

Table 2. Proven and Promising Programs and Strategies

Custody status	Strategy or program name	Evidence-based status	Source of evidence	Effect on crime (percent)	Number of studies	Program cost per youth (dollars)	Criminal justice system savings (dollars)	Benefits to victims (dollars)	Total benefit to cost ratio
Institution	Aggression replacement training (ART)	Preferred	Aos and others	-7.30	4	897	6,659	8,897	17.3
Institution	Boot camps in lieu of longer custody	Preferred	Aos and others	0.0	14	0	8,077	NA	NA
Institution	Sex offender therapy	Preferred	Aos and others	-10.2	5	33,000	8,377	32,000	1.2
Institution	Cognitive- behavioral therapy	Proven	Campbell Collaboration	-25.0	58	NA	NA	NA	NA
Institution	Focus on high-risk youth and dynamic risk factors	Proven	Andrews	NA	NA	NA	NA	NA	NA
Institution	Use of proven treatment methods appropriate for individual	Proven	Andrews	NA	NA	NA	NA	NA	NA
Institution	Integrity of treatment implementation (fidelity)	Proven	Andrews, Lipsey	NA	NA	NA	NA	NA	NA
Institution	Longer duration of treatment	Proven	Lipsey	NA	NA	NA	NA	NA	NA
Institution	Well-established program	Proven	Lipsey	NA	NA	NA	NA	NA	NA
Institution	Family integrated transitions (FIT)	Provisional	Aos and others	-13.0	1	9,700	19,500	30,700	5.2
Institution	Counseling, psychotherapy	Proven	Aos and others	-18.9	6	NA	17,300	23,000	NA
Institution	Education	Proven	Aos and others	-17.5	3	NA	26,000	41,000	NA
Institution	Behavior modification programs	Proven	Aos and others	- 8.0	4	NA	12,000	19,000	NA
Institution	Life skills education	Promising	Aos and others	- 2.7	3	NA	4,100	6,400	NA
Institution	Wilderness challenge	Ineffective	Aos and others	0.0	9	3,000	0	0	0.0
Group or Foster Home	Multidimensional Treatment Foster Care (MTFC)	Preferred	Blueprints, Aos, and others	-22.0	3	6,945	33,000	52,000	12.2
Parole	Surveillance oriented	Ineffective	Aos and others	0.0	2	1,200	0	0	0.0

Table 2 (continued)

Custody status	Strategy or program name	Evidence-based status	Source of evidence	Effect on crime (percent)	Number of studies	Program cost per youth (dollars)	Criminal justice system savings (dollars)	Benefits to victims (dollars)	Total benefit to cost ratio
Parole	Intensive supervision	Ineffective	Aos and others	0.0	10	6,500	0	0	0.0
Probation	Functional Family Therapy (FFT)	Preferred	Blueprints, Aos, and others	-15.9	7	2,325	14,600	19,500	14.7
Probation	Multisystemic Therapy (MST)	Preferred	Blueprints, Aos, and others	10.5	10	4,264	9,600	12,900	5.3
Probation	Intensive supervision	Ineffective	Aos and others	0.0	3	1,600	0	0	0.0
Probation	Deterrence	Ineffective	Lipsey, Aos, and others	0.0	NA	NA	NA	NA	NA
Diversion	Teen courts	Preferred	Aos and others	-11.1	5	936	4,238	5,900	10.8
Diversion	Adolescent diversion project	Preferred	Aos and others	-20.0	6	1,913	18,000	24,000	22.0
Diversion	Restorative justice	Preferred	Aos and others	- 8.7	21	880	3,320	4,600	9.0
Diversion	Drug court	Preferred	Aos and others	- 3.5	15	2,777	3,200	4,200	2.7
Diversion	Other family-based therapy programs	Proven	Blueprints, Aos, and others	-12.2	12	NA	11,000	15,000	NA
Diversion	Brief strategic family therapy (BSFT)	Provisional	Blueprints	NA	NA	NA	NA	NA	NA
Diversion	Diversion with services vs. juvenile court	Promising	Aos and others	- 2.7	20	NA	1,030	1,440	NA
Diversion	Diversion with services vs. simple release	Ineffective	Aos and others	0.0	7	NA	0	0	NA
Prevention	Nurse family partnership – mothers	Preferred	Aos and others	-56.2	1	5,400	8,100	11,500	3.6
Prevention	Nurse family partnership – child	Preferred	Blueprints, Aos, and others	-16.4	1	733	4,022	8,632	17.3
Prevention	Pre-K education for low-income three- and four-year-olds	Proven	Aos and others	-14.2	8	593	4,644	8,145	21.6

Sources: Steve Aos, Marna Miller, and Elizabeth Drake, *Evidence-Based Policy Options to Reduce Future Prison Construction, Criminal Justice Costs, and Crime Rates* (Olympia, Wash.: Washington State Institute for Public Policy, 2006); www.campbellcollaboration.org; D. A. Andrews and others, "Does Correctional Treatment Work?" *Criminology* 28 (1990): 369–404; Mark W. Lipsey, "Juvenile Delinquency Treatment: A Meta-Analytic Inquiry into the Variability of Effects," in *Meta-Analysis for Explanation: A Casebook*, edited by T. D. Cook and others (New York: Russell Sage Foundation, 1992), pp. 83–127; www.colorado.edu/cspv/blueprints. Cells labeled NA mean information is not available.