

# Evidenced-Based Programming for Youth



To be considered an evidence-based program (EBP), a program has to be tested and shown to be effective with its respective target group. Youth Justice staff have training in the following evidence-based programming and use these tools to target the criminogenic needs\* of youth.

- **Carey Guides:** The Carey Guides include tools that both target criminogenic needs and focus on common case management concerns. There are 33 Guides, each containing multiple tools. Youth complete the tools with the assistance of Youth Justice staff.
- **T4C (Thinking for a Change):** T4C is a cognitive behavioral change program that is completed in a group setting. It is comprised of three components (social skills, cognitive restructuring, and problem solving) with a total of 25 lessons. For more information, please view the T4C link on the Youth Justice page.
- **ART (Aggression Replacement Training):** The newest EBP for our Youth Justice staff to be trained in is ART. The ART curriculum is also a three-pronged approach used with youth who have challenging behaviors. The components include social skills training, anger control, and moral reasoning. ART is taught in a group setting.

\*Criminogenic Needs are issues or risk factors in a youth's life that correlate with the likelihood of them recidivating (re-offending). Youth Justice staff use a state-wide assessment tool, Youth Assessment and Screening Instrument (YASI), to assess both a youth's risk and protective (positive) factors. The risk factors most related to recidivism include the youth's legal history, cognition, personality, peers, family, substance abuse, employment, education and leisure activities.