Effectiveness of Treatment for Juveniles Who Commit Sexual Offenses

June 1, 2015
2:00-3:30 pm ET

Welcome to the webinar!

- You have logged on successfully.
- All attendees have been muted.
- Slides and the webcast from this webinar will be emailed to all attendees after the session.
This webinar is being audio cast via the speakers on your computer. To join by phone, the call-in number can be found in the following places:

At the end of your registration email.

On the “Event Info” tab on the top left side of your screen.
Questions?

Please use the CHAT feature

Please remember to select **Host, Presenter & Panelists**
Presenters

Luis C. deBaca
Director
Office of Justice Programs, SMART Office

Scott Matson
Senior Policy Advisor
Office of Justice Programs, SMART Office

Roger Przybyliski
President and Consultant
RKC Group
Combatting Sexual Offending and Victimization

- Practitioners and policymakers have a common goal: to protect the public from sex offenders and prevent sexual violence
- A variety of policies and programs exist
- Little known about “what works”
- Programs are more likely to be effective when based on scientific evidence
Established in 2006 by AWA

First federal office devoted solely to sex offender management-related activities

Responsible for assisting with implementation of SORNA, and for informing about a broader scope of sex offender management activities needed to ensure public safety

SOMAPI: identify evidence based practices, current gaps/needs of the field, and provide guidance to states and locals
SMART Office Sex Offender Management Assessment and Planning Initiative

- Goal is to identify research-supported programs for replication across the U.S.
  - Inform OJP funding decisions concerning sex offender programming and research
- Assess the state of research and practice of sex offender management
  - Work conducted by subject-matter experts through NCJA
  - Review of the literature on sexual offending and sex offender management
- 2012 Discussion Forum involving national experts
SMART Office Sex Offender Management Assessment and Planning Initiative

Literature reviews on 8 adult and 5 juvenile topics
*Important to distinguish between adults and juveniles*

**Adult Topics**
- Incidence and prevalence
- Etiology
- Typologies
- Risk assessment
- Recidivism
- Internet offending
- Treatment effectiveness
- Management strategies

**Juvenile Topics**
- Etiology/typologies
- Risk assessment
- Recidivism
- Treatment effectiveness
- Registration and notification
SMART Office Sex Offender Management Assessment and Planning Initiative

- Key products:
  - Summaries of the research available online at: [http://www.smart.gov/SOMAPI/index.html](http://www.smart.gov/SOMAPI/index.html)
  - Findings, policy implications, future research needs
  - Research briefs
  - Targeted conference presentations
  - Webinars
  - National Symposium
Literature Review Methods

- Source materials identified using abstract databases, internet searches, outreach to relevant organizations and subject matter experts
- Primarily studies conducted within the past 15 years
- Emphasis on individual studies that employed scientifically rigorous methods, as well as on synthesis studies – such as systematic reviews and meta-analyses
Treatment Effectiveness Research: Key Considerations

- Important to consider both the quality and consistency of the evidence
- Among single studies, well designed and executed randomized controlled trials (RCTs) provide the most trustworthy evidence
  - Single studies are rarely definitive
  - Results from a single study must be replicated before meaningful conclusions can be made
- Effectiveness of an intervention can best be understood by examining findings from many different studies
Findings From Single Studies

- Worling and Curwen (2000) examined the effectiveness of a community-based treatment program for adolescents and children with sexual behavior problems and their families
  - Individualized treatment using cognitive-behavioral and relapse prevention techniques
- Significant reduction in recidivism based on a 10-year follow-up period
- Second study found that positive treatment effects persisted after 20-years of follow-up\(^1\)
Treatment and comparison group 10-year and 20-year recidivism rates for a new sexual charge, nonsexual violent charge, and any charge

<table>
<thead>
<tr>
<th>Recidivism Measure</th>
<th>10-Year Recidivism Rate</th>
<th>20-Year Recidivism Rate</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Treatment Group (n=58)</td>
<td>Comparison Group (n=90)</td>
</tr>
<tr>
<td>Sexual Charge</td>
<td>5%*</td>
<td>18%</td>
</tr>
<tr>
<td>Nonsexual Violent Charge</td>
<td>19%*</td>
<td>32%</td>
</tr>
<tr>
<td>Any Charge</td>
<td>35%**</td>
<td>54%</td>
</tr>
<tr>
<td></td>
<td>Treatment Group (n=58)</td>
<td>Comparison Group (n=90)</td>
</tr>
<tr>
<td></td>
<td>9%*</td>
<td>21%</td>
</tr>
<tr>
<td></td>
<td>22%*</td>
<td>39%</td>
</tr>
<tr>
<td></td>
<td>38%*</td>
<td>57%</td>
</tr>
</tbody>
</table>

*p < .05.

**p < .01.

Findings From Single Studies

- Several other single studies have found positive treatment effects for programs delivered in the community as well as in correctional facilities\(^2\)
- Several studies employing an RCT design have examined the efficacy of Multi-Systemic Therapy (MST) with juveniles who sexually offend\(^3\)
  - MST works within multiple systems (i.e., individual, family, school) to address the various causes of a child’s delinquency, and it has been adapted to the special needs of juveniles who sexually offend
Findings From Single Studies  
Effectiveness of MST

- Based on a follow-up period of 8.9 years, Borduin, Schaeffer, and Heiblum (2009) found significant reductions in recidivism for MST-treated youth
  - 8 percent sexual recidivism rate for MST-treated subjects compared to 46 percent for comparison group subjects
  - 29 percent nonsexual recidivism rate for MST-treated adolescents compared to 58 percent for comparison group subjects
Findings From Synthesis Research

- Several systematic reviews employing meta-analysis have examined the effectiveness of treatment for juveniles who commit sexual offenses.
- These studies have consistently found that sex offender treatment works, particularly MST and cognitive-behavioral treatment approaches.
- Cost-benefit analysis also demonstrates that sex offender treatment programs for youth provide a positive return on taxpayer investment.
Findings From Synthesis Research

- Largest study of treatment effectiveness for juveniles who sexually offend was undertaken by Reitzel and Carbonell (2006)
  - Meta-analysis of 9 studies with a combined sample of 2,986 juvenile subjects
  - Treatment approaches most often based on cognitive-behavioral and relapse-prevention techniques
  - Treatment produced a significant reduction in recidivism
  - Based on an average follow-up period of nearly 5 years, the researchers found an average sexual recidivism rate of 7.4 percent for treated juveniles compared to 18.9 percent for comparison group members
  - Two of the four strongest treatment effects found in the meta-analysis were from studies of MST treatment
Findings From Synthesis Research

- Meta-analysis conducted by Winokur and colleagues (2006) incorporated methodological quality considerations
  - Seven studies included in the analysis; one RCT and six studies that matched treatment and comparison subjects
  - Three studies in the analysis examined treatment delivered in a community-based outpatient setting, three examined treatment in a residential setting, and one examined treatment in a correctional setting
  - In all seven studies, treatment involved some type of cognitive-behavioral approach
  - Average follow-up time of 6 years
  - Positive treatment effects were found for sexual recidivism, nonsexual violent recidivism, nonsexual nonviolent recidivism, and any recidivism
**Findings From Synthesis Research**

- Other meta-analyses have also found positive treatment effects\(^4\)
  - Drake, Aos, and Miller (2009) found that sex offender treatment programs for juveniles reduced recidivism, on average, by 9.7 percent

- Treatment programs in the Drake et al. (2009) study produced a net return on investment of more than $23,000 per program participant, or about $1.70 in benefits per participant for every $1 spent
**Future Research Needs**

- There is an acute need for more high-quality studies on treatment effectiveness
  - Both RCTs and highly rigorous quasi-experiments that employ equivalent treatment and comparison groups are needed
  - Systematic reviews and meta-analyses that are based on prudent exclusionary criteria and that employ the most rigorous analytical methods available are also needed
Future Research Needs

- Future research should also attempt to build a stronger evidence base on the types of treatments that work.
- Empirical evidence specifying which types of treatment work or do not work, for who, and in which situations, is important for both policy and practice.
Conclusions and Policy Implications

- While the knowledge base is far from complete, evidence from both individual studies and synthesis research suggests that therapeutic interventions for juveniles who sexually offend can and do work.
- Rigorous studies have demonstrated the efficacy of MST in reducing the recidivism of juveniles who commit sexual offenses.
Conclusions and Policy Implications (continued)

- Interventions that address multiple spheres of juveniles’ life and that incorporate cognitive-behavioral techniques along with group therapy and family therapy appear to be effective.
- Treatment interventions delivered in the community as well as in correctional settings can be effective.
Conclusions and Policy Implications (continued)

- Juveniles who sexually offend are diverse in terms of their offending behaviors and future public safety risk
  - Therapeutic interventions that are developmentally appropriate; that take motivational and behavioral diversity into account; and that focus on family, peer, and other contextual correlates of sexually abusive behavior in youth are likely to be most effective
Notes


References

Q & A

To submit questions for the presenters please use the chat feature on the right hand side of your screen. Please select Host and Presenter.
Q & A

Moderator:
Scott Matson
Senior Policy Advisor
Office of Justice Programs, SMART Office

Presenter:
Roger Przybylski
President and Consultant
RKC Group
Thank You for Joining Us!

Please join us for the next webinar in this series on June 22, 2015
The topic will be Juvenile Etiology and Typologies

To register for this webinar, please visit
http://ncja.org/webinars-events/sex-offender-mgt-webinars

The webcast and slides from today’s webinar will be posted at the same link

This webinar series is supported by Grant No. 2010-DB-BX-K086 awarded by the Bureau of Justice Assistance. The Bureau of Justice Assistance is a component of the Office of Justice Programs, which also includes the Bureau of Justice Statistics, the National Institute of Justice, the Office of Juvenile Justice and Delinquency Prevention, the SMART Office, and the Office for Victims of Crime. Points of view or opinions are those of the speakers.