerated<br>in state training schools<br>Baseline: 75% each<br>group;<br>1st year after exit:<br>Intervention: 37.5%<br>Control: 87.5%<br>2nd year period<br>following exit:<br>Intervention: 50.0%<br>Control: 93.8% | 1 yr: –57.1%<br>(p < 0.01)<br><br>2 yrs: –46.7%<br>(p = 0.018) |

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| Chamberlain 1994 <sup>2</sup><br>Lowest: before-and-<br>after; no comparison<br>Good | Oregon<br>Period not given<br>Adolescents with multiple risk factors<br>and histories of delinquency;<br>12–18 years old at first referral;<br>Mean age 14.5 for boys, 14.8 for girls;<br>51 boys, 37 girls;<br>~52% from families with income<br><\$10,000/year | ~6 months<br>Foster families received 8 hours of training<br>conducted by project case managers and<br>experienced TFC parents;<br>Focused on using behavior management<br>methods to provide structured living<br>environment<br>Weekly foster parent group meetings<br>conducted by case manager, program director,<br>therapists, and clinical consultant;<br>Individual therapy for juveniles;<br>Family therapy sessions for biological families;<br>Daily calls (on weekdays) to foster parents;<br>Home visits if returning home after placement;<br>Case managers on call 24/7;<br>Structured learning of prosocial behaviors;<br>Separation from delinquent peers;<br>Monitoring of school, work, and leisure<br>activities<br>Control: effect in boys compared with effect in<br>girls, before and after the intervention | Consecutive<br>referrals,<br>presumably all<br>eligible<br>No control<br>population, boys<br>compared to girls,<br>before and after<br>intervention<br>I: n = 88 | Number of arrests for<br>violent crimes<br>1 yr pretreatment:<br>Boys: 0.52<br>Girls: 0.45<br>1 yr after exit:<br>Boys: 0.13<br>Girls: 0.18 | Boys: –75%<br>Girls: –60%<br>(p <0.001)           |



| Author & year<br>Design suitability:<br>design<br>Quality of execution                                                                                                                                     | Location<br>Study period<br>Population                                                                                                                                                                                                                                     | Duration<br>Training<br>Support<br>Intervention Components<br>Control Group                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       | Sample selection<br>Assignment to<br>treatment<br>conditions<br>Sample size (at<br>assessment) | Effect measure<br>Effect reported in the<br>study                                                                                                                          | Relative pct<br>change<br>(significance<br>level)     |
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| Evans 1998 <sup>4</sup><br>Lowest: before-and-<br>after; no comparison<br>(Study designed as<br>prospective with<br>comparison. Review<br>preferred before-and-<br>after comparison as<br>control)<br>Good | New York<br>Recruitment completed July 1995<br>Seriously emotionally disturbed children<br>5–13 years old at first referral;<br>Mean age 9;<br>90% male;<br>83% White, 5% Native American,<br>5% Black;<br>56% living in poverty; 34% of parents<br>chronically unemployed | ~17 months<br>Foster families received 18 hours of training<br>conducted by family specialist (mental health<br>professional)<br>Focused on prosocial skills and ABC model of<br>behavior analysis and planning ( <u>A</u> ntecedents<br>to problem behaviors, <u>B</u> ehaviors, and<br>Reinforcing/ <u>C</u> onsequences)<br>Foster families organized into support groups<br>of 5 families each, plus one respite family and<br>family specialist, met weekly to monthly;<br>Informal family contacts among parents and<br>children within support groups;<br>Family specialist (mental health professional)<br>provides needs evaluation, coordination, and<br>on-going treatment support<br>Structured learning of prosocial behaviors;<br>Reinforcement of positive behaviors and skills<br>Control: compared participants before and<br>after intervention | All eligible<br>Random<br>I: n = 12<br>C: n = 16                                               | Externalizing scale of<br>Child Behavior<br>Checklist<br>Pre-treatment<br>Intervention: 67.00<br>Control: 76.46<br>Post-treatment<br>Intervention: 68.67<br>Control: 73.19 | 2.5%<br>(Statistical<br>significance<br>not reported) |

| <b>Author &amp; year</b>             | <b>Location</b>                                                                                                                                                  | <b>Duration</b>                                                                                                                                                                                                                                                                                                                             | <b>Sample selection</b>                        | <b>Effect measure</b>                                              | <b>Relative pct change (significance level)</b>                |
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| <b>Design suitability: design</b>    | <b>Study period</b>                                                                                                                                              | <b>Training</b>                                                                                                                                                                                                                                                                                                                             | <b>Assignment to treatment conditions</b>      | <b>Effect reported in the study</b>                                |                                                                |
| <b>Quality of execution</b>          | <b>Population</b>                                                                                                                                                | <b>Support</b>                                                                                                                                                                                                                                                                                                                              | <b>Sample size (at assessment)</b>             |                                                                    |                                                                |
|                                      |                                                                                                                                                                  | <b>Intervention Components</b>                                                                                                                                                                                                                                                                                                              |                                                |                                                                    |                                                                |
|                                      |                                                                                                                                                                  | <b>Control Group</b>                                                                                                                                                                                                                                                                                                                        |                                                |                                                                    |                                                                |
| Rubinstein 1978 <sup>5</sup>         | Ontario, Canada                                                                                                                                                  | ~18.7 months                                                                                                                                                                                                                                                                                                                                | All eligible in residential assessment cottage | Conduct disorder scale of Quay-Peterson Behavior Problem Checklist | Girls: 31.3%<br>Boys: -0.2%<br>(Not statistically significant) |
| Highest: prospective with comparison | Recruitment from 1972–1975                                                                                                                                       | Foster families received 8 training sessions (length and contact not described)                                                                                                                                                                                                                                                             | Not random                                     | Girls, Pre-treatment Intervention: 11.6<br>Control: 13.1           |                                                                |
| Fair                                 | Emotionally disturbed children 6–12 years old at referral; Mean age 9 years, 4 months; 19 boys, 8 girls in Intervention group; 37 boys, 8 girls in Control group | Foster families organized into support groups of 5 families each that meet weekly to monthly, led by staff member (social worker, psychologist, or child care worker); Informal family contacts among parents and children within support groups; Home visits if planning to return home after placement; Contacts with biological families | Int. n = 27<br>Control n = 45                  | Girls, Post-treatment Intervention: 9.3<br>Control: 8.0            |                                                                |
|                                      |                                                                                                                                                                  | Clear definitions of treatment goals and specific strategies to achieve them                                                                                                                                                                                                                                                                |                                                | Boys, Pre-treatment Intervention: 18.2<br>Control: 19.1            |                                                                |
|                                      |                                                                                                                                                                  | Controls placed in residential treatment centers                                                                                                                                                                                                                                                                                            |                                                | Boys, Post-treatment Intervention: 9.7<br>Control: 10.2            |                                                                |

*B* (regression coefficient in Chamberlain '98 study); *C* comparison group; *I* intervention group; TFC therapeutic foster care; yr year

#### References

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