



Research Review of Evidence-Based Practices for RHY in the domains of Trauma/Violence

[Evidence-based treatments for trauma among culturally diverse foster care youth: Treatment retention and outcomes.](#) Author(s): D.A Weiner, A. Schneider, and J.S. Lyons. *Children and Youth Services Review*. Volume: 31 Number: 11. 2009.

- This study describes the implementation of three evidence-based treatments addressing traumatic stress symptoms within a wraparound foster care program in Illinois. Child-Parent Psychotherapy (CPP), Trauma-Focused Cognitive Behavioral Therapy (TF-CBT), and Structured Psychotherapy for Adolescents Responding to Chronic Stress (SPARCS) were implemented with a racially diverse sample of youth ages 3-18 at six agencies. Culturally sensitive adaptations were made to treatment approaches to improve client retention and outcomes. Data analyses revealed no racial differences in retention in the program and no differences in outcomes between minority youth exposed to the intervention and other participants. All three evidence-based treatments were effective in reducing symptoms and improving functioning among minority youth. Implementation issues, including challenges and culturally competent accommodations, are discussed.

[Preventing Youth Violence: Program Activities Guide.](#) Centers for Disease Control and Prevention, 2010.

- Violent injury and death disproportionately affect adolescents and young adults in the United States. Although homicide rates have dropped in recent years, rates remain unacceptably high. The Preventing Youth Violence: Program Activities Guide describes CDC's public health activities and research to prevent youth violence. The guide outlines five categories of activities which are key to CDC's prevention work: monitoring and researching the problem, developing and evaluating prevention strategies, supporting and enhancing prevention programs, providing prevention resources, and encouraging research and development.

[Psychological First Aid for Youth Experiencing Homelessness](#)" (PDF) [Hollywood Homeless Youth Partnership, 2009]

- Research suggests that most homeless youth have experienced multiple traumatic events. While a large number of youth had traumatic events before they left home, many are re-traumatized once they arrive on the street. For children and adolescents, trauma can interfere with normal development and the ability to form healthy relationships. If untreated, it may lead to lifelong



problems including school and learning problems, depression, anxiety, posttraumatic stress disorder, substance abuse, and chronic health problems. This guide is designed to provide a framework for intervention by direct care staff working in drop-in centers, emergency and transitional shelters, and group homes so they can better understand and address the needs of homeless youth who are impacted by trauma. It suggests strategies for making initial contact and engaging youth, helping them feel safe and comfortable, calming and orienting upset youth, gathering information, providing practical assistance, connecting youth with social supports, helping them find positive ways of coping, linking youth with collaborative services, being patient with yourself and the youth you serve, and managing personal and professional stress.

[Real Solutions to Youth Violence: Evidence-Based Practices](#). Author: J. Greene and K. Pranis. *Justice Policy Institute*, 2007.

- This report covers many aspects of at-risk youth and gang activity. In Chapter 8 of the executive summary the area of evidence-based practice is discussed and the most appropriate ways that these strategies can be implemented.

[Strengthening Policies to Support Children, Youth, and Families Who Experience Trauma](#). Author(s): J. L. Cooper, R. Masi, S. Dababnah, Y. Aratani, and J. Knitzer. *National Center for Children in Poverty*. 2007

- This report documents critical considerations in strengthening policies to support trauma-informed practice. It reviews current policies and practices to support children, youth, and families exposed to trauma. A range of strategies were used to gather the information, including an extensive literature review, a meeting of policy and practice experts, and several case studies.

[The Office of Juvenile Justice and Delinquency Prevention's Model Programs Guide \(MPG\)](#). *Development Services Group, Inc. Office of Juvenile Justice and Delinquency Prevention*. 2004

- The program guide is designed to assist practitioners and communities in implementing evidence-based prevention and intervention programs that can make a difference in the lives of children and communities.

[Trauma Among Homeless Youth](#). Schneir, A., Stefanidis, N., and Mounier, C. National Child Traumatic Stress Network (NCTSN), 2007.

- In this 7-page brief, the authors discuss the traumatic experiences of homeless street youth and the implications for mental health treatment. First, they look at the reasons why youth leave home, focusing on those categorized as family breakdown and system failure. Then, they review the types of trauma experienced by runaway and homeless youth and describe the consequences of trauma and homelessness, including substance abuse, survival sex, dependence on other street youth, parenthood, lack of independent living and prosocial interpersonal skills, impulsivity and poor decision-making, depression and post-traumatic stress disorder, and low educational attainment. Finally, they address treatment considerations, outlining what homeless youth say they want from their mental health providers and offering

recommendations for service providers to promote trauma-informed and effective treatment of runaway and homeless youth.

[Trauma Among Youth in the Juvenile Justice System: Critical Issues and New Directions.](#) Author (S): J.D. Ford, J. F. Chapman, J. Hawke, and D. Albert. *The National Center for Mental Health and Juvenile Justice*. 2007.

- The purpose of this paper is to discuss the prevalence and impact of trauma and traumatic stress among youth in the juvenile justice system and to describe emerging responses for identifying and treating these problems. Sections of this brief are: introduction; scope of the problem; trauma and its impact on youth; addressing trauma among youth in the juvenile justice system, including trauma screening, trauma assessment, treatment and rehabilitation of traumatic stress disorders, pharmacological treatment, and phase-oriented treatment; and summary.

[Youth Violence: A Report of the Surgeon General.](#) *Office of the Surgeon General (OSG)*.

- The report uses three agencies, each with a distinct public health mission, to collaborate in developing the Surgeon General's report on youth violence. The report uncovers evidence based practices in chapter 5.

[Youth Violence: Best Practices of Youth Violence Prevention — A Sourcebook for Community Action.](#) Timothy N. Thornton, M.P.A. , Carole A. Craft Linda L. Dahlberg, Ph.D. , Barbara S. Lynch, Ph.D. , and Katie Baer, M.P.H.. *Centers for Disease Control and Prevention*. 2002

- The sourcebook takes a look at the effectiveness of specific violence prevention practices in four key areas: parents and families; home visiting; social and conflict resolution skills; and mentoring. These programs are drawn from real-world experiences of professionals and advocates who have successfully worked to prevent violence among children and adolescents.