



# EBP Corner

## Special points of interest:

- Evidence Based Principles in DYC
- Principle 4: Skill Train with Directed Practice
- CBT and Skill Training
- Examples of Skill Training in DYS

## Evidence Based Principles in DYS

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

The 8 Evidence-Based Principles provide a roadmap for intervention, treatment services, and form the basis for effective service delivery. The importance of developing positive and supportive relationships with youth becomes apparent when modeling pro-social behaviors, showing empathy while maintaining appropriate levels of accountability, and focusing interventions on problem solving skills, individual needs, and individual strengths.

These Principles, when infused with relationship building, role modeling and reinforcing positive behaviors, help develop effective relationship and social skills through ongoing practice.

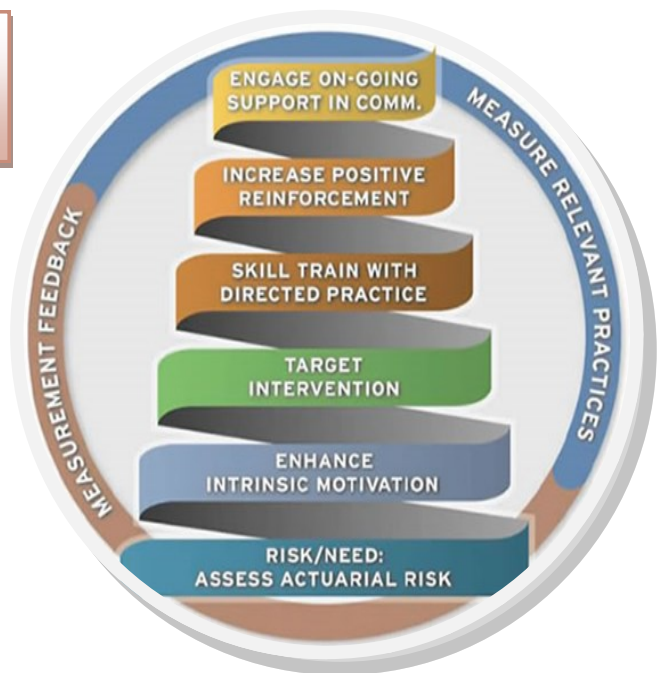
National Institute of Corrections. (2004). Implementing evidence-based practices in community corrections: The principles of effective intervention. Washington, D.C.: U.S. Department of Justice, Crime and Justice Institute.

## Principle 4: Skill Train with Directed Practice

The most effective way to provide skill training is by using **cognitive-behavioral treatment (CBT) methods**. Programming and treatment services that emphasize cognitive behavior strategies include understanding of the following: antisocial thinking patterns, social

learning theory, and appropriate communication techniques.

Skills are not simply taught to youth, but rather incorporated into every programming element possible. Skills are practiced and role-played regularly, and the resulting pro-social attitudes and behaviors are positively and consistently reinforced by staff members.



## Colorado Division of Youth Services

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## Important Questions to Remember about Skill Training

*How are social learning techniques incorporated into the programs and treatment services being delivered?*

*How do we ensure that our facility staff and contracted service providers are delivering services that are aligned with cognitive behavioral theory?*

*How do we ensure that our facility staff and contracted service providers are delivering services that are aligned with social learning theory?*

*Are the programs and treatment services being provided based on proven evidence geared toward reducing recidivism?*

## CBT and Skill Training

DYC relies on the effective use and integration of **Cognitive-Behavioral Treatment (CBT)** throughout programming and placements. CBT is a targeted approach that helps individuals identify and change dysfunctional or harmful beliefs, thoughts, and patterns of behavior that contribute to behavioral issues. The underlying principle of CBT is that thoughts affect emotions, which influence behaviors.

**Cognitive therapy** focuses on thoughts, assumptions, and beliefs an individual may possess. This focus provides opportunities to gain control over inappropriate or harmful thoughts that can trigger behavioral issues.

**Behavior therapy** focuses on specific actions and environments that either change or maintain behaviors in order to replace negative or harmful actions with positive, pro-social behaviors.

CBT is one of the most commonly used forms of psychotherapy and has been proven to be effective with juvenile offenders. CBT is an action-oriented, goal-oriented approach. CBT focuses on the present, including current issues. CBT is easy to measure with concrete, observable outcomes.



## Examples of CBT and Skill Training in DYS

Thinking for a Change

Aggression Replacement Training—Anger Management, Skill Streaming, and Moral Reasoning

Substance Use Disorder Treatment —Pathways, Women’s Recovery, and Relapse Prevention

Sex Offender Treatment Groups—Pathways

BrainWise

Skills Groups

Seeking Safety

Why Try

## Questions about EBP?

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